



# ARKANSAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SHAW NEE TICHENOR**

Has Established The

**84+ OPEN**

**Raw Record (2015-2021)**

**242.5 KG TOTAL PUSH-PULL**

**WINTER GAMES OF TEXAS**

**01/16/2021**



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

America's Choice Drug-Free Strength Sport