



## **NEW JERSEY STATE RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 3B EQUIPPED RECORD (2015-2021)  
87.5 KG SQUAT**

**2014 WOMENS NATIONALS  
05/16/2014**



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

America's Choice Drug-Free Strength Sport