

## LOUISIANA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## LYDIA SHIELDS

Has Established The

## -60 TEEN 2 EQUIPPED RECORD 82.5 KG BENCH PRESS

LOUISIANA HIGH SCHOOL STATE MEET AND HUB CITY OPEN 04/22/2023



www.usapowerlifting.com America's Choice Drug-Free Strength Sport