

## NORTH CAROLINA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## JONAH HOWELL

Has Established The

## -75 TEEN 3 EQUIPPED RECORD 255.5 KG DEADLIFT

2014 FALL FESTIVAL OF POWER (CARY, NC) 11/01/2014



www.usapowerlifting.com America's Choice Drug-Free Strength Sport