



# NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RUTH KRIZ**

Has Established The

**-75 MASTER 4B RAW RECORD  
45 KG BENCH PRESS SINGLE LIFT**

**SOUTHEAST REGIONALS**

**06/17/2023**



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

America's Choice Drug-Free Strength Sport