



NEW YORK RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
LYDIA FRICK
SUCCESSFULLY SET THE
-76 KG JUNIOR TOTAL
RECORD OF
400 KG

WINTER CLASSIC
01/21/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA