

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Gianna Palmer

HAS ESTABLISHED A NEW RECORD AT THE

Mountain South WSO Championship
April 11, 2026 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

33KG YOUTH WOMEN U11



SNATCH

21kg

23kg

25kg

CLEAN & JERK

31kg

33kg

TOTAL

Amanda Cook

Amanda Cook - Mountain South President