



UPA IRON BATTLE ON THE MISSISSIPPI

July 16th & 17th, 2022

2023 XPC Arnold Classic Qualifier

Updated on 3/10/2022

- 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://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 Equipped & Raw Men's Open Full Power & Bench Only:
Friday July 15th, 9 AM – 12 PM & 5 PM – 7 PM
All Equipped & Raw Full Power, IM, & DL Only Woman, Teen, Jr. & Masters:
Saturday July 16th, 9 AM – Noon
- Title Sponsor:** **GhostStrong.com**
- EVENT START TIME:** Saturday July 16th, 9 AM
Bench Only & Full Power (All Men's Open lifters):
Sunday July 17th, 9 AM
Full Power, Ironman & DL only (All Women, Teen, Junior, & Masters):
Mandatory Rules Meeting:
Saturday July 16th and Sunday July 17th, 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 Full Power & Ironman 1st division, \$85 Bench & Deadlift Only, \$40.00 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 1st. 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 \$109 a night room rate. www.GrandHarborResort.com (563)690-4000. The "cut-off date" for accepting reservations into this room block is Wednesday June 15th, 2022.

ONLINE ENTRY: <https://fs9.formsite.com/upapower/form15/index.html>

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: \$10 at the door Sat. & \$10 at the door Sun. or \$15 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.**