



# LOUISIANA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ASHLEY GICAS**

Has Established The

**-76 TEEN 3 EQUIPPED RECORD (2015-2021)  
115 KG BENCH PRESS**

**COLLEGIATE NATIONALS (ATLANTA, GEORGIA)  
04/11/2015**



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

America's Choice Drug-Free Strength Sport