



## DELAWARE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TAMARA THOMAS**

Has Established The

**-84 OPEN**

**Raw Record (2015-2021)**

**145 KG DEADLIFT**

**2018 COLLEGIATE NATIONALS**

**04/19/2018**

**DECEMBER 7, 1787**



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

America's Choice Drug-Free Strength Sport