



LOUISIANA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

LYDIA SHIELDS

SUCCESSFULLY SET THE
-63 KG JUNIOR BENCH PRESS SINGLE LIFT
RECORD OF
75 KG

CAJUN PREP OPEN
01/19/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA