



# AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JILL ARNOW**

---

Has Established The

**-90 MASTER 2A RAW  
143 KG SQUAT**

**2014 WA STATE PL CHAMPIONSHIPS - SEATTLE, WA  
02/22/2014**



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

America's Choice Drug Free Strength Sport