

MOUNTAIN SOUTH BEST LIFTER

Barrett Van Vleet

RECOGNIZING THE TOP PERFORMANCE AT THE

MOUNTAIN SOUTH WSO CHAMPIONSHIP
April 11 2026 - Salt Lake City, UT

IN THE FOLLOWING DIVISION

YOUTH MEN U11

CAT	BODYWEIGHT	TOTAL	Q-YOUTH
48kg	47.95kg	57kg	288.717



Amanda Cook

Amanda Cook - Mountain South President