



# LOUISIANA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JONAH HOWELL**

Has Established The

**-74 JUNIOR RAW RECORD (2015-2021)  
230 KG SQUAT**

**RAW NATIONALS 2016  
10/13/2016**



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

America's Choice Drug-Free Strength Sport