



# **NATIONAL RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**TRISTAN HAQUE**

Has Established The

**-56 JUNIOR MIDWEST REGIONAL RAW RECORD  
185 KG SQUAT**

**GAINSGIVING OPEN  
11/12/2022**



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

America's Choice Drug Free Strength Sport