

## TEXAS STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **FRED LAMAS**

Has Established The

-74 MASTER 3A RAW RECORD (2015-2021) 175 KG DEADLIFT PUSH-PULL

> WINTER GAMES OF TEXAS 01/16/2021



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport