



LOUISIANA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
LYDIA SHIELDS
SUCCESSFULLY SET THE
-63 KG JUNIOR BENCH PRESS
RECORD OF
75 KG

CAJUN PREP OPEN
01/19/2025

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

