



# MISSISSIPPI STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TED LONGO**

Has Established The

**-90 MASTER 3A EQUIPPED RECORD  
137.5 KG BENCH PRESS SINGLE LIFT**

**EQUIPPED NATIONALS**

**06/17/2023**



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

America's Choice Drug-Free Strength Sport