



LOUISIANA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

LYDIA SHIELDS

**SUCCESSFULLY SET THE
-63 KG JUNIOR BENCH PRESS
RECORD OF**

77.5 KG

**PELICAN STATE
03/15/2025**



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA