



NORTH CAROLINA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JONAH HOWELL

Has Established The

**-75 TEEN 3 EQUIPPED RECORD
585.5 KG TOTAL**

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



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport