

## DELAWARE STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## TAMARA THOMAS

Has Established The

-84 OPEN RAW RECORD (2015-2021) 222.5 KG TOTAL PUSH-PULL

> 2018 COLLEGIATE NATIONALS 04/19/2018

> > DECEMBER, 7, 1787



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport