



MISSISSIPPI STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

TED LONGO

Has Established The

**-83 MASTER 1B EQUIPPED RECORD (2015-2021)
192.5 KG DEADLIFT SINGLE LIFT**

**2019 OPEN NATIONALS
05/10/2019**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport