

MOUNTAIN SOUTH BEST LIFTER

Ella Yates

RECOGNIZING THE TOP PERFORMANCE AT THE

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

IN THE FOLLOWING DIVISION

YOUTH WOMEN U11

CAT	BODYWEIGHT	TOTAL	Q-YOUTH
33kg	31.55kg	62kg	228.638



Amanda Cook

Amanda Cook - Mountain South President