



## DELAWARE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TAMARA THOMAS**

Has Established The

**-84 TEEN 3 RAW RECORD (2015-2021)  
347.5 KG TOTAL**

**2018 COLLEGIATE NATIONALS  
04/19/2018**

DECEMBER 7, 1787



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

America's Choice Drug-Free Strength Sport