



# LOUISIANA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LYDIA SHIELDS**

Has Established The

**-60 TEEN 2 EQUIPPED RECORD  
357.5 KG TOTAL**

**HIGH SCHOOL NATIONALS  
03/30/2023**



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

America's Choice Drug-Free Strength Sport