



# WASHINGTON STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SOPHIA HOWARD**

Has Established The  
**-72 TEEN 3**  
**Equipped Record (2015-2021)**  
**270 KG TOTAL**  
**MERRY MUSCLE MADNESS**  
**12/02/2017**



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

America's Choice Drug-Free Strength Sport