

USPA Multi Ply National Championships July 12, 2024 Sandy, Utah

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Multi Ply Powerlifting																	
Open																	
48kg Open																	
1	Caitlin Startup	UT	48kg	45.1	28	137.5	145	150	67.5	70	72.5	110	112.5	115	337.5	456.185	
Men Multi Ply Powerlifting																	
Junior																	
67.5kg Jr 13-15																	
1	Shelby Degraffenreid	WY	67.5kg	66	15	30			60	77.5	80 (85)	60			170	133.2	
140+ Jr 20-23																	
1	Mario Cabrera	UT	140+	143	20	247.5	265	272.5	165	182.5	210	185	185	195	650	354.117	
Men Multi Ply Powerlifting																	
Open																	
82.5kg Open																	
1	Chris McGrail	UT	82.5kg	82.3	45	455			62.5	230	250	75	300	300	760	515.528	543.882
110kg Open																	
1	Welly Lu	UT	110kg	105.2	47	342.5	347.5	347.5 (365)	265	275	275	247.5	275	290	902.5	543.878	588.476
125kg Open																	
1	Richard Yarber	OK	125kg	123.3	40	340	365.5	365.5	272.5	328	328	272.5	307.5	317.5	945.5	538.21	538.21
140kg Open																	
1	Matt Olsen	UT	140kg	133.5	34	330	365	387.5	265	272.5	277.5	250	275	287.5	930	516.65	
Men Multi Ply Powerlifting																	
Master																	
82.5kg Master 45-49																	
1	Chris McGrail	UT	82.5kg	82.3	45	455			62.5	230	250	75	300	300	760	515.528	543.882
110kg Master 45-49																	
1	Welly Lu	UT	110kg	105.2	47	342.5	347.5	347.5 (365)	265	275	275	247.5	275	290	902.5	543.878	588.476
125kg Master 40-44																	
1	Richard Yarber	OK	125kg	123.3	40	340	365.5	365.5	272.5	328	328	272.5	307.5	317.5	945.5	538.21	538.21
125kg Master 65-69																	
1	Dominic Licavoli	CA	125kg	117.8	68	182.5	195	205	157.5	167.5	170	215	225	227.5	602.5	348.185	548.739

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Men Multi Ply Bench Only				Junior													
1	Shelby Degraffenreid	WY	67.5kg	66	15				60	77.5	80				80	62.682	
											(85)						
Men Multi Ply Bench Only				Open													
1	Richard Yarber	OK	125kg	123.3	40				272.5	328	328				272.5	155.116	155.116
1	Jay Anderson	UT	140+	156.1	46				410	420					410	218.157	232.992
Men Multi Ply Bench Only				Master													
1	Richard Yarber	OK	125kg	123.3	40				272.5	328	328				272.5	155.116	155.116
1	Dominic Licavoli	CA	125kg	117.8	68				157.5	167.5	170				170	98.243	154.831
1	Jay Anderson	UT	140+	156.1	46				410	420					410	218.157	232.992
Men Multi Ply Deadlift Only				Junior													
1	Shelby Degraffenreid	WY	67.5kg	66	15							60			60	47.012	
Men Multi Ply Deadlift Only				Open													
1	Chris McGrail	UT	82.5kg	82.3	45							75	300	300	75	50.874	53.673
1	Richard Yarber	OK	125kg	123.3	40							272.5	307.5	317.5	307.5	175.039	175.039
1	Jay Anderson	UT	140+	156.1	46							242.5	260	272.5	272.5	144.995	154.854
Men Multi Ply Deadlift Only				Master													
1	Chris McGrail	UT	82.5kg	82.3	45							75	300	300	75	50.874	53.673

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	125kg Master 40-44																
1	Richard Yarber	OK	125kg	123.3	40							272.5	307.5	317.5	307.5	175.039	175.039
	125kg Master 65-69																
1	Dominic Licavoli	CA	125kg	117.8	68							215	225	227.5	227.5	131.472	207.2
	140+ Master 45-49																
1	Jay Anderson	UT	140+	156.1	46							242.5	260	272.5	272.5	144.995	154.854
	Meet Director:	Lisa MacDonald										Record Color Codes					
												State					
	Referees											National					
	International:	Jon Cunningham, Carl Lovell															
	National:	Lisa MacDonald, Elise Van Tassell															
	State:	Douglas Van Tassell, Kathryn Haroldsen															
	Spotter/Loaders:	Eric Farr, Jeremy Clifford, Hillary Waldron, Josh Maw, Drake Slattery, Austin Patkos, Whitney Pienzeza															