



2023 POWER WEEKEND

November 11th & 12th, 2023

2024 XPC Arnold Classic Qualifier

Updated on 9/22/23

- 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 A & 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 Nov. 10th, 9 AM – 12 PM & 5 PM – 7 PM

All Equipped & Raw Full Power Woman, Teen, Jr. & Masters:
Saturday Nov. 10th, 9 AM – Noon
- Title Sponsor:** **UPA EVENTS**
- EVENT START TIME:** Saturday Nov. 11th, 9 AM
All Bench Only & Full Power (All Men's Open Full Power lifters)

Sunday Nov. 12th, 9 AM
Full Power (All Women, Teen, Junior and Master lifters)

Mandatory Rules Meeting:
Saturday Nov. 11th or Sunday Nov. 12th, 8:15 AM (The day you lift on.)
- CONTEST LIFTS:** **Full Power, Bench Only, Ironman and Deadlift Only**

- AWARDS:** 1st-3rd in Men's & Women's Open division by weight class & total. Teen 1st – 8th.
- ENTRY FEE:** \$100 for 1st division and \$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.**
- A \$30 late fee will be charged for entries received after Oct. 27. NO REFUNDS ON ENTRY FEES ****NO EXCEPTIONS******
We will only be accepting 50 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" 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 Wednesday Oct. 11th, 2023.
- ONLINE ENTRY:** Will be available online at (**You can only enter online.**)
THIS MEET IS FULL!
- 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 \$20 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.**