

NORTH CAROLINA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JONAH HOWELL

Has Established The

-74 TEEN 3 RAW RECORD (2015-2021) 227.5 KG SQUAT

2015 RAW NATIONALS (SCRANTON PA) 10/16/2015



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport