



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 3A**

**Raw (2015-2021)**

**55 KG BENCH PRESS**

**"NEW JERSEY STATE" PRINCETON, NJ**

**07/24/2011**



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

America's Choice Drug-Free Strength Sport