

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Alden Chiu

HAS ESTABLISHED A NEW RECORD AT THE

U23 NATIONAL CHAMPIONSHIP
June 25, 2024 - Colorado Springs, CO

IN THE FOLLOWING CATEGORY & DIVISION

79KG OPEN MEN

<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
116kg	143kg	264kg
121kg	146kg	267kg



Amanda Cook

Amanda Cook - Mountain South President