



# NORTH CAROLINA EQUIPPED RECORD CERTIFICATE

THIS CERTIFIES THAT  
**LINDSAY SEAMANS**  
SUCCESSFULLY SET THE  
-47 KG OPEN DEADLIFT SINGLE LIFT  
RECORD OF  
**140 KG**

2022 EQUIPPED NATIONALS  
06/19/2022



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA