



PENNSYLVANIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

EMILY NIES

SUCCESSFULLY SET THE
-57 KG SUB JUNIOR SQUAT
RECORD OF

95 KG

2023 HIGH SCHOOL NATIONALS
03/31/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA