



# DELAWARE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ERIC HOLMES**

Has Established The

**-90 MASTER 3B RAW RECORD  
167.5 KG DEADLIFT**

**DELAWARE STATE CHAMPIONSHIPS  
11/15/2025**

DECEMBER 7, 1787



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport