



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 3B RAW (2015-2021)  
87.5 KG SQUAT**

**2014 WOMEN'S NATIONALS - BATON ROUGE, LA  
05/17/2014**



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

America's Choice Drug-Free Strength Sport