UPA IRON BATTLE ON THE MISSISSIPPI

July 18th, 2026

This meet may be changed to a one-day event on **Saturday, July 18th if we do not receive enough entries. We will notify you four weeks in advance so you have time to adjust your hotel reservations and any other accommodations as needed.

Updated on 6/14/26

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 Competitors:** Friday July 17th, 9 AM – 12 PM & 5 PM – 7 PM
Title Sponsor:	**UPA EVENTS**
EVENT START TIME:	Saturday July 18th, 9 AM **All competitors compete on Saturday!** **Mandatory Rules Meeting:** Saturday July 18th.
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 3rd. NO REFUNDS ON ENTRY FEES **NO EXCEPTIONS We will only be accepting 40 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 Iron Battle" to get $129 a night room rate. www.GrandHarborResort.com (563)690-4000. The "cut-off date" for accepting reservations into this room block is Weds. June 17th, 2026. *Please contact "Sue Moran" if you have any problems with the block of rooms.**

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. **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.**