



**NORTH CAROLINA EQUIPPED**  
**RECORD**  
**CERTIFICATE**

**THIS CERTIFIES THAT**  
**LINDSAY SEAMANS**  
**SUCCESSFULLY SET THE**  
**-47 KG OPEN SQUAT**  
**RECORD OF**  
**122.5 KG**

**2022 EQUIPPED NATIONALS**  
**06/19/2022**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

