UPA POWER WEEKEND

December 5 - 6, 2026

23 Years of Building Champions & Creating Legends

Grand River Center • Dubuque, Iowa

IMPORTANT NOTICE:
This event may be converted to a **one-day competition on Saturday, December 5, 2026**, if participation numbers do not support a two-day format. Competitors will be notified no later than **four weeks prior to the event** to allow adequate time to adjust hotel reservations and travel plans.

Updated: July 20, 2026

MEET DIRECTOR

Bill Carpenter
President, UPA Events
Phone: (563) 447-1214
Email: BCarpenter@UPAPower.com

EVENT LOCATION

Grand River Center
500 Bell Street
Dubuque, IA 52001
Exhibit Hall B

Located next to the Grand Harbor Resort & Waterpark.

ELIGIBILITY

This event is open to all current UPA members.

All athletes must present proof of a valid UPA membership at weigh-ins.

UPA Membership:

- Adult Membership: $40
- Teen Membership: $25

Memberships may be purchased online at:

https://www.upapower.com/upa-membership-application/

WEIGH-INS

24-Hour Weigh-In Rule Applies

Location:
Grand River Center
500 Bell Street
Dubuque, IA 52001

Friday, December 4, 2026

9:00 AM – 12:00 PM
5:00 PM – 7:00 PM

For:

- Men's Open Full Power
- Bench Only
- Deadlift Only
- Ironman

Saturday, December 5, 2026

9:00 AM – 12:00 PM

For:

- Women's Full Power
- Teen Lifters
- Junior Lifters
- Master Lifters

TITLE SPONSOR

UPA Events

EVENT SCHEDULE

Saturday, December 5, 2026 – 9:00 AM

- Men's Open Full Power
- Bench Only
- Deadlift Only
- Ironman

Sunday, December 6, 2026 – 9:00 AM

- Women's Open Full Power
- Teen Full Power
- Junior Junior Full Power
- Master Full Power

Mandatory Rules Meeting

8:15 AM each day

All competitors must attend the rules meeting on the day they compete.

CONTEST DIVISIONS

- Full Power
- Bench Only
- Deadlift Only
- Ironman

AWARDS

Open Division

1st – 3rd Place by Weight Class and Total

Teen Division

1st – 8th Place by Weight Class

ENTRY FEES

- $100 – First Division
- $40 – Each Additional Division

UPA-AD (Drug Tested Division)

Add $10 to the first division entry fee.

No same-day entries will be accepted.

Late Entry Fee

Entries received after **November 20, 2026** will be assessed a **$30 late fee**.

NO REFUNDS ON ENTRY FEES — NO EXCEPTIONS

Entry Limits

Only **40 Full Power lifters per day** will be accepted.

This event traditionally fills quickly. Competitors are strongly encouraged to submit entries early. Late entries risk being placed on a waiting list or being unable to compete.

HOST HOTEL

Grand Harbor Resort & Waterpark

The Grand River Center is connected to the hotel via enclosed skywalk.

Special UPA room rate:
$129 per night

Mention **"UPA Power Weekend"** when making reservations.

Website:
www.GrandHarborResort.com

Phone:
(563) 690-4000

Room Block Deadline

Wednesday, November 4, 2026

If you experience any issues booking within the room block, please contact **Sue Moran** for assistance.

ONLINE ENTRY

https://www.upapower.com/upa-power-weekend-entry-form/

RULES

This competition will be conducted under current **United Powerlifting Association (UPA)** rules.

For the official rulebook and federation information, visit:

www.UPAPower.com

UNIFORM REQUIREMENTS

Competitors must wear:

- A one-piece lifting suit, or
- A wrestling singlet

All equipment must meet current UPA specifications.

SPECTATOR ADMISSION

$15 at the Door

- Children 10 and under are admitted free.
- Lifters receive free admission only on the day they compete.
- Coaches, handlers, and spectators must purchase admission.

PHOTOGRAPHY & VIDEO POLICY

Professional cameras, handheld video cameras, and tripod-mounted cameras are not permitted at UPA Events.

Cell phone photos and videos are allowed.

All photographs and video captured at any UPA event are the property of UPA Events and may be used for promotional purposes.