

# 40<sup>th</sup> Annual NASA High School Nationals

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

Date: Saturday, April 13th and Sunday, April 14th, 2024 Late Fee's May Apply after 4-8-24

**NEW- Location:** **Best Western Saddle Back Inn, 4300 SW 3rd Street, Oklahoma City, OK**  
To receive NASA Discount Prices on sleeping rooms call the hotel directly to get our sleeping room discount PLUS FREE BREAKFAST if booked with the hotel directly. Airport Shuttle Available. 1-405-947-7000

**Meet Director:** **Rich Peters | 10751 Lake Rd | Lexington, OK 73051**  
**Phone: 405-706-0484 | email: [sqbpdl@aol.com](mailto:sqbpdl@aol.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. High School Membership is \$25.00 per year. **No lifter shall compete who has reached their 19<sup>th</sup> birthday.**

**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.

**Home Schooled Lifters May Compete In This Event – Will Lift With Their Age Class**

**All lifters MUST wear a Wrestling Singlet or other one-piece lifting suit.**  
**Full-length knee socks should be worn by all Deadlifters & 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, 135, 148, 165, 181, 198, 220, 242, 242+

### **OFFICIAL WEIGH-IN TIMES**

Friday Early Weigh-in 7:00 – 8:00pm Friday (all women and men 114-181)  
Saturday Regular Weigh-in 8:00 – 9:00am Saturday (all women and men 114-181)  
Saturday Early Weigh-in 7:00 – 8:00pm Saturday (men 198 - shw)  
Sunday Regular Weigh-in 8:00 – 9:00am Sunday (men 198 - shw)

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

## **DIVISIONS:**

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### **Divisions for Individual Powerlifting Competition** **(Duplicated for Equipped & Unequipped Divisions)**

Boys Freshman–Sophomore , Boys Junior–Senior  
Girls Freshman–Sophomore, Girls Junior–Senior

### **Divisions for Individual Power Sports Competition (Belt Only Allowed)**

Boys Freshman–Sophomore , Boys Junior–Senior  
Girls Freshman–Sophomore, Girls Junior–Senior

### **Divisions for "Power Press" (Power Clean + Bench Press) Competition**

Fr-Soph Boys, Jr-Sr Boys, Fr-Sr Girls (1 Division)

### **Unequipped Bench Press (Belt & Wraps Allowed)**

Fr-Soph Boys, Junior-Senior Boys, Fr-Sr Girls (1 Division)

### **Unequipped Push Pull (Belt & Wraps Allowed)**

Fr-Soph Boys, Jr-Sr Boys and Fr-Soph Girls (1 Division)

**\*Junior High Age Lifters MAY lift in the FR/SO Class in ALL events and count for Team Points**

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

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### **Equipped Powerlifting**

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

### **Power Press**

Lifting Belt & Wrist Wraps Only. Consists of the lifters best Power Clean and Best Bench Press for Total.

### **Unequipped Bench Press Only**

Freshman-Soph – Wrist Wraps may be worn

**NEW- Unequipped Push Pull** (Bench Press + Deadlift) – Belt & Wraps Allowed.

### **Unequipped Powerlifting**

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

### **Power Sports Full Meet**

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

### **Unequipped Bench Press Only**

Junior - Senior – Wrist Wraps are allowed

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## ***ENTRY FEES:***

***\$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): **\$60.00 for first division/event entered; \$45.00 for each additional division/event entered.** – Awards in each individual event entered.

**Team Entry Fee: \$40.00 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.

Coaches may call in Entries and bring Team Checks to the meet. Call before deadline and e-mail or mail rosters or individual entry forms before the deadline. **No Refunds for any no shows.**

**Return All Entries and Entry Fees to: NASA | 10751 Lake Rd | Lexington, OK 73051**  
**Or enter online at our Web site: [www.nasa-sports.com](http://www.nasa-sports.com)**

**Lifters do NOT have to be a member of a Team to enter – Individual's Welcome – No Qualifying**

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## ***AWARDS:***

**Individual Lifters:** 1st thru 5th Place Awards for each weight class in each division for Powerlifting, Power Press, Unequipped BP, Unequipped Push Pull 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 Equipped & Unequipped Powerlifting, Power Press, Unequipped Push Pull, and Power Sports Teams. All team and individual awards are duplicated for Boys and Girls events.

### **COMPETE FOR THE “BEST OF THE BEST” CHAMPIONSHIP BELTS**

Championship BELTS MAY be awarded to the OVERALL BEST LIFTER for the entire meet in the largest and most contested events both Boys and Girls.

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## ***NATIONAL RECORDS:***

All National High School Records can be broken in this meet. Please check the current National Records for the correct Division to enter and the current records. **You MUST be entered in the correct Division to break the Records.** All Records are online; they will be available at the meet hotel and on-line at <http://nasa-sports.com/records-index/>

# 40<sup>th</sup> Annual 2024 High School Nationals Powerlifting

Saturday, April 13<sup>th</sup> and Sunday April 14<sup>th</sup>, 2024

**NEW LOCATION** - Best Western Saddle Back Inn, 4300 SW 3rd Street,  
Oklahoma City, Oklahoma

Late Fee of \$10.00 begins April 8<sup>th</sup>, 2024 ←

Name \_\_\_\_\_ Grade Level \_\_\_\_\_ Weight Class \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_ Phone \_\_\_\_\_

**Division(s) Entered (i.e. Fr-So, Jr-Sr, etc.):**

Events Entered:	1st Division \$60.00	2nd Division \$45	3rd Division \$45	4th Division \$45
Equipped Powerlifting - Full Meet See Divisions Above				
Unequipped Powerlifting - Full Meet See Divisions Above				
Power Sports - Full Meet Curl, BP, DL See Divisions Above				
Power Press Only See Divisions Above				
Unequipped BP Only See Divisions Above				
Unequipped Push Pull (BP+DL) See Divisions Above				

Total number of Divisions Entered: \_\_\_\_\_ *Incl. Late Fee if applicable* \_\_\_\_\_ Check No. \_\_\_\_\_

**I Realize This Competition is an Anabolic Steroid Free Meet and that I MAY be Tested by Urinalysis**

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, the Best Western Saddleback Inn, Rich Peters, NASA Powerlifting, NASA, the facility 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 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 also swear that if I am a minor my parents have signed this waiver and approve of my lifting in this event. I do hereby verify my acceptance by my signature below. I also realize that the Flu and Corona Virus are acts of God and I agree to hold harmless all parties involved in conducting this event. I also agree that masks and proper protocol will be followed while at this event.

**Do Not Sign This Waiver Before Reading It Fully and Carefully. If you do not accept its terms, DO NOT sign it.**

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if Athlete is under 18 years of age \_\_\_\_\_

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

## ***2024 40<sup>th</sup> Annual High School Nationals***

Powerlifting – Bench Only – Push Pull - Power Sports

NASA

405-706-0484

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

[sgbpd@aol.com](mailto:sgbpd@aol.com)



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