



LOUISIANA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT

**LYDIA SHIELDS**

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

PELICAN STATE  
03/15/2025



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA