



# WISCONSIN STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**CRYSTAL HELMER**

Has Established The

**-69 MASTER 1A RAW RECORD (2015-2021)  
120 KG SQUAT**

**WI STATE CHAMPIONSHIP  
01/23/2021**



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

America's Choice Drug-Free Strength Sport