

Illinois Tri-State Summer Regional

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

Date: Saturday, July 26th, 2025

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

Meet Directors: Rich & Tad Peters | 10751 Lake Rd | Lexington, OK 73051 | Phone: 405-706-0484 / 405-706-0687

email: sqbpd@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

Equipment ALLOWED:

Equipped Powerlifting

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Single-ply Squat Suit and up to 3 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. 3-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 3-ply Banded BP Shirt + 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 only.

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 MAY apply after Deadline Date for 1st Entry only. Cash and Credit Cards Only for all late entries. No Late Fee if entering 2 or more events/divisions.

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.

2025 Illinois Summer Regional Championship

Meet Date is July 26th, 2025

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→ **IMPORTANT: Late Fee of \$10.00 begins July 22nd** ← 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)
Equipped Powerlifting - Full Meet			4th Division \$50.00 (\$40 HS)
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			
Return All Entries and Entry Fees to: NASA * 10751 Lake Rd * Lexington, OK 73051			