

# 2024 NASA Colorado Regional Powerlifting

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

Date: Saturday, September 28th, 2024

**NEW** Location: Double Diamond Crossfit, 965 59<sup>th</sup> Ave, Greeley. CO 970-302-2024

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

Local Contact: Doug Brown, State Chairman, 970-599-0027

### ***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, except HS Lifters, MUST wear a Wrestling Singlet or other one-piece lifting suit. Full-length knee socks should be worn by all Dead 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, 220 & 242+

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

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

**LIFTING WILL BEGIN AT 10:00am SATURDAY**

### ***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, Military & 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

## ***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.

### **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 Sports Full Meet**

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

**Retro Powerlifting** – Powerlifting Rules and lifting belt only allowed

### **Power Clean or Power Press Only**

Enter either Power Clean (PC or Power Press individually) Power Press consists of the Total of your PC and your BP

## ***ENTRY FEES:***

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***\$5.00 Late Fee applies on Deadline Date - Cash and Credit Cards Only for all late entries.***

***No Late Fee if entering 2 or more events or divisions.***

**Individual Lifters:** Powerlifting, Push/Pull, Power Clean Only, Power Press, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **\$80.00 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; \$40.00 for each additional division entered.** NOTE: In Power Sports Individual Events – Awards in each individual event entered. **Discounts available for teams over 8 and more.**

**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.

**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)**

## ***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.

## ***STATE RECORDS:***

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All State Record Attempts will be allowed 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. Lifters must be residents of the State they are breaking records.

# 2024 Colorado Regional Championships

## September 28<sup>th</sup>, 2024

**Double Diamond Crossfit, 965 59<sup>th</sup> Ave, Greeley, CO 970-302-2024**

→ **IMPORTANT: Late Fee of \$10.00 begins Sept 25<sup>th</sup>, 2024** ← **Late Fees Will Be Strictly Enforced**

**Lifters entering 2+ Divisions or events DO NOT have to pay the Late Fee!**

Enter on-line at [www.nasa-sports.com](http://www.nasa-sports.com)

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

<b>Events Entered:</b>	<b>1st Division \$80 (\$50 for HS)</b>	<b>2nd Division \$45.00 (\$40 HS)</b>	<b>3rd Division \$45.00 (\$40 HS)</b>	<b>4th Division \$45.00 (\$40 HS)</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 Only (bp + power clean)				
Power Clean Only				
Retro Powerlifting (belt 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 myself or my family may incur by virtue of my competing in this contest as against Rich Peters, Tad Peters, NASA Powerlifting, Double Diamond Crossfit, Kyle Krupansky, Doug Brown, Jeff & Meridith Miller, 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. 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 my on-line entry. **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</b>	<b>Date</b>
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**Parent's Signature if Athlete is under 18 years of age**

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

