

Illinois Tri-State Christmas Regional

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

Date: Saturday, December 21th, 2024

Location: "The Gym" | 112 W. North Ave | Flora | IL | Phone: 618-662-3413

**Meet Directors: Rich & Tad Peters | 10751Lake Rd | Lexington, OK 73051 | Phone: 405-706-0484 / 405-706-0687
email: 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. 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 MUST wear a Wrestling Singlet or other one-piece lifting suit.
Full-length knee socks must be worn by all Deadlifters.**

WEIGHT CLASSES:

Men: 114.25, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.5, 242.5, 275.5, 308.5 & SHW
Women: 97, 105.75 114.25, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.5, 242.5, and 242+

OFFICIAL WEIGH-IN TIMES

Early Weigh-in 7:00 – 8:00pm Friday (all Women and Men's Classes 114-SHW)
Regular Weigh-in 8:00 – 9:00am Saturday (all Women & Men's Classes 114-SHW)

LIFTING WILL BEGIN AT 10:00am SATURDAY

Awards will be presented after the lifting is complete each day and lifters are free to leave.

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

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, Home Schooled ; 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 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

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 only.

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 and/or Power Clean Only

Power Press consists of lifter's best Power Clean and Bench Press for a Total. Lifting Belt and Knee/Wrist wraps. **Clean is only the Clean.**

Retro Powerlifting – No Supportive Equipment except Lifting Belt and Wrist Wraps Only

ENTRY FEES:

\$10.00 Late Fee applies after Deadline Date of 12-18-24 for 1st Entry only. 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; \$40.00 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: \$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**

AWARDS:

Individual Lifters: 1st thru 5th Place Awards for each weight class in each division. Category 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.

STATE/NATIONAL RECORDS:

STATE & NATIONAL RECORDS

State Records can be set or broken in this event. You must be entered in all the Division(s)/ Events to break those records. Lifters may make multiple entries (add-on entries). National Records **MAY** be allowed but is optional. Special Awards May Be Presented At This Event Which May Include Championship Belts, NASA Jackets, etc.

2024 Illinois Christmas Regional Championship

"The Gym" | 112 W. North Ave | Flora | IL | Phone: 618-662-3413

→ **IMPORTANT: Late Fee of \$10.00 begins December 16th** ← Late Fees Will Be Strictly Enforced
 You may enter on-line at www.nasa-sports.com

Name _____ Wt 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 \$50.00 (\$40 HS)	3rd Division \$50.00 (\$40 HS)	4th Division \$50.00 (\$40 HS)
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 Agree to 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, THE GYM Gym, Smitty & Maybel Smith, 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 and realize Covid 19 is an act of God and I may contract this virus before, during or after this event. 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 and /or my entry by electronic device.

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 _____

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