



# DELAWARE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TAMARA THOMAS**

Has Established The

**-84 TEEN 3 RAW RECORD (2015-2021)  
77.5 KG BENCH PRESS SINGLE LIFT**

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

DECEMBER 7, 1787



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