



**WISCONSIN EQUIPPED**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**SAM PRENDERGAST**

**SUCCESSFULLY SET THE  
-83 KG OPEN BENCH PRESS  
RECORD OF**

**177.5 KG**

**HIGH SCHOOL NATIONALS  
04/16/2026**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

