



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RUTH KRIZ**

Has Established The

**-75 MASTER 4B**

**Raw**

**122.5 KG DEADLIFT**

**VIRGINIA OPEN STATE CHAMPIONSHIPS**

**11/09/2024**



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

America's Choice Drug-Free Strength Sport