



## CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ELIZABETH EFIRD**



Has Established The

**-63 TEEN 3**

**Raw Record (2015-2021)**

**47.5 KG BENCH PRESS SINGLE LIFT**

**2016 BRAND X METHOD YOUTH/TEEN/JUNIOR SHOWDOWN**

**03/19/2016**



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

America's Choice Drug-Free Strength Sport