

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Meg Sherwood

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HAS ESTABLISHED A NEW RECORD AT THE

**YOUTH NATIONAL CHAMPIONSHIP**  
**June 22, 2024 - Colorado Springs, CO**

IN THE FOLLOWING CATEGORY & DIVISION

**53KG OPEN WOMEN**

SNATCH

**30kg**

CLEAN & JERK

**39kg**

TOTAL

**69kg**



*Amanda Cook*

Amanda Cook - Mountain South President