



MASSACHUSETTS RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

KARA AVELLAN

SUCCESSFULLY SET THE
-69 KG MASTER 1 SQUAT
RECORD OF

117.5 KG

SCARY STRONG 4
10/26/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA