



UPA IRON BATTLE ON THE MISSISSIPPI

July 20th & 21st, 2024

2025 XPC Arnold Classic Qualifier

Updated on 12/8/23

- 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 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 19th, 9 AM – 12 PM & 5 PM – 7 PM
All Equipped & Raw Full Power, IM, & DL Only Woman, Teen, Jr. & Masters:
Saturday July 20th, 9 AM – Noon
- Title Sponsor:** **UPA EVENTS**
- EVENT START TIME:** Saturday July 20th, 9 AM
Bench Only & Full Power (All Men's Open lifters):
Sunday July 21st, 9 AM
Full Power, Ironman & DL only (All Women, Teen, Junior, & Masters):
Mandatory Rules Meeting:
Saturday July 20th and Sunday July 21st, 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 5th. 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" 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 Thursday June 20th, 2024.
- 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.**