

2012 NASA KENTUCKY REGIONAL

Powerlifting, Bench Press, Push/Pull & Power Sports Championships

Saturday October 27, 2012

Location: Morehead Conference Center
111 East First Street
Morehead, KY 40351
Quality Inn Morehead 606-784-2220 – \$69.99 Double Room Ask for NASA Powerlifters Rate

Meet Directors: Greg & Susan Van Hoose
2573 Greenhills Road
Ravenswood, WV 26164
(304) 273-3110 or e-mail greg@vhepower.com

KY Records Chairman: J.T. Hall nasakentuckystatechairman@yahoo.com

Weigh-in Times: Early weigh-in 8:00 P.M. to 9:00 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 9:30 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

NASA Regional website www.VHEPOWER.COM

Awards: Awards will be in every weight class & division 1st-5th.

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.

Unequipped Bench Press – Bench Press – Singlet, Wrist Wraps Allowed.

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

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.

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 Deadline: Must be postmarked by October 20, 2012 – Late Entries Accepted - Cash Only!

2012 NASA KY STATE CHAMPIONSHIPS ENTRY FORM 10-27-2012

Entry Fee: \$50.00 First division entered, \$30.00 for each additional division entered BP, PP and Power Sports. Late fee of \$10.00 for first Division & \$5.00 for additional divisions after 10-20-12. High School Division \$25.00. \$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 under drug testing section.

Entry Form – NASA KY REGIONAL PL, BP, P/P & POWERSPORTS CHAMPIONSHIPS

Deadline Before Late Entry Occurs – 10-20-12

Make Checks Payable to: Van Hoose Enterprises LLC, 2573 Greenhills Road Ravenswood, WV 26164

Name _____ Email: _____ Wt.Class _____

Address _____ City _____ State _____

Zip Code: _____ Phone: _____ Age: _____ DOB: _____

Divisions:

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

Powerlifting Division (s) Entered:

1. _____ 2. _____ 3. _____

Un-Equipped PL Division (s) Entered:

1. _____ 2. _____ 3. _____

Un-Equipped BP 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. _____

If paying by credit card at meet please fill out this portion of the application:

of Entries: _____ Total Enclosed: _____

Credit Card Type _____ Credit Card # _____

Expiration Date _____ Name on Card _____ 3 Digit Code on Back _____

