



## NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JONAH HOWELL**

Has Established The

**-74 JUNIOR RAW RECORD (2015-2021)  
227.5 KG SQUAT**

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



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

America's Choice Drug-Free Strength Sport