



NEW YORK RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

LYDIA FRICK

**SUCCESSFULLY SET THE
-76 KG JUNIOR SQUAT
RECORD OF**

155 KG

**WINTER CLASSIC
01/21/2023**

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

