

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Adrianna Kist

HAS ESTABLISHED A NEW RECORD AT THE

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

IN THE FOLLOWING CATEGORY & DIVISION

64KG YOUTH WOMEN 14-15

SNATCH

45kg

CLEAN & JERK

58kg
60kg

TOTAL

103kg
105kg




Eric Bramwell - Mountain South President