

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Matthew Parento

HAS ESTABLISHED A NEW RECORD AT THE

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

IN THE FOLLOWING CATEGORY & DIVISION

56KG YOUTH MEN U13

SNATCH

43kg
46kg
49kg

CLEAN & JERK

56kg
60kg

TOTAL

105kg
109kg



Amanda Cook

Amanda Cook - Mountain South President