



NEW YORK RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

LYDIA FRICK

SUCCESSFULLY SET THE
-76 KG JUNIOR DEADLIFT SINGLE LIFT
RECORD OF
170 KG

WINTER CLASSIC
01/21/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA