



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SYLVIA VANDEN HEUVEL**

Has Established The

**-90 TEEN 3 RAW  
60 KG BENCH PRESS**

**2014 RAW NATIONALS (AURORA, CO)  
07/20/2014**



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

America's Choice Drug Free Strength Sport