



UPA Powerlifting & Bench Press National Championship

March 23rd & 24th, 2024

2025 XPC Arnold Classic Qualifier

Updated on 12/11/23

- 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://fs9.formsite.com/upapower/form2/index.html>
- 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 Equipped & Raw Men's Open Full Power & Bench Only:**
Friday March 22nd, 9 AM – 12 PM & 5 PM – 7 PM
- All Equipped & Raw Full Power, Woman, Teen, Jr. & Masters:**
Saturday March 23rd, 9 AM – Noon
- Title Sponsor:** **UPA EVENTS**
- EVENT START TIME:** Saturday March 23rd, 9 AM
Bench Only & Full Power (All Men's Open lifters):
- Sunday March 24th, 9 AM
Full Power (All Women, Teen, Junior, & Masters):
- Mandatory Rules Meeting:**
Saturday March 23rd and Sunday March 24th, 8:15 AM (The day you lift.)
- CONTEST LIFTS:** **Full Power & Bench Only**

- SESSIONS:** Saturday – **Full Power (All Men’s Open lifters) & All Bench Only:**
Sunday – **Full Power, All Woman, Teen, Jr. & Masters**
- 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 March 8th, 2024. 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 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” to get \$119 a night room rate. www.GrandHarborResort.com (563)690-4000 Ext. 1. The “cut-off date” for accepting reservations into this room block is Wednesday, Feb. 20th, 2024.
- ONLINE ENTRY:** Click Link (You can only enter online):
<https://www.upapower.com/upa-powerlifting-bench-press-national-championship-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 a day at the door or \$25 for both days (Sat. & Sun.): ***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.**