



# CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ELIZABETH EFIRD**



Has Established The

**-63 TEEN 3 RAW RECORD (2015-2021)  
47.5 KG BENCH PRESS SINGLE LIFT**

**2016 BRAND X METHOD YOUTH/TEEN/JUNIOR SHOWDOWN  
03/19/2016**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport