



# **SOUTH DAKOTA STATE RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**MEGAN VANDENHEMEL**

Has Established The

**-100 TEEN 3 RAW RECORD  
62.5 KG BENCH PRESS**

**HIGH SCHOOL NATIONALS  
03/22/2022**



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

America's Choice Drug-Free Strength Sport