



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RUTH KRIZ**

---

Has Established The

**-75 MASTER 4B RAW  
250 KG TOTAL**

**NORTH CAROLINA STATE CHAMPIONSHIPS  
03/23/2024**



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

America's Choice Drug-Free Strength Sport