



PENNSYLVANIA RAW  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**EMILY NIES**  
SUCCESSFULLY SET THE  
-57 KG SUB JUNIOR SQUAT  
RECORD OF  
**95 KG**

2023 HIGH SCHOOL NATIONALS  
03/31/2023

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

