

NASA Bench Press & Power Sports Nationals

Bench Press Championships & Midwestern States Push Pull – Power Sports Championships

Date: Saturday, May 19th, 2012

**Location: Holiday Inn, 4849 Bannock St., Denver, CO. *Hotel: I-70 & I-25
Intersection Phone: 303-292-9500.** Make Reservations Early! Special Rates for NASA.
Hotel has nice clean modern rooms, Wireless Internet, Restaurant, Night Club, Pool, etc.
Please support the Meet hotel.

Meet Director: Rich Peters, P.O. Box 735, Noble, OK. 405-527-8513 sqbpdl@aol.com

Official Weigh-In Times

Early Weigh-In: 7:00-8:00 pm, Friday (All Women and All Men)

Regular Weigh-In: 8:00-9:00 am, Saturday (All Women and All Men)

Lifting will begin at 10:00 am Saturday

Rules: All Current NASA Rules will apply. See the NASA Rule Book on our Web Site at www.nasa-sports.com. NASA Membership Cards are required for this meet. Adult Cards \$30.00 & High School are \$15.00 per year. All lifters MUST wear a Wrestling Suit or other one piece suit. No Open Back Bench Shirts allowed as of 1-1-07. All lifters who Deadlift MUST wear Knee High Socks during the Deadlift.

Bench Nationals & Push Pull Lifters: May use single ply Bench Press Shirts, Legal Wrist Wraps, Single Ply Suits and Belt. Push Pull is the Total of your best BP and Deadlift for Total.

Power Sports Lifters: May not wear any supportive equipment except a Lifting Belt.

Men's Weight Classes – Regular BP & DL

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 & SHW

Women's Weight Class

97, 105, 114, 123, 132, 148, 165, 181, 198 & 198+

Divisions for Regular Bench, Power Sports and Push Pull

Pure: Lifetime Anabolic Steroid Free.

Police, Fire & Military: Full Time Police & Fire Personnel, Anabolic Steroid Free for minimum 3 years.

Open: Anabolic Steroid Free for minimum 3 years.

Novice: Lifetime Anabolic Steroid Free, never won first in any NASA National Meet.

Teenage: 13-19 years of age, Anabolic steroid Free for minimum of 3 years.

High School: Currently HS enrolled lifters, Anabolic Steroid Free for life.

Junior: 13-23 years of age, Lifetime Anabolic Steroid Free.

Intermediate: 24-29 years of age, Anabolic Steroid Free for 3 years minimum.

Sub-Master-1: 30-34 years of age, Anabolic Steroid Free for minimum 3 years.

Sub-Master-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 life.

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+ years of age, Anabolic Steroid Free for minimum 3 years.

Masters-Pure: 40+ years of age, Lifetime Anabolic Steroid Free lifters only.

Don't Forget

Colorado Grand – August, 2012

Awards: 1st thru 5th Place Awards for each weight class in each Division for Regular BP & DL. Awards will consist of MANY large Column Trophies, Sculptures, Extra Large Plaques and Large Plaques. **See our Web Site for details on our Championship Belts for this meet. 2-3 Belts will be Awarded at this meet.**

Unequipped Bench Press: Lifters may use Wrist & Knee Wraps and a Belt. No supportive suits or shirts allowed.

Power Sports© Lifters: Required to do Strict Curl, Bench Press and Deadlift. No Supportive Equipment is Allowed except a 4" Lifting Belt. One piece Lifting Suits MUST be worn. **You may enter any Power Sports event as a single lift event**, i.e.-Curl, BP, Squat, DL or Full meet.

Push Pull Lifters: May use any single ply Suits, Bench Shirts, Legal Wraps for Squat, Bench Press and Deadlift. All Canvas and Open Back Shirts are Illegal in NASA.

Equipped Bench Only Lifters: May use single ply Bench Press Shirts, Legal Wrist Wraps and Belt.

Men's Weight Classes

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 & SHW

Women's Weight Class

97, 105, 114, 123, 132, 148, 165, 181, 198 & 198+

Outstanding Lifters Bench Press Nats Only: 5 in Men's & 2 in Women's Bench Press Nationals Only.

Divisions for All Bench Only, Push Pull & Power Sports© (Raw)

Pure: Lifetime Anabolic Steroid Free.

Natural (Open): Anabolic Steroid Free for minimum 3 years.

Novice: Lifetime Anabolic Steroid Free, never one first in any NASA National Meet.

Police, Fire & Military: Full Time Police, Fire & Military Personnel Only, Lifetime drug Free.

Teenage: 13-19 years of age, Anabolic steroid Free for minimum of 3 years.

High School: Currently HS enrolled lifters, Anabolic Steroid Free for life.

Junior: 13-23 years of age, Lifetime Anabolic Steroid Free.

Intermediate: 24-29 years of age, Anabolic Steroid Free for 3 years minimum.

Sub-Master-1: 30-34 years of age, Anabolic Steroid Free for minimum 3 years.

Sub-Master-2: 35-39 years of age, Anabolic Steroid Free for minimum 3 years.

Sub Masters Pure: 30-39 years of age, lifetime Anabolic Steroid Free.

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+ years of age, Anabolic Steroid Free for minimum 3 years.

Masters-5 (pure): 40+ years of age, Lifetime Anabolic Steroid Free lifters only.

Entry Fee's: Bench Press Only (equipment allowed): \$60.00 for first division entered, \$35.00 for each additional entry. Late Fee after Deadline Date is \$10.00 additional fee, per division entered. Cash Only or all late entries.

Entry Fee's: Push Pull: \$60.00 for first division entered, \$35.00 for each additional entry. Late Fee after Deadline Date is \$10.00 additional fee, for 1st division entered. Cash Only on all late entries. Events in the Power Sports meet are: Curl, BP Only, Deadlift and Full Meet (all 3 lifts combined). Divisions are listed above. You may enter any event individually, such as Curl, BP, DL. You may also enter the Full Meet (Curl+BP+DL=Total). Push Pull consists of the Total of your best BP and DL. Push Pull Divisions are listed above.

Entry Fee's : "Power Sports" Unequipped, Full Meet (Curl, BP & DL) = \$60.00 & \$35.00 for each additional entry. Late Fee after Deadline Date is \$10.00 additional fee, for 1st division entered. Cash Only on all late entries.

Power Sports INDIVIDUAL Events - Entry Fee - Awards in Each Individual Event Entered

Strict Curl Only= \$60.00 for first division, \$35.00 for each additional division.

PS Bench Only= \$60.00 for first division, \$35.00 for each additional division.

PS Deadlift Only= \$60.00 for first division, \$35.00 for each additional division.

All High School Entry Fee's are \$45.00 per Division 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. Trophies for 1st thru 3rd for Powerlifting, Bench Press Only and Power Sports Teams. Maximum of 10 members per team.

Return Entry and Entry Fee's

NASA LLC, P.O. Box 735, Noble, OK. 73068

Or you may enter on-line from our web site at www.nasa-sports.com

Don't Forget

Colorado Grand – Denver, CO – August, 2012

(Official NASA Entry Form)

2012 Bench Press & Power Sports Nationals

Late Fee Begins: May 14th, 2012

Name: _____ **Weight Class:** _____ **Age:** _____

Address: _____ **City:** _____ **St:** _____ **Zip:** _____

E-mail Address: _____ **Phone:** (____) _____

BP Nationals Equipped Bench Press Only (equipment allowed): _____/_____/_____

BP Nationals Unequipped Bench Press (Wraps & Belt allowed): _____/_____/_____

BP Nationals Power Sports Bench Only (No Equipment Allowed): _____/_____/_____

Push Pull Contest (BP & Deadlift combined) - _____/_____/_____/_____

Power Sports Full Meet (Curl, BP & DL) - _____/_____/_____/_____

Power Sports Individual Events (Curl or DL): _____/_____/_____/_____

Total Amount Enclosed : \$ _____ **Check #** _____ **Total Number of Divisions Entered:** _____

Credit Card - Visa _____ **Master Card** _____ **American Express** _____ **Discover** _____

Card #- _____ **Expires-** _____

I realize this Competition is an Anabolic Steroid Free Meet and 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 Rich Peters, NASA, NASA LLC Powerlifting, The Holiday Inn, 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. I also 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 also certify, by my signature, that I have read this waiver and fully understand and accept it's terms. 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 it's terms, DO NOT sign it.**

Athlete's Signature: _____ **Date:** _____

Parent's Signature if Athlete is under 18 years of age: _____ **Date:** _____

Bench Press & Power Sports National Championships

NASA

P.O. Box 735

Noble, OK. 73068

405-527-8513

www.nasa-sports.com

sqbpdl@aol.com



Bench Press & Power Sports Nationals & Push Pull

Your NASA National BP & PS Nationals Entry Form is Enclosed.

Visit our #1 Web Site at www.nasa-sports.com