

# 2012 NASA WEST VIRGINIA REGIONAL

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

**Saturday November 10, 2012**

- Location:** Ravenswood High School (New Gym)  
S. Ritchie Avenue  
Ravenswood, WV
- Accommodations:** **Quality Inn** – (304) 372-5000 \$70.00 per night 1-4 people (Old Holiday Inn Express, Free Breakfast Bar)
- Meet Directors:** Greg & Susan Van Hoose  
2573 Greenhills Road  
Ravenswood, WV 26164  
(304) 273-3110 or e-mail [greg@vhepower.com](mailto:greg@vhepower.com)
- Records Chairman:** Susan Van Hoose
- Weigh-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.

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 November 3, 2012 – Late Entries Accepted - Cash Only!**

**NASA WEST VIRGINIA STATE CHAMPIONSHIPS ENTRY FORM 11-10-2012**

**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 11-03-12. 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 STATE PL, BP, P/P & POWERSPORTS CHAMPIONSHIPS**

Deadline Before Late Entry Occurs – 11-03-12

**Return Entries 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 Divisions (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: \_\_\_\_\_

**If paying by Credit Card at meet please fill out this portion of the application:**

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

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

