



ARKANSAS STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

SHAW NEE TICHENOR

Has Established The

**-90 OPEN RAW RECORD
182.5 KG DEADLIFT SINGLE LIFT**

**BOSS OF NORCAL WINTER CLASSIC
03/19/2022**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport