



PENNSYLVANIA EQUIPPED  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**UMA ABAKAROVA**  
SUCCESSFULLY SET THE  
-63 KG SUB JUNIOR SQUAT  
RECORD OF  
**142.5 KG**

STARS AND STRIPES CHAMPIONSHIPS  
11/11/2023

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

