# UPA Powerlifting National Championship
# March 14, 2026
## 2027 XPC Arnold Classic Qualifier

**Updated on 2/5/26**

**MEET DIRECTOR:** Bill Carpenter - President
*E-mail BCarpenter@UPAPower.com

**EVENT LOCATION:** Grand River Center (www.grandrivercenter.com)
*Right next to the Grand Harbor Resort & Water Park
500 Bell Street - Dubuque, Iowa 52001
Exhibit Hall B

**ELIGIBILITY:** Open to all UPA registered athletes.
Must show proof of UPA card at weigh in. All entries in UPA sanctioned events must have a valid UPA registration card. Fee is $40 an adult/$25 for a teen membership. Registration will be available online at:
https://www.upapower.com/upa-membership-application/

**WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES
Weigh INS. "NO SAME DAY WEIGH INS"
* The Grand River Center 500 Bell St. Dubuque, IA 52001

**All Lifters:**
Friday March 13th, 9 AM – 12 PM & 5 PM – 7 PM

**Title Sponsor:** **UPA EVENTS**

**EVENT START TIME:** Saturday March 14th, 9 AM
**All Lifters**

**Mandatory Rules Meeting:**
Saturday March 14th, 8:15 AM

**CONTEST LIFTS:** **Full Power, Bench Only, Ironman, & Deadlift Only**

**AWARDS:** 1st-3rd in all division by weight class & total. Teen 1st – 8th placings. There will be best lifter awards by the WILKS Formula.

**ENTRY FEE:** $100 for 1st division, $40.00 for each Additional Division UPA & UPA- AD. **UPA-AD Division (drug tested):** Add $10 to above for 1st division.
**No same day entries will be accepted unless approved by Bill Carpenter prior to arrival**
**A $30 late fee will be charged for entries received after Feb. 27, 2026. No refunds on entry fees. *NO EXCEPTIONS* We will only be accepting 45 Full Power Entries for each day Saturday & Sunday. This meet fills up fast. It is highly recommended to get your entry forms in on time if you want to do this meet. Late entries are always taking a chance of not getting on the roster for the meet.**

**MEET HOTELS**: **Grand Harbor Resort & Water Park. The meet site (Grand River Center) is connected by sky walk to Grand Harbor Resort & Water Park. Mention "UPA Nationals" to get $129 a night room rate. www.GrandHarborResort.com (563)690-4000 ext 1. The "cut-off date" for accepting reservations into this room block is Wed., Feb. 11, 2025.**

**ONLINE ENTRY:** Will be available online at www.UPAPower.com

**RULES:** United Powerlifting Association (UPA). Check www.UPAPower.com for information and rulebook.

**UNIFORM:** Must have one piece lifting suit or wrestling suit

**SPECTATOR FEE:** $15 a day at the door. *Children 10 and under - free/ lifters are only free for their day to lift. Coaches and handlers are not free.*

**Photos & Cameras:** **Photo cameras, hand held video cameras, or tripod stands ARE NOT ALLOWED at any UPA Events. *Cell Phone Photos & Videos are allowed. All Pictures taken at any UPA Event is the property of the UPA, LLC. We will have a professional photographer for this meet.**