

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Bode Dahle

HAS ESTABLISHED A NEW RECORD AT THE

USAW YOUTH NATIONAL CHAMPIONSHIP
June 20, 2026 - Colorado Springs, CO

IN THE FOLLOWING CATEGORY & DIVISION

40KG YOUTH MEN U13

SNATCH

34kg

CLEAN & JERK

37kg

TOTAL

71kg



Amanda Cook

Amanda Cook - Mountain South President