

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Gianna Palmer

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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

**21kg**

**23kg**

**25kg**

CLEAN & JERK

**31kg**

**33kg**

TOTAL

*Amanda Cook*

Amanda Cook - Mountain South President