



### **2023 XPC Arnold Classic Qualifier**

- MEET DIRECTOR:** Bill Carpenter - President – (563)447-1214      **Updated on 11/16/2021**  
\*E-mail [BCarpenter@UPAPower.com](mailto:BCarpenter@UPAPower.com)
- EVENT LOCATION:** Grand River Center ([www.grandrivercenter.com](http://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 only be available online at:**  
<https://fs9.formsite.com/upapower/form2/index.html>
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES  
Weigh INS  
\* The Grand River Center 500 Bell St. Dubuque, IA 52001  
**All Raw Full Power Pro/Open Men & Women:**  
Friday March 25<sup>th</sup>, 9 AM – 12 PM & 5 PM – 7 PM  
**All Raw Full Power – Amateur Open, Teen, Jr. & Masters:**  
Saturday March 26<sup>th</sup>, 9 AM – Noon
- Title Sponsor:** [www.GhostStrong.com](http://www.GhostStrong.com) and UPA Events – [www.UPAPower.com](http://www.UPAPower.com)
- EVENT START TIME:** Saturday March 26<sup>th</sup>, 9 AM  
**All Raw Full Power Pro/Open Men & Women:**  
Sunday March 27<sup>th</sup>, 9 AM  
**All Raw Full Power – Amateur Open, Teen, Jr. & Masters:**  
**Mandatory Rules Meeting:**  
Saturday March 26<sup>th</sup> or Sunday March 27<sup>th</sup>, 8:15 AM

**CONTEST LIFTS:**

**RAW/RAW ELITE FULL POWER MEET ONLY.**

**(Saturday Pro/Open must enter Raw)**

**AWARDS:**

**SATURDAY AWARDS: \$10,000 GUARANTEED IN CASH AWARDS! POSSIBLY MORE WITH SPONSORS. Overall Cash Award Placing done by Wilks formula. Trophies or Medals for top 3 in each Open weight class.**

**MEN – 1<sup>st</sup> \$3000**

**2<sup>nd</sup> \$1000**

**3<sup>rd</sup> \$500**

**\*Men's Biggest Squat - \$500**

**WOMEN – 1<sup>st</sup> \$3000**

**2<sup>nd</sup> \$1000**

**3<sup>rd</sup> \$500**

**\*Women's Biggest Squat - \$500**

**SUNDAY AWARDS:**

1st-3rd in all age divisions by weight class & total. Teen 1<sup>st</sup> – 8<sup>th</sup>.

**ENTRY FEE:**

**Saturday Pro/Open Divison - \$150.**

**Sunday AM Divison - \$100 Full Power 1<sup>st</sup> division**

\$40.00 Additional Divisions.

**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 March 11<sup>th</sup>. NO REFUNDS ON ENTRY FEES \*\*NO EXCEPTIONS\*\*  
We will be only taking 25 men and 25 women for Saturday's Pro/Open Day.  
We will only be accepting 50 Full Power Entries for Sunday's Teen, Juniors and Master's divisions.**

**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 \$109 a night room rate. [www.GrandHarborResort.com](http://www.GrandHarborResort.com) (563)690-4000. The "cut-off date" for accepting reservations into this room block is Wednesday Feb. 27, 2022.**

- ONLINE ENTRY:** <https://fs9.formsite.com/upapower/form12/index.html>
- RULES:** United Powerlifting Association (UPA). Check [www.UPAPower.com](http://www.UPAPower.com) for information and rulebook.
- UNIFORM:** Must have one piece lifting suit or wrestling suit
- SPECTATOR FEE:** \$20 for the Saturday Pro Meet at the door, \$10 for the Sunday Amateur (Age divisions) meet 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.**

## **Qualifying Totals for the Pro/Open Division:**

**\*Qualifying totals must be done in a 2021 sanctioned meet.**

Weight Class	Men	Women
97	-	695
105	-	725
114	1000	765
123	1125	835
132	1200	890
148	1310	920
165	1450	965
181	1550	1020
198	1650	1055
220	1750	SHW -198+
242	1825	1115
275	1900	-
308	1950	-
SHW	2000	-