



**PENNSYLVANIA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**EMILY NIES**

**SUCCESSFULLY SET THE  
-57 KG JUNIOR DEADLIFT  
RECORD OF**

**117.5 KG**

**2023 HIGH SCHOOL NATIONALS  
03/31/2023**

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

