

2025 NASA Colorado State Powerlifting

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

Date: Saturday, May 17th 2025

NEW Location: Double Diamond Crossfit, 965 59th 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

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

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, 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:

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:

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:

Equipped Powerlifting, BP Only, Push Pull

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Single-ply Squat Suit and up to triple ply Banded BP Shirt + Lifting Belt and Knee/Wrist wraps.

Unequipped Powerlifting

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

Equipped Push/Pull

Consists of lifter's best Bench Press and Deadlift for a Total. Up to Triple -ply Banded BP Shirt + 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.

Equipped Bench Only

Up to Triple -ply BP Shirts + Lifting Belt and Wrist wraps.

Unequipped Bench Only

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

ENTRY FEES:

\$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**

AWARDS:

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.

NATIONAL RECORDS:

All State & National Record Attempts/ Records 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.

2025 Colorado State Championships 5-11-2025

Double Diamond Crossfit, 965 59th Ave, Greeley, CO 970-302-2024

→ **IMPORTANT: Late Fee of \$10.00 begins May 7th, 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

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 \$80 (\$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 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.**

Athlete's Signature _____ Date _____

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