UPA IRON BATTLE ON THE MISSISSIPPI

July 19th & 20th, 2025

2026 XPC Arnold Classic Qualifier

Updated on 1/7/25

MEET DIRECTOR: Bill Carpenter - President – (563)447-1214
*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 for Adult/$25 Teen - per card. Registration will be available online at:
https://www.upapower.com/upa-membership-application/

WEIGH-IN: 24-HOUR WEIGH-IN RULE APPLIES
Weigh INS
* The Grand River Center 500 Bell St. Dubuque, IA 52001
All Equipped & Raw Men's Open Full Power & Bench Only:
Friday July 18th, 9 AM – 12 PM & 5 PM – 7 PM

All Equipped & Raw Full Power, IM, & DL Only Woman, Teen, Jr. & Masters:
Saturday July 19th, 9 AM – Noon

Title Sponsor: **UPA EVENTS**

EVENT START TIME: Saturday July 19th, 9 AM
Bench Only & Full Power (All Men's Open lifters):

Sunday July 20th, 9 AM
Full Power, Ironman & DL only (All Women, Teen, Junior, & Masters):

Mandatory Rules Meeting:
Saturday July 19th and Sunday July 20th, 8:15 AM

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

AWARDS: 1st-3rd in Men's & Women's Open division by weight class & total. Teen 1st – 8th.

ENTRY FEE: $100 1st division and $40.00 each additional Division UPA & UPA- AD. **UPA-AD Division (drug tested):** Add $10 to above for 1st Division. **No same day entries.

A $30 late fee will be charged for entries received after July 4th. 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 HOTEL: **Grand Harbor Resort & Water Park. The meet site (Grand River Center) is connected by sky walk to Grand Harbor Resort & Water Park. Mention "UPA Powerlifting Meet" to get $119 a night room rate. www.GrandHarborResort.com (563)690-4000. The "cut-off date" for accepting reservations into this room block is Weds. June 18th, 2025.**

ONLINE ENTRY: https://www.upapower.com/upa-iron-battle-on-the-mississippi-entry-form/

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 at the door Sat. & $15 at the door Sun. or $25 for both days . **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.**