



# PENNSYLVANIA EQUIPPED RECORD CERTIFICATE

THIS CERTIFIES THAT  
**UMA ABAKAROVA**  
SUCCESSFULLY SET THE  
-69 KG SUB JUNIOR SQUAT  
RECORD OF  
**127.5 KG**

2023 HIGH SCHOOL NATIONALS  
03/31/2023



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA