



# IOWA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KRISTEN HAROLD**

Has Established The

**-100 TEEN 3**

**Raw Record**

**275 KG TOTAL PUSH-PULL**

**RAW NATIONALS 2016**

**10/13/2016**



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

America's Choice Drug-Free Strength Sport