



## VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**CAROLINE HEILESON**

Has Established The

**-100 OPEN**

**Raw Record**

**285 KG TOTAL PUSH-PULL  
DMV IRON MADNESS**

**05/06/2023**



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

America's Choice Drug-Free Strength Sport