



## NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JONAH HOWELL**

Has Established The

**-75 TEEN 3 EQUIPPED RECORD  
585.5 KG TOTAL**

**2014 FALL FESTIVAL OF POWER (CARY, NC)  
11/01/2014**



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

America's Choice Drug-Free Strength Sport