



# ARIZONA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JIM SPAINHOWER**

Has Established The

**-105 MASTER 3A RAW RECORD (2015-2021)  
25 KG SQUAT**

**SOUTHWEST REGIONAL CHAMPIONSHIPS  
08/11/2018**



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

America's Choice Drug-Free Strength Sport