



NORTH CAROLINA EQUIPPED
RECORD
CERTIFICATE

THIS CERTIFIES THAT
LINDSAY SEAMANS
SUCCESSFULLY SET THE
-47 KG OPEN BENCH PRESS SINGLE LIFT
RECORD OF
70 KG

2022 EQUIPPED NATIONALS
06/19/2022



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA