

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Ella Yates

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 U13



SNATCH

22kg

24kg

26kg

CLEAN & JERK

30kg

32kg

36kg

TOTAL

56kg

58kg

62kg

Amanda Cook

Amanda Cook - Mountain South President