



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**EMILY SILGARD**

Has Established The

**-63 OPEN RAW (2015-2021)  
132.5 KG DEADLIFT SINGLE LIFT**

**COLUMBIA CITY CLASSIC - SEATTLE, WA  
10/25/2014**



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

America's Choice Drug-Free Strength Sport