



NORTH CAROLINA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

MIKAL SHOOK

**SUCCESSFULLY SET THE
-120 KG JUNIOR BENCH PRESS SINGLE LIFT
RECORD OF**

155 KG

**CAROLINA CARNAGE
10/12/2024**



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA