

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Flo Ursua

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HAS ESTABLISHED A NEW RECORD AT THE

**MASTERS NATIONAL CHAMPIONSHIP**  
March 23, 2024 - Reno, NV

IN THE FOLLOWING CATEGORY & DIVISION

**64KG MASTERS WOMEN 40-44**

SNATCH

CLEAN & JERK

TOTAL

78kg

81kg

83kg

141kg



*Amanda Cook*

Amanda Cook - Mountain South President