

2012 NASA WEST VIRGINIA STATE

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

Saturday April 28, 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
- 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
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.

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 April 21, 2012 – Late Entries Accepted - Cash Only!

NASA WEST VIRGINIA STATE CHAMPIONSHIPS ENTRY FORM 04-28-2012

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 04-21-12. 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 under drug testing section.

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

Deadline Before Late Entry Occurs – 04-21-12

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 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 _____

RELEASE FROM LIABILITY

ALL LIFTERS and MEET PARTICIPANTS, INCLUDING LOADERS AND SPOTTER, REFEREES, AND PLATFORM WORKERS, MUST SIGN THIS PRIOR TO WEIGH-IN OR THE COMMENCEMENT OF THE MEET, WHICHEVER IS APPLICABLE

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in ANY and ALL _____ NASA PL, PS, BP & PL Championships Powerlifting Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this **Release of Claims**, I waive, release, and forever discharge NASA Powerlifting, Rich & Tad Peters, Greg and Susan Van Hoose, Van Hoose Enterprises LLC, the Event Sponsors, the Event Host, Hotel or High School used., Any and All NASA Administrators and Officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all NASA administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against NASA and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless ; NASA as an organization/business, Any and All NASA Administrators and Officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all NASA administrative personnel, agents, independent contractors, and employees associated with this competition, the meet directors(s), the loaders and spotters, the referees, all meet personnel, Rich & Tad Peters and all NASA administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury. I also understand that my presence on the platform as a loader spotter can be hazardous and I assume full responsibility for any injury or damages I may receive by my participation in any _____ NASA event in which I may participate.

Further, if I am asked to submit to a drug test, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests that may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this **Release of Claims**. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry in this contest or my participation in this competition. If any provision of this **Release of Claims** shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this **Release of Claims** shall remain in full force and effect. I also certify with my signature that this **Release of Claims** cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

Signature in full of participant

Signature in full - parent or guardian if under 21 years old.

Print your name

Date

Print your name

Date

CERTIFICATION FOR COMPETITORS

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature in full of participant

Print your name

Date