



# ARKANSAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SHAW NEE TICHENOR**

Has Established The

**84+ OPEN RAW RECORD (2015-2021)  
157.5 KG SQUAT**

**OBTAIN STRENGTH OPEN  
08/07/2021**



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

America's Choice Drug-Free Strength Sport