

2016 NASA CAROLINA STATE

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

Saturday April 30, 2016

Location: Indian Land Middle School (Gymnasium)
8361 Charlotte Hwy, Fort Mill, SC 29707

Meet Director: Greg Van Hoose
P.O. BOX 312
Fort Mill, SC 29707
(304) 532-1802 or (803) 228-0075 or e-mail greg@vhepower.com

Records Chairman: Susan Van Hoose (304) 532-1802

Weigh-in Times: Early weigh-in 7:00 P.M. to 8:00 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 9:10 A.M.

Lifting will begin at 10:00 A.M.

STATE, REGIONAL & AMERICAN RECORDS CAN BE SET AT THIS 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 \$40.00 annually and \$15.00 for high school students. A one **piece lifting suit is required** except for high school students, (shorts & T-shirt).

Push/Pull Lifters: Single Ply Equipment Allowed. The Total will be based on your best BP and your best Deadlift to determine your placing and Total.

Power Sports Lifters: Required to do Strict Curl, Bench Press and Deadlift. No Supportive Equipment is allowed except a 4" [Lifting Belt](#). One piece Lifting Suits MUST be worn. You may enter any event as a single lift event, i.e.-Curl, BP, Squat, DL or Full meet.

Unequipped Powerlifting, Push Pull & Unequipped BP: Wrist Wraps, Knee Wraps and Belt allowed. No Supportive Suits and/or BP Shirts allowed.

Equipped Powerlifting, Push Pull & Bench Only: May use any single ply Suits, Bench Shirts, Legal Wraps for Squat, Bench Press and Deadlift. No Open Back BP Shirts allowed.

Power Press: Power clean and bench press for a total. The Bench Press portion of Power Press is Unequipped, Wraps & Belt are allowed.

Retro Powerlifting: Belt Only, No supportive equipment allowed. (NEW DIVISION – STATE RECORDS TO BE ESTABLISHED AT MEET)

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 22, 2016 – Late Entries Accepted - Cash Only!

NASA CAROLINA STATE CHAMPIONSHIPS ENTRY FORM 4-30-2016

Entry Fee: \$60.00 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 4-22-2016. High School Division \$25.00. \$5.00 Late Fee for High School Division. **Checks made payable to: Van Hoose Enterprises LLC**

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 Carolina State PL, BP, P/P & POWERSPORTS
CHAMPIONSHIPS**

Deadline Before Late Entry Occurs – 4-22-2016

Return Entries to: Van Hoose Enterprises LLC, P.O. BOX 312 Fort Mill, SC 29707

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.)

Equipped 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. _____

Retro Powerlifting Divisions (s) Entered:

1. _____ 2. _____ 3. _____

Equipped Bench Press Division (s) Entered:

1. _____ 2. _____ 3. _____

Push/Pull Equipped or Un-Equipped Push/Pull Division (s) Entered:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Power Sports Individual & Full Meet Division (s) Entered:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Power Press Division (s) Entered:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

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 _____

