



# MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**PAUL DEIST**

Has Established The

**-83 TEEN 3 EQUIPPED RECORD (2015-2021)  
257.5 KG DEADLIFT SINGLE LIFT**

**TERRAPIN OPEN  
02/10/2018**



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

America's Choice Drug-Free Strength Sport