

NASA Ohio State High School Powerlifting Championships

Powerlifting, Push/Pull & Power Sports Events Contested

Date: Saturday, February 13 & Sunday February 14, 2010

Location: Clark-Shawnee High School 1675 East Possum Road Springfield, OH

Meet Director's: Greg/Susan Van Hoose, Rt. 1 Box 166 Ravenswood, WV 26164
(304) 273-3110 greg@vhepower.com

Nasa Regional Website – <http://www.vhepower.com/>

Official Weigh-In Times

Early Weigh-In: 7:00-8:00 pm, Friday 2-12-10

(All Junior High, Freshman-Sophomore Men & Women)

Regular Weigh-In: 7:00-8:30 am, Saturday 2-13-09

(All Junior High, Freshman-Sophomore Men & Women)

JUNIOR HIGH & FRESHMAN/SOPHOMORE DIVISION WILL BE CONTESTED ON SATURDAY

Early Weigh-In: 7:00-8:00 pm, Saturday 2-13-10

(All Junior-Senior Men & Women)

Regular Weigh-In: 7:00-8:30 am, Sunday 2-14-10

(All Junior-Senior Men & Women)

JUNIOR/SENIOR DIVISION WILL BE CONTESTED ON SUNDAY

Rules meeting will begin at 8:30 am on both days

LIFTING WILL BEGIN AT 9:30 AM ON BOTH DAYS

Rules: All Current NASA Rules will apply. View the entire NASA Rule Book on our Web Site at www.nasa-sports.com **NASA High School Membership Cards are (\$15.00).** Teenage class must purchase a card \$30.00. All lifters MUST wear a Wrestling Suit or other one-piece suit if breaking an American record.

Unequipped Powerlifting: No supportive equipment is allowed except a 4' lifting belt, wrist wraps and knee wraps. A singlet is not mandatory for high school division except for breaking American Records. Shorts & T-shirt Ok. Shorts cannot be excessively baggy and not cover knees.

Push/Pull: Required to do Bench Press and Deadlift for total. No Supportive Equipment is Allowed except a 4" Lifting Belt. A singlet is not mandatory for high school division except for breaking American Records.

Equipped Powerlifting: May use polyester single ply Suits, polyester & denim single ply Bench Shirts, Legal Wraps for Squat, Bench Press and Deadlift. Singlet is Mandatory.

Power Sports Full Meet: No supportive equipment is allowed except a 4' lifting belt. A singlet is not mandatory for high school division except for breaking American Records. Shorts & T-shirt Ok. Shorts cannot be excessively baggy and cannot cover knees.

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+

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Divisions for Powerlifting (equipment allowed)

Push/Pull (Raw) & Unequipped Powerlifting (knee wraps & wrist wraps allowed)

Jr. High: Currently Jr. High Enrolled grades 6-8, Anabolic Steroid Free for Life. **Jr. High will be contested on Saturday**
Boys Fr-So: Currently HS Enrolled Fr.–So. Lifters, Anabolic Steroid Free for Life.
Boys Jr-Sr: Currently HS Enrolled Jr.-Sr. Lifters, Anabolic Steroid Free for Life.
Girls Fr-So: Currently HS Enrolled Fr–So. Lifters, Anabolic Steroid Free for Life.
Girls Jr-Sr: Currently HS Enrolled Jr.–Sr. Lifters, Anabolic Steroid Free for Life.

Individual Awards: 1st thru 5th Place Awards for each weight class in each Division for Powerlifting, Power Sports and Push/Pull.

Team Divisions/Awards:

Boys Fr-So: Divisions I-VI - Awards 1st. thru 5th. Place.
Girls Fr-So: Divisions I-VI – Awards 1st. thru 5th. Place.

Boys Jr-Sr: Divisions I-VI – Awards 1st. thru 5th. Place.
Girls Jr-Sr: Divisions I-VI – Awards 1st. thru 5th. Place.

Overall Boys Champion: Fr-Sr. Divisions I-VI – Awards 1st. thru 5th. Place.
Overall Girls Champion: Fr-Sr. Divisions I-VI – Awards 1st. Thru 5th. Place.

Overall Boys Team Fr-Sr: Rosters: Must be turned in by 9:00 am Saturday February 14, 2009.

Overall Girls Team Fr-Sr: Rosters: Must be turned in by 9:00 am Saturday February 14, 2009.

Fr-So: Boys Team Rosters: Must be turned in by 9:00 am Saturday February 14, 2009.

Fr-So: Girls Team Rosters: Must be turned in by 9:00 am Saturday February 14, 2009.

Jr-Sr: Boys Team Rosters: Must be turned in by 9:00 am Sunday February 15, 2009.

Jr-Sr: Girls Team Rosters: Must be turned in by 9:00 am Sunday February 15, 2009.

Outstanding Lifter Awards:

Boy Fr-So: 1- Powerlifting, 1- Power Sports, 1 - Unequipped Powerlifting
Girls Fr-So: 1- Powerlifting, 1- Power Sports, 1 - Unequipped Powerlifting
Boys Jr-Sr: 1- Powerlifting, 1- Power Sports, 1 – Unequipped Powerlifting
Girls Jr-Sr: 1- Powerlifting, 1- Power Sports, 1 – Unequipped Powerlifting

Push/Pull Meet Boys: 1 Award

Push/Pull Meet Girls: 1 Award

All outstanding lifter awards will be calculated by NASA outstanding lifters coefficient found on NASA website. www.nasa-sports.com

Senior Scholarship – Outstanding senior boy & girl powerlifter will receive a \$100.00 scholarship provided that student attends college or technical school.

Team Scoring:

1st. Place – 7 points

2nd. Place – 5 points

3rd. Place – 3 Points

4th. Place – 2 Points

5th. Place – 1 Point

Maximum amount of lifters per team 10

No more than 2 lifters in same weight & division.

COACHES MEETING WILL BE ON SATURDAY & SUNDAY MORNING AT 8:10 AM

NASA Membership Card Application

First Name-_____ Last Name-_____ Date-_____

Address-_____ City-_____ State-____

Zip-_____ Phone- (____) _____ Email-_____

Date of Birth-_____ Age-_____

Adult- \$30.00 High School- \$15.00 Seniors (65+)- \$30.00

Pay by Credit Card or Check

Type of Credit Card- Visa_____ Master Card-_____ American Express-_____

Credit Card Number-_____ Expires-_____

Name on Card-_____

**Include with your Entry Form and save time checking in at the Meet!
or**

Return Form with payment to : NASA Membership, P.O. Box 735, Noble, OK. 73068

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Return Entry and Entry Fees & Checks Payable To:

Van Hoose Enterprises LLC

Rt. 1 Box 166 Ravenswood, WV 26164

Entry Fees

High School Powerlifting Push/Pull & Power Sports: \$20.00 for first division entered, \$20.00 for each additional entry. Late Fee after Deadline Date is \$5.00 additional fee, per division entered. Cash or authorized school check only for all late entries.

Team Entry Fee

\$30.00 per Team Entry. This fee is for the Team Trophy. Team Rosters MUST be turned in by the prescribed times on previous page. Maximum of 10 members per team.

(Official NASA Entry Form)

NASA OH State/Teen World Record Breakers Championships

Late Fee Begins: February 6, 2010

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

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

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

Full Powerlifting Meet Divisions Entered: _____, _____,

Unequipped Powerlifting Meet Divisions Entered: _____, _____,

Push/Pull (raw): _____, _____, _____,

Power Sports (raw) Full Meet Divisions Only- _____, _____,

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

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

Card #- _____ **Expires-** _____ **3 Digit Code** _____

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 competing in this meet as Greg Van Hoose, Van Hoose Enterprises LLC, Clark-Shawnee High School, 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 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. I do so by signing below. **DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.**

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

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

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Van Hoose Enterprises LLC

Rt. 1 Box 166

Ravenswood, WV, 26164

304-273-3110

www.vhepower.com

greg@vhepower.com

Your NASA Championship Entry Forms are Enclosed.

Visit our #1 Web Site at www.vhepower.com