



# MASSACHUSETTS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KARA AVELLAN**

Has Established The

**-60 MASTER 1A MASSACHUSETTS RAW STATE RECORD  
300 KG TOTAL**

**MAINE STATE CHAMPIONSHIP  
03/26/2022**



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

America's Choice Drug-Free Strength Sport