

# 2024 NASA Oklahoma State Powerlifting

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

**Date:** Saturday, March 30th, 2024

**NEW Location:** Best Western Saddle Back Inn, 4300 SW 3rd Street, Oklahoma City, OK  
**Our Special Rates include full hot breakfast. If you use an on-line booking agent you will NOT get free breakfasts. Airport Shuttle Available. Phone- 405-947-7000**



**Meet Director:** Rich Peters/Tad Peters | 10751 Lake Rd | Lexington, OK 73051  
Phone: 405-706-0484 | email: [sqbpdl@aol.com](mailto:sqbpdl@aol.com)

## ***RULES:***

**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 is \$25.00 for the 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. HS Lifters are excluded suits requirement. Knee socks must be worn by all Deadlifters & Power Clean lifters.

## ***WEIGHT CLASSES:***

**Men:** 114, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308 & SHW  
**Women:** 97, 105, 114, 123.5, 132.25, 148.75, 165.5, 181.75, 198.25 & >198.25

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

Friday Early Weigh-in 7:00 – 8:00pm Friday (all women and all men)

Saturday Regular Weigh-in 8:00 – 9:00am Saturday (all women and all men)

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

## ***DIVISIONS: For all Masters/Sub-Masters events***

\* **Sub Masters Pure:** 30-39 years of age and Lifetime Anabolic Steroid Free  
\* **Masters Pure:** 40+ years of age & Lifetime Anabolic Steroid Free  
\* **Novice Masters:** 40+ Lifetime Anabolic Steroid Free; never won 1st place in any NASA National meet  
\* **Sub Masters 1:** 30-34 years of age; Minimum 5 years Anabolic Steroid Free  
\* **Sub Masters 2:** 35-39 years of age; Minimum 5 years Anabolic Steroid Free  
\* **Masters 1:** 40-49 years of age; Minimum 5 years Anabolic Steroid Free  
\* **Masters 2:** 50-59 years of age; Minimum 5 years Anabolic Steroid Free  
\* **Masters 3:** 60-69 years of age; Minimum 5 years Anabolic Steroid Free  
\* **Masters 4:** 70-79 years of age; Minimum 3 years Anabolic Steroid Free  
\* **Masters 5:** 80+years of age; Minimum 5 years Anabolic Steroid Free  
**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

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

---

### **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.

### **Unequipped Powerlifting**

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

### **Equipped Push/Pull**

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

### **Unequipped Push/Pull**

Consists of lifters 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.

### **Power Press**

Lifting Belt & Wrist Wraps Only (no wraps allowed for Men/Women of Steel competitors)

### **Power Sports Full Meet**

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

## ***ENTRY FEES:***

---

***\$10.00 Late Fee applies for 1<sup>st</sup> Division or event entered 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; \$50.00 for each additional division entered.** NOTE: In Power Sports Individual Events – Awards in each individual event entered

**Entry Fee covers Bomb Out Insurance or Cancellation Insurance-** If you cannot attend at the last minute your entry will carry over to the next event or if you bomb out you will go into a single lift event at the same meet. This is an exclusive NASA benefit for our lifters.

**Team Entry Fee: \$50.00 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.

**If Mailing, Return 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)**

## ***AWARDS:***

---

**Individual Lifters:** 1st thru 5th Place Awards for each weight class in each division for Powerlifting, Push Pull, Bench Press Only, Power Press 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.

## ***NATIONAL RECORDS:***

---

All State 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.** i.e., to break Masters 1 records you MUST be entered in the Masters 1 Division. All Records are online; they will not be available at the meet. For details on the Man & Woman of Steel competition please see details on our web site at [www.nasa-sports.com](http://www.nasa-sports.com)

**NASA Oklahoma State Powerlifting Championship****March 30th, 2024****Best Western Saddle Back Inn, 4300 SW 3rd Street, Oklahoma City, OK 405-947-7000****→ IMPORTANT: Late Fee of \$10.00 for 1<sup>st</sup> Division entered begins March 25<sup>th</sup>, 2024 ←**

<b>Name</b>	<b>Weight Class</b>	<b>Age</b>	<b>Sex</b>
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
<b>E-mail Address</b>	<b>Phone</b>		
<b>Division(s) Entered (i.e. Juniors, Masters-1, Open, etc.):</b>			
<b>Events Entered:</b>	<b>1st Division \$75 / \$50 HS</b>	<b>2nd Division \$50</b>	<b>3rd Division \$50</b>
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 Press (Power Clean + Bench)			
Power Clean Only			
Total number of Divisions Entered: _____ Total Amount Enclosed _____ Check No. _____ <i>Incl. Late Fee if applicable</i>			
<b>I Realize This Competition is an Anabolic Steroid Free Meet and that I MAY be Tested by Urinalysis</b>			
<p>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 Rich Peters, Tad Peters, NASA Powerlifting, the Best Western Saddleback Inn Hotel, 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 also realize that Covid 19 is an Act of God and I hold harmless the sponsors of this meet should I or my friends/family should contract the virus. 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 and if I enter on line.</p> <p><b>Do Not Sign This Waiver Before Reading It Fully and Carefully. If you do not accept its terms, DO NOT sign it.</b></p>			
<b>Athlete's Signature</b>		<b>Date</b>	
<b>Parents Signature if under 18 years of age</b>		<b>Date</b>	
<b>Return All Entries and Entry Fees to:</b> <b>NASA Powerlifting * 10751 Lake Rd * Lexington, OK 73051</b>			

## ***2024 Oklahoma State Powerlifting***

Powerlifting – Bench Only – Push Pull - Power Sports – Power Press

NASA

10751 Lake Road

Lexington, OK. 73051

405-706-0484

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

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



Your NASA 2024 Oklahoma State Powerlifting 3-30-24 Entry Form Is Enclosed.  
Visit our #1 Web Site at [www.nasa-sports.com](http://www.nasa-sports.com)