



PENNSYLVANIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

AVA SHIRK

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

HIGH SCHOOL NATIONALS
04/10/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA