



# NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RUTH KRIZ**

Has Established The

**-75 MASTER 3A RAW RECORD (2022-2024)  
110 KG DEADLIFT**

**NORTH CAROLINA STATE CHAMPIONSHIPS  
03/18/2023**



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

America's Choice Drug-Free Strength Sport