



MISSISSIPPI STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

TED LONGO

Has Established The

**-93 MASTER 2B 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