



# DELAWARE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MICHAEL TOMS**

Has Established The

**-110 MASTER 3A RAW RECORD  
117.5 KG BENCH PRESS SINGLE LIFT**

**DELAWARE STATE CHAMPIONSHIP  
04/07/2019**

DECEMBER 7, 1787



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

America's Choice Drug-Free Strength Sport