



VIRGINIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

LYDIA KEIFER

**SUCCESSFULLY SET THE
-69 KG JUNIOR SQUAT
RECORD OF**

137.5 KG

**2025 GEORGIA STATE CHAMPIONSHIP
11/22/2025**



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA