

2024 Iowa Regional Powerlifting

Powerlifting, Push/Pull, Bench Only; Individual Lifts; Power Press; Power Sports

Date: Saturday, October 26th, 2024

New Location: Winterset Junior High Gym, 724 Husky Dr., Winterset, IA

Meet Director: Rich Peters/Tad Peters | 10751 Lake Rd | Lexington, OK 73051

Phone: 405-706-0484 | email: sqbpdl@aol.com

Local Contact- State Chairman, Rich Baker 515 313 6940

RULES:

General Rules: All current NASA rules will apply. View the entire NASA rule book on our Web site at 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 Adult lifters MUST wear a Wrestling Singlet or other one-piece lifting suit.
Full-length knee socks should be worn by all Deadlifters.**

WEIGHT CLASSES:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 & SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 242+

OFFICIAL WEIGH-IN TIMES

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

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

LIFTING WILL BEGIN AT 10:00am SATURDAY

DIVISIONS:

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

NEW ENTRY and Competition FORMAT – BEGINNING JUNE 29TH, 2024

- Pick your Category- Select the Category you want to enter!
- Select the Division (s) you want to enter (If you plan to set records in a division
- Estimate your meet body weight. Not binding until actual weigh-in
- Sign your entry and mail of enter on-line.

Notes-

If you want to compete in different Categories and set records, you must be entered in those respective Categories & Divisions. If you select Additional Record Divisions to set records in your Category there will be a \$25.00 Record Processing Fee for each additional Division in your Category, you will be listed on the score sheet just once. . BUT, if the Records you choose to set are in Divisions in a different Category you will be required to pay the Add-On Category / Division Fee at the cost indicated on the entry form, as in the past.

If you set Records in Divisions in your main category you will be listed on the scoresheet just once and you will be required to fill out a Record Application at the meet and pay the fee of \$25 per record Division at check in. This saves you an additional add-on fee but you will receive only one award. Each Additional Event you enter shall constitute an additional Category entry, indicate your Additional Division on your entry form.

Categories- Duplicated for all Events , PL, BP Only, Power Sports, etc.

- **Category One**- Includes the following classes-
All High School and Teenage Lifters

- **Category Two**- Includes the following Classes-
Junior and Intermediate Lifters

- **Category Three**- Includes the following classes.
All Sub Masters, Open. Police & Fire, and Pure Lifters

- **Category Four**-
Includes Masters-1, Masters-2, and Masters Pure

- **Category Five**-
Includes Masters 3, and Masters 4

- **Category Six (Grand Masters)**
Includes Lifters 80 and older.

Lifters in each Category will be competing against each other in their respective weight classes. Records can be set in all individual Divisions as is now the case. The Current Records/Format will NOT change and will remain the same as in the past.

DIVISIONS & Categories: Each Division indicates which Category you will be in.

Pure: Cat 3 Lifetime Anabolic Steroid Free
Open: Cat 3 Anabolic Steroid Free for Minimum 3 Years
Novice: Cat 3 Lifetime Anabolic Steroid Free; never won first place in any NASA National meet
High School: Cat 1 Currently HS-enrolled lifters, Home Schooled ; Lifetime Anabolic Steroid Free
Teenage: Cat 1 13-19 years of age; Lifetime Anabolic Steroid Free
Junior: Cat 2 13-23 years of age; Lifetime Anabolic Steroid Free
Intermediate: Cat 2 24-29 years of age; Lifetime Anabolic Steroid Free
Police & Fire: Cat 3 Full-time Law Enforcement, Military & Fire Personnel; Lifetime Steroid Free
Sub-masters 1: Cat 3 30-34 years of age; Anabolic Steroid Free for Minimum 3 years
Sub-masters 2: Cat 3 35-39 years of age; Anabolic Steroid Free for Minimum 3 years
Sub-masters Pure: Cat 3 30-39 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 1: Cat 4 40-49 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 2: Cat 4 50-59 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 3: Cat 5 60-69 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 4: Cat 5 70-79 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 5: Cat 6 80+years of age; Anabolic Steroid Free for Minimum 3 years
Masters Pure: Cat 4 40+ years of age; Lifetime Anabolic Steroid Free

More Info at the bottom of this entry form. Please Read. Starting 6-29-24

EVENT DEFINITIONS AND EQUIPMENT ALLOWED:

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.

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.

Equipped Bench Only

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

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.

Retro Powerlifting

No Equipment except 4" lifting belt and wrist wraps

Unequipped Powerlifting

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. 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.

Unequipped Bench Only

Lifting Belt and Wrist wraps.

Power Press or Power Clean Only

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

ENTRY FEES:

\$10.00 Late Fee applies after Deadline Date for 1st division or event entered. Cash and Credit Cards Only for all late entries.

Individual Lifters: Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Press; 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

High School Lifters: Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Press; 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 Rd | Lexington, OK 73051
Or enter online at our Web site: www.nasa-sports.com/schedule/**

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 may consist of 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, Power Press, and Power Sports Teams.

**COMPETE FOR THE "BEST OF THE BEST" CHAMPIONSHIP JACKETS
Select National Meets Only See Web Entry For More Details**

STATE RECORDS:

All NASA 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., to break Masters 1 records you **MUST** be entered in Masters 1 Division. All Records are online; they will not be available at the meet.

2024 Iowa Regional Powerlifting

DATE: October 26th , 2024

NEW LOCATION - Winterset Junior High Gym, 724 Husky Dr., Winterset, IA

→ IMPORTANT: Late Fee of \$5.00 for 1st entry begins October 20th, 2024 ←

Enter On Line at www.nasa-sports.com/schedule/

Name _____ Weight Class _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

E-mail Address _____ Phone _____

Division(s) Entered (i.e. Juniors, Masters-1, Open, etc.):

Events Entered:	1st Division \$75 (\$50 for HS)	2nd Division \$50 (\$40 for HS)	3rd Division \$50 (\$40 for HS)	4th Division \$50 (\$40 for HS)
Equipped Powerlifting - Full Meet				
Unequipped Powerlifting - Full Meet				
Equipped Push Pull				
Unequipped Push Pull				
Equipped Bench Only				
Unequipped Bench Only				
Unequipped Power Press (after 8-1-13)				
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 + BP)				

Retro Powerlifting _____

Power Clean Only _____

Total number of Divisions Entered: _____ Total Amount Enclosed _____ Check No. _____
Incl. Late Fee if applicable

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 Rich Peters, NASA Powerlifting, Winterset High School, Winterset Jr High, 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 or contract a virus. 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 or by entering on-line using PayPal.

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 Entry to: NASA * 10751 Lake Rd * Lexington, OK 73051 Ph- 405-706-0484

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

NASA

405-706-0484

www.nasa-sports.com

sgbpd@aol.com



Your NASA 2024 Iowa Regional Powerlifting Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com