



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JILL ARNOW**

Has Established The  
**-90 MASTER 1B**  
**National Championship (2011)**  
**190 KG SQUAT**  
**KILLEEN, TEXAS**  
**02/01/2008**



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

America's Choice Drug Free Strength Sport