



**NEW YORK RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**LYDIA FRICK**

**SUCCESSFULLY SET THE  
-76 KG JUNIOR TOTAL  
RECORD OF**

**400 KG**

**WINTER CLASSIC  
01/21/2023**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

