



# VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**FRED RICE**

Has Established The

**-93 MASTER 4A EQUIPPED RECORD (2015-2021)**

**547.5 KG TOTAL**

**2014 MASTERS NATIONAL**

**10/11/2014**



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

America's Choice Drug-Free Strength Sport