

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Gianna Palmer

HAS ESTABLISHED A NEW RECORD AT THE

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

IN THE FOLLOWING CATEGORY & DIVISION

36KG YOUTH WOMEN U13

SNATCH

24kg
26kg

CLEAN & JERK

32kg
34kg

TOTAL

58kg
60kg



Amanda Cook

Amanda Cook - Mountain South President