

## MISSISSIPPI STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## **TED LONGO**

Has Established The

-93 MASTER 2A EQUIPPED RECORD (2015-2021)
307.5 KG TOTAL PUSH-PULL

NOLA INVITATIONAL 09/02/2018



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport