



# CONNECTICUT STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SHARI LONG**

Has Established The  
**-63 MASTER 3A**  
**Raw Record (2015-2021)**  
**197.5 KG TOTAL PUSH-PULL**  
**CT FALL CLASSIC**  
**10/02/2021**



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

America's Choice Drug-Free Strength Sport