

HAWAII STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

KRISSTY SUMIDA

Has Established The

-47 TEEN 3 RAW RECORD (2015-2021)
45 KG BENCH PRESS SINGLE LIFT

2018 RAW COLLEGIATE CUP 11/11/2018



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport