



# IOWA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KRISTEN HAROLD**

Has Established The

**84+ JUNIOR RAW RECORD (2015-2021)  
150 KG SQUAT**

**RAW NATIONALS 2016  
10/13/2016**



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

America's Choice Drug-Free Strength Sport