

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Trina Rasmussen

HAS ESTABLISHED A NEW RECORD AT THE

Masters National Championship
April 12, 2026 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

77KG MASTERS WOMEN 35-39

<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
82kg	107kg	189kg
	111kg	193kg
	114kg	196kg



Amanda Cook

Amanda Cook - Mountain South President