



# PENNSYLVANIA EQUIPPED RECORD CERTIFICATE

THIS CERTIFIES THAT  
**UMA ABAKAROVA**  
SUCCESSFULLY SET THE  
-63 KG OPEN SQUAT  
RECORD OF  
**142.5 KG**

STARS AND STRIPES CHAMPIONSHIPS  
11/11/2023



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA