



# MASSACHUSETTS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN RAMSAY**

Has Established The

**-63 JUNIOR MASSACHUSETTS RAW STATE RECORD (2015-2021)  
130 KG SQUAT**

**2016 COLLEGIATE NATIONALS  
04/14/2016**



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

America's Choice Drug-Free Strength Sport