

### NORTH CAROLINA STATE RECORD CERTIFICATE

## **THIS CERTIFIES THAT**

# JONAH HOWELL

Has Established The

#### -75 TEEN 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