



# **SOUTH DAKOTA STATE RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**BENJAMIN HOLMES**

Has Established The

**-140 TEEN 3 RAW RECORD  
110 KG BENCH PRESS**

**DAKOTA HIGH SCHOOL AND COLLEGIATE CHAMPIONSHIP  
02/05/2022**



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

America's Choice Drug-Free Strength Sport