

**2009 NASA WEST  
VIRGINIA REGIONAL  
Powerlifting, Bench Press, Push/Pull & Power  
Sports Championships**

**Saturday November 14, 2009**

**Location:** Ravenswood High School (New Gym)  
S. Ritchie Avenue  
Ravenswood, WV

**Accommodations:** **Holiday Inn Express** – (304) 372-5000  
**Ask For NASA Lifters Discount**

**Meet Directors:** Greg & Susan Van Hoose  
Route 1 Box 166  
Ravenswood, WV 26164  
(304) 273-3110 or e-mail [greg@vhepower.com](mailto:greg@vhepower.com)

**Records Chairman:** Susan Van Hoose

**Wegh-in Times:** Early weigh-in 6:00 P.M. to 7:30 P.M. Friday (All lifters)  
Regular weigh-in 8:00 A.M. to 9:00 A.M. Saturday (All lifters)  
Rules Meeting/Equipment Check will be at 9:10 A.M.

**Lifting will begin at 10:00 A.M.**

State & American Records can be set at meet.

NASA homepage can be accessed at [www.NASA-SPORTS.COM](http://www.NASA-SPORTS.COM)

NASA Regional website [www.VHEPOWER.COM](http://www.VHEPOWER.COM)

**Awards:** Awards will be in every weight class & division 1<sup>st</sup>-5<sup>th</sup>.

**Weight Classes:** 114-123-132-148-165-181-198-220-242-275-308-SHW  
(Women's Division includes 97 & 105)

**Rules:** All NASA rules will be strictly enforced. All lifters will be required to hold a current NASA membership card (or purchase one at the meet.) They are \$30.00 annually and \$15.00 for high school students. A one **piece lifting suit is required** except for high school students, (shorts & T-shirt).

**DEFINITION OF MEETS**

**Powerlifting** - Squat, Bench & Deadlift for Total. Legal single ply equipment may be used for all lifts.

**Unequipped Powerlifting** - Squat/Bench/Deadlift=Total. Kneewraps & Wrist Wraps Allowed. See Asterik \*\*\*

**Bench Only** – Singlet, Single ply shirts & wrist wraps may be used.

**Unequipped Bench Only** – Singlet, Wrist Wraps, 4' belt.

**Push/Pull** – Combination of best bench press & best deadlift=Total. Single ply suit, wrist wraps/knee wraps may be used.

**Power Sports Full Meet & Individual Lifts** – No supportive equipment allowed except a 4' belt and a singlet.

**Divisions:**

- \***Pure:** Lifetime Anabolic Steroid Free.
- Novice:** Lifetime Anabolic Steroid Free & **Never** placed first in any meet.
- \***Open/Natural:** 3yrs. Anabolic Steroid Free.
- \***High School Pure:** Current H.S. Student Lifetime Anabolic Steroid Free.
- Teenage:** (13-19) 3yrs. Anabolic Steroid Free.
- \***Junior:** (13-23) 3yrs. Anabolic Steroid Free.
- Intermediate:** (24-29) 3yrs. Anabolic Steroid Free.
- Law/Fire:** Full Time Police & Fire Personnel, 3yrs. Anabolic Steroid Free.
- \***Sub Masters:** (30-39) 3yrs. Anabolic Steroid Free.
- Sub Masters Pure:** (30-39) Lifetime Anabolic Steroid Free.
- \***Masters 1:** (40-49) 3yrs. Anabolic Steroid Free.
- \***Masters 2:** (50-59) 3yrs. Anabolic Steroid Free.
- \***Masters 3:** (60-69) 3yrs. Anabolic Steroid Free.
- \***Masters 4:** (70+up) 3yrs. Anabolic Steroid Free.
- \***Masters Pure (5):** (40+up) Lifetime Anabolic Steroid Free.

**Entry Deadline: Must be postmarked by November 7, 2009 – Late Entries Accepted - Cash Only!**

**NASA WEST VIRGINIA REGIONAL CHAMPIONSHIPS ENTRY FORM 11-14-2009**

**Entry Fee:** \$45.00 First division entered, \$25.00 for each additional division entered BP, PP and Power Sports. Late fee of \$10.00 for first Division & \$5.00 for additional divisions after 11-07-09. High School Division \$20.00. \$5.00 Late Fee for High School Division.

**Team Entry Fee:** \$30.00 Bench Press/\$30.00 Push/Pull/\$30.00 Power Sports/\$30.00 Mixed Team. All team members must be entered into an individual event.

**Drug Testing:**

**Urinalysis testing could be conducted at meet. All American records are subject to Drug Testing!** Lifter is responsible to understand and read the banned substance list provided at [www.nasa-sports.com](http://www.nasa-sports.com) under drug testing section.

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**Entry Form – NASA WEST VIRGINIA REGIONAL PL, BP, P/P & POWERSPORTS CHAMPIONSHIPS**

Deadline Before Late Entry Occurs – 11-07-09

Return Entries & Make Payment to: **Van Hoose Enterprises LLC RR 1 Box 166 Ravenswood, WV 26164**

Name \_\_\_\_\_ Email: \_\_\_\_\_ Wt.Class \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Email \_\_\_\_\_

Divisions:

(Print in full what divisions you're entering –Pure, Masters-1, Teen etc.)

Powerlifting Division (s) Entered:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

UnEquipped PL Division (s) Entered:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Bench Press Division (s) Entered:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Push/Pull Division (s) Entered:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Power Sports Full Meet Division (s) Entered:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Power Sports Individual Division (s) Entered:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

# of Entries: \_\_\_\_\_ Total Enclosed: \_\_\_\_\_

Credit Card Type: \_\_\_\_\_ Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Name on Card \_\_\_\_\_ 3 Digit Code on Back \_\_\_\_\_

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 competing in this meet as Greg Van Hoose, Van Hoose Enterprises LLC, Jackson Co. Board of Education, NASA, their agents and employee's. **I also swear that I am anabolic steroid free for the time period I so indicated by the division I have carefully chose to enter. I also agree to present myself in a timely fashion for any and all Drug Testing that I might be asked to submit. Failure to submit to drug testing will be grounds for ban of a period of three years, which is the same period for a positive steroid test. Testosterone levels over 6/1 ratio will disqualify me from NASA and this meet. If found positive for drug test NASA has the right to publish your name under the suspended lifter list. I also understand it is my responsibility to fully read the banned list information that is provided at [www.nasa-sports.com](http://www.nasa-sports.com).** I also certify that I am in good physical health and I am not knowingly competing in this competition against any Dr.'s orders or recommendations. I also realize that powerlifting, Bench Pressing and Power Sports are High Risk Sports and I could very well be injured. I release the promoter and above mentioned individuals and owners of any liability for injury or loss if any such injury occurs. I also realize that I use the reverse or open (thumb not locked around bar) Grip for the Bench Press, I am greatly increasing my chances of personal injury. I fully accept the risk that I may take for my own actions in performing my lifts in this meet and the warm-up area. I also realize that spotter/loaders are not provided in the warm-up area and I shall provide my own, for my own safety. I hereby release Greg Van Hoose, Van Hoose Enterprises LLC, NASA, the Owner of the meet location, and any and all agents and employees of such from any and all claims for injury and loss that I might incur by my participation in this event, in the warm-up area and my travel to and from the meet. Do not sign before reading this document fully and carefully.

Signature (Parent if not 18)

Date

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