

IPL Multi-Ply National Championships November 8, 2020 South Jordan, UT

	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														
	60kg Open																	
DQ	Lisa Macdonald	UT	60kg	59.0	32	-182.5	-182.5	-----	97.5	-105.0	-105.0	-175	-175.0	-175.0	0	0		
	67.5kg Open																	
1	Elizabeth Freel	CA	67.5kg	66.2	45	205.0	212.5	-227.5	102.5	107.5	112.5	205	212.5	-----	537.5	561.225	592.092	
	90kg Open																	
1	Alexis Williams	UT	90kg	86.9	28	225.0	-250.0	-250.0	100	-142.5	-142.5	212.5	227.5	-230.0	552.5	500.397		
	SHW Open																	
1	Hillary Waldron	UT	SHW	93.8	32	212.5	-217.5	-217.5	97.5	145.0	160.5	147.5	170.0	-182.5	543	475.537		
Women Multi Ply Powerlifting				Master														
	67.5kg Master 45-49																	
1	Elizabeth Freel	CA	67.5kg	66.2	45	205.0	212.5	-227.5	102.5	107.5	112.5	205	212.5	-----	537.5	561.225	592.092	
Men Multi Ply Powerlifting				Open														
	82.5kg Open																	
1	Chris McGrail	UT	82.5kg	82.4	42	-432.5	-432.5	432.5	115	137.5	-----	280	325.0	-340.0	895	606.683	618.817	
	90kg Open																	
1	Jaden Minor	UT	90kg	89.4	24	265.0	287.5	-----	127.5	145.0	-155.0	207.5	-235.0	-265.0	640	415.227		
	110kg Open																	
1	Andrew Mower	UT	110kg	104.2	40	352.5	-365.0	-370.0	-187.5	187.5	-242.5	-330	-330.0	330.0	870	526.323		
	125kg Open																	
1	Shay McQuiston	UT	125kg	116.2	39	372.5	-392.5	-----	140	227.5	-247.5	230	247.5	-----	847.5	492.084		
2	Eric Farr	UT	125kg	112.7	31	260.0	295.0	305.0	150	-167.5	167.5	247.5	-275.0	-----	720	422.625		
	140kg Open																	
1	Jeremy Clifford	UT	140kg	137.9	36	355.0	-375.0	-375.0	142.5	217.5	-230.0	350	-367.5	-----	922.5	507.711		
2	Nephi Solorzano	UT	140kg	134.4	30	380.0	-397.5	-397.5	242.5	-280.0	-280.0	275	290.0	-----	912.5	505.934		
Men Multi Ply Powerlifting				Submaster														
	125kg Submaster																	
1	Shay McQuiston	UT	125kg	116.2	39	372.5	-392.5	-----	140	227.5	-247.5	230	247.5	-----	847.5	492.084		
	140kg Submaster																	
1	Jeremy Clifford	UT	140kg	137.9	36	355.0	-375.0	-375.0	142.5	217.5	-230.0	350	-367.5	-----	922.5	507.711		

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Multi Ply Powerlifting				Master													
	82.5kg Master 40-44																
1	Chris McGrail	UT	82.5kg	82.4	42	432.5	432.5	432.5	115	137.5	---	280	325.0	340.0	895	606.683	618.817
Women Multi Ply Bench Only				Open													
	60kg Open																
1	Lisa Macdonald	UT	60kg	59.0	32				97.5	105.0	105.0				97.5	109.243	
Men Multi Ply Bench Only				Open													
	140kg Open																
1	River Newman	MT	140kg	129.1	32				280	287.5	287.5				280	157.113	
Women Multi Ply Deadlift Only				Open													
	60kg Open																
DQ	Lisa Macdonald	UT	60kg	59.0	32							175	175.0	175.0	0	0	
Men Multi Ply Deadlift Only				Open													
	82.5kg Open																
1	Chris McGrail	UT	82.5kg	82.4	42							280	325.0	340.0	325	220.304	224.71
	110kg Open																
1	Andrew Mower	UT	110kg	104.2	40							330	330.0	330.0	330	199.64	
	140kg Open																
1	River Newman	MT	140kg	129.1	32							247.5	272.5	272.5	247.5	138.877	
Men Multi Ply Deadlift Only				Master													
	82.5kg Master 40-44																
1	Chris McGrail	UT	82.5kg	82.4	42							280	325.0	340.0	325	220.304	224.71
Best Lifters															Record Color Codes		
Chris McGrail															State		
Meet Director:															National		
Chris McGrail, Julia Tomascheski															World		
Referees																	
International: Jon Cunningham, Carl Lovell																	
National: Austin Jones, Chris McGrail																	
State: Hillary Waldron, Kristen Smith, Lisa MacDonald, Joseph Nielsen, Kristie Strand, Julia Tomascheski																	
Staff: Andrew Brown, Carmen Bankston, Ed Bankston																	
Spotter/Loaders: John Sanders, Jaxon Tijerina, Jeremy Clifford, Klayton Johnson, Carson Chacon, Jaden Minor																	