



## NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LANA ALLEN**

Has Established The  
**90+ HIGH SCHOOL JV**  
**High School National Championship**  
**442.5 KG TOTAL**  
Â  
**01/01/2005**



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

America's Choice Drug Free Strength Sport