



# PENNSYLVANIA RAW RECORD CERTIFICATE

THIS CERTIFIES THAT

**EMILY NIES**

SUCCESSFULLY SET THE  
-57 KG JUNIOR DEADLIFT SINGLE LIFT  
RECORD OF  
**117.5 KG**

2023 HIGH SCHOOL NATIONAL CHAMPIONSHIP  
03/31/2023



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA