

# 2024 NASA INDIANA STATE

Equipped/Unequipped Powerlifting, Push Pull & Bench Only, Power Clean; Power Sports

Date: Saturday, March 16<sup>th</sup>, 2024 (Entry Deadline Is 3-10-24 – Late Fee's May Be Charged)

Location: NEW – Workhorse Gym, 1301 W. Mulberry St., Kokomo, IN  
Weigh-Ins – Early – Friday- Workhorse Gym, 1301 W. Mulberry St, Kokomo, IN  
Regular Weigh-In – Saturday – 8 am – 9 am- Workhorse Gym

Local Contact: Ron Nichols | 765-357-8565  
email: [workhorsegym@gmail.com](mailto:workhorsegym@gmail.com)

## RULES:

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**General Rules:** All current NASA rules will apply. View the entire NASA rule book on our Web site at [www.nasa-sports.com](http://www.nasa-sports.com). All lifters are required to have a current NASA Membership. NASA enrollment will be available at the meet or pre-enroll on our web site. Membership is good for 1 full year from the date of purchase. Adult membership is \$50.00 per year and High School Membership is \$25.00 per year.

**Power Sports:** No supportive equipment of any kind (exception: 4" max width lifting belt is allowed) in Power Sports Divisions. Lifts included in Power Sports are Strict Curl, Bench Press and Deadlift for Total (full meet), and/or you may enter any lift individually.

**All lifters MUST wear a Wrestling Singlet or other one-piece lifting suit.  
Full-length knee socks must be worn by all Dead Lifters & Power Clean lifters.**

## WEIGHT CLASSES:

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**Men:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 & SHW  
**Women:** 97, 105, 114, 123, 132, 148, 165, 181, 198 & 198+

### OFFICIAL WEIGH-IN TIMES

Friday Early Weigh-in 7:00 – 8:00pm Friday (All women and All men 114-SHW)  
Saturday Regular Weigh-in 8:00 – 9:00am Saturday (All women and All men 114-SHW)

**LIFTING WILL BEGIN AT 10:00am Saturday. Order - Power Clean, Curl, Squat, Bench Press & Deadlift**

## DIVISIONS:

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**Pure:** Lifetime Anabolic Steroid Free  
**Open:** Anabolic Steroid Free for Minimum 3 Years  
**Novice:** Lifetime Anabolic Steroid Free; never won first place in any NASA National meet  
**High School:** Currently HS-enrolled lifters; Lifetime Anabolic Steroid Free  
**Teenage:** 13-19 years of age; Lifetime Anabolic Steroid Free  
**Junior:** 13-23 years of age; Lifetime Anabolic Steroid Free  
**Intermediate:** 24-29 years of age; Lifetime Anabolic Steroid Free  
**Police & Fire:** Full-time Law Enforcement and Fire Personnel; Lifetime Anabolic Steroid Free  
**Sub-masters 1:** 30-34 years of age; Anabolic Steroid Free for Minimum 3 years  
**Sub-masters 2:** 35-39 years of age; Anabolic Steroid Free for Minimum 3 years  
**Sub-masters Pure:** 30-39 years of age; Anabolic Steroid Free for Minimum 3 years  
**Masters 1:** 40-49 years of age; Anabolic Steroid Free for Minimum 3 years  
**Masters 2:** 50-59 years of age; Anabolic Steroid Free for Minimum 3 years  
**Masters 3:** 60-69 years of age; Anabolic Steroid Free for Minimum 3 years  
**Masters 4:** 70-79 years of age; Anabolic Steroid Free for Minimum 3 years  
**Masters 5:** 80+ years of age; Anabolic Steroid Free for Minimum 3 years  
**Masters Pure:** 40+ years of age; Lifetime Anabolic Steroid Free

**This meet is a Qualifier for ALL 2024 NASA National events**

## ***EVENT DEFINITIONS AND EQUIPMENT ALLOWED:***

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### **Equipped Powerlifting**

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Single-ply Squat Suit and BP Shirt + Lifting Belt and Knee/Wrist wraps.

### **Unequipped Powerlifting**

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

### **Equipped Push/Pull**

Consists of lifter's best Bench Press and Deadlift for a Total. Single-ply BP Shirt + Lifting Belt and Knee/Wrist wraps.

### **Unequipped Push/Pull**

Consists of lifter's best Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

### **Equipped Bench Only**

Single-ply BP Shirt + Lifting Belt and Wrist wraps.

### **Unequipped Bench Only**

Lifting Belt and Wrist wraps.

### **Retro Powerlifting**

No Equipment Allowed except 4" belt & Wrist Wraps

### **Power Clean**

Lifting Belt & Wrist Wraps Only

### **Power Sports Full Meet**

Consists of the lifter's best Curl, Bench Press and Deadlift for a Total. 4" max width Lifting Belt & Wrist Wraps only.

## ***ENTRY FEES:***

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***\$10.00 Late Fee applies after Deadline Date. Cash and Credit Cards Only for all late entries.***

**Individual Lifters:** Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **\$75.00 for first division entered; \$40.00 for each additional division entered.** NOTE: In Power Sports Individual Events – Awards in each individual event entered

**High School Lifters:** Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **\$50.00 for first division entered; \$40.00 for each additional division entered.** NOTE: In Power Sports Individual Events – Awards in each individual event entered.

**Team Entry Fee: \$45.00 per team entry.** This fee is for the Team Trophy. Team rosters MUST be turned in by the start of lifting on Saturday. Maximum 10 members per team.

**Return All Entries and Entry Fees to: NASA | 10751 Lake Road | Lexington, OK 73051**

**Or enter online at our Web site: [www.nasa-sports.com](http://www.nasa-sports.com)**

## ***AWARDS:***

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**Individual Lifters:** 1st thru 5th Place Awards for each weight class in each division for Powerlifting, Push Pull, Bench Press Only, and Power Sports contests. Awards will consist of National Championship medals, Column Trophies, Sculptured Trophies, Large Plaques and Medium Plaques. Selection of all awards will be determined by overall rankings.

**Teams:** 1st thru 3rd Place Trophies for Powerlifting, Push Pull, Bench Press Only, and Power Sports Teams.

**COMPETE FOR THE "BEST OF THE BEST" CHAMPIONSHIP BELTS At SELECT NATIONAL EVENTS**

**See our web site for more details.**

## ***STATE / NATIONAL RECORDS:***

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All State Records can be broken in this meet. Please check the current Records for the correct Division to enter and the current records. **You MUST be entered in the correct Division to break the Records.** i.e., Any State Record can be broken/set in this meet regardless of the number of entries.

**2024 Indiana State Powerlifting****March 16<sup>th</sup>, 2024**

Return Entries to: | 10751 Lake Rd | Lexington, Ok 73051

→ **IMPORTANT: Late Fee of \$10.00 begins March 10<sup>th</sup>, 2024** ←

Those entering on-line after the Deadline may be charged the late Fee at check-in

Name		Weight Class	Age	Sex
Address		City	State	Zip
E-mail Address		Phone		
Division(s)/Events Entered (i.e. Juniors, Masters-1, Open, etc.):				
Events Entered:	1st Division/Event \$75 (\$50 for HS)	2nd Division/Event \$40	3rd Division/Event \$40	4th Division/Event \$40
Equipped Powerlifting - Full Meet				
Unequipped Powerlifting - Full Meet				
Equipped Push Pull				
Unequipped Push Pull				
Equipped Bench Only				
Unequipped Bench Only				
Power Sports - Full Meet Curl, BP, DL				
Power Sports Strict Curl Only				
Power Sports Bench Press Only				
Power Sports Deadlift Only				
Power Clean Only				
Retro Powerlifting				
Total number of Divisions Entered: _____ Total Amount Enclosed _____ Check No. _____ Incl. Late Fee if applicable				
<b>I Realize This Competition is an Anabolic Steroid Free Meet and that I MAY be Tested by Urinalysis</b>				
In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs and assigns, any and all claims for injury or damages which I may incur by virtue of my competing in this contest as against, Workhorse Gym, Ron Nichols, Workhorse Gym, Rich Peters, Tad Peters, NASA Powerlifting, NASA, all facilities used and any of their agents and employees. I also realize that the sport of Powerlifting is a high risk sport and that I could be injured. I also realize the Corid 19 Virus is an act of God and I hold harmless the directors of this event and realize this virus exists everywhere. I certify that I am in good physical health and have no serious health problems and that I assume full responsibility for such conditions. I realize that I am fully responsible for my well-being and safety in the warm-up room, on the lifting platform and while I am lifting at this event. I certify, by my signature, that I have read this waiver and fully understand and accept its terms. I agree to the testing methods adopted by NASA, Coefficient System and/or Urine Testing. I agree that if I test positive for anabolic steroids my name can be made public. I also agree to abide by the NASA Rules of Conduct and Sportsmanship. I do hereby verify my acceptance by my signature below.				
<b>Do Not Sign This Waiver Before Reading It Fully and Carefully. If you do not accept its terms, DO NOT sign it.</b>				
Athlete's Signature		Date		
Parent's Signature if Athlete is under 18 years of age				
Return Entries to: NASA, 10751 Lake Rd, Lexington, OK. 73051 <a href="mailto:workhorsegym@gmail.com">workhorsegym@gmail.com</a>				

## ***2024 Indiana State***

Powerlifting – Bench Only – Push Pull - Power Sports

NASA Powerlifting

10751 Lake Rd

Lexington, Ok 73051

[workhorsegym@gmail.com](mailto:workhorsegym@gmail.com)

[www.nasa-sports.com](http://www.nasa-sports.com)



Your NASA 2024 Indiana State Entry Form Is Enclosed.  
Visit our #1 Web Site at [www.nasa-sports.com](http://www.nasa-sports.com)