



MICHIGAN STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JOSHUA DELONG

Has Established The

**-75 TEEN 3 RAW RECORD
137.5 KG BENCH PRESS SINGLE LIFT**

2016 MID-WEST & CENTRAL REGION CHAMPIONSHIPS

11/05/2016



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport