

8th Annual OKC Classic

“One Healthy Bod Expo”

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

Date: Saturday, August 3rd, 2024 (Late Fee's Begin on August 1st)

NEW Location: One Healthy Bod Fitness Center, 14414 N. Lincoln Blvd, Edmond, OK. 405.408.8192

Host Hotel: There are several hotels in the area.

Meet Director: Tad Peters | 10751 Lake Rd | Lexington, OK 73051
Phone: 405-706-0687 | email: thezombiemaker@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. 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 \$40.00 per year and High School Membership is \$15.00 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 Deadlifters & Power Clean lifters.

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

Friday Early Weigh-In 7:00-8:30pm Friday (All Lifters)
Saturday Regular Weigh-in 8:00 – 9:00am Saturday (All women and All men 114-SHW) No Early Weigh-ins
LIFTING WILL BEGIN AT 10:00am Saturday. Order - Power Clean, Curl, Squat, Bench Press & Deadlift

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

Enter as many divisions & events as you please. We should have large crowd and you will be able to demonstrate your lifting ability in front of a big audience

LATE ENTRIES WELCOME

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 lifters 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 lifters 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.

Retro Powerlifting

No Equipment except Belt

Power Sports Full Meet

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

Unequipped Powerlifting

Consists of lifters best Squat, Bench Press and Deadlift for a Total. 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.

Unequipped Bench Only

Lifting Belt and Wrist wraps.

Power Clean Only or Power Press (BP + Power Clean)

Lifting Belt & Wrist Wraps Only

ENTRY FEES:

Individual Lifters: Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **\$75.00 for first division entered; \$45.00 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; \$45.00 for each additional division entered.** NOTE: In Power Sports Individual Events – Awards in each individual event entered.

Web site: 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 All Power Sports Full and Individual events.

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

STATE RECORDS:

All State Records can be broken in this meet. Please check the current State 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 Any State Record can be broken/set in this meet regardless of the number of entries.

This event is being held in conjunction with the "One Healthy Bod" Expo produced by Steve Clausen "One Healthy Bod" will have a web site link posted soon on our Facebook page and web site at www.nasa-sports.com

2023 "OKC Classic One Healthy Bod Powerlifting"

August 1st, 2023

One Healthy Bod Health Club, 14414 N Lincoln Blvd, Edmond, OK. 405.408.8192

→ **IMPORTANT: Late Entry Fee's Begin on August 1st!** ←

Name	Weight Class	Age	Sex
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Address	City	State	Zip
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E-mail Address	Phone
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Division(s) Entered (i.e. Juniors, Masters-1, Open, etc.):

Events Entered:	1st Division \$75 (\$50 for HS)	2nd Division Add \$45	3rd Division Add \$45	4th Division Add \$45
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				
Power Press (BP + Power Clean)				
Retro Powerlifting (Belt Only)				

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

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, One Healthy Bod, Steve Clausen, Tad Peters, Rich Peters, NASA LLC Powerlifting, NASA, the facility used and any and all 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.

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

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

2023 “One Healthy Bod” OKC Classic

Powerlifting – Bench Only – Push Pull - Power Sports

NASA

10751 Lake Rd

Lexington, OK. 73041

405-527-8513

www.nasa-sports.com

sgbpd@aol.com



Your NASA 2023 “One Healthy Bod” Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com