



ARKANSAS STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

SHAW NEE TICHENOR

Has Established The

84+ OPEN

Raw Record (2015-2021)

227.5 KG TOTAL PUSH-PULL

AND ANNUAL ARKANSAS STATE OPEN POWERLIFTING CHAMPIONSHIP

12/19/2020



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport