



# MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**NICOLE TOMPKINS-FLAGG**

Has Established The

**-69 OPEN EQUIPPED RECORD (2015-2021)  
155 KG SQUAT**

**VIRGINIA NOVICE OPEN 2  
08/07/2021**



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

America's Choice Drug-Free Strength Sport