MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Gabriella Kist

HAS ESTABLISHED A NEW RECORD AT THE



MOUNTAIN SOUTH WSO CHAMPIONSHIP October 29, 2022 - Albuquerque, NM

IN THE FOLLOWING CATEGORY & DIVISION

55KG YOUTH WOMEN U13

SNATCH

37kg

CLEAN & JERK

TOTAL



Fric Bramwell - Mountain South President