



LOUISIANA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

ASHLEY GIRCAS

Has Established The

-75 TEEN 3

Raw Record (2022-2024)

102.06 KG SQUAT

LOUISIANA COLLEGIATE REGIONALS (UNIVERSITY OF LOUISIANA IN LAFA

11/15/2014



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport