



## MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MARILYN LONG**

Has Established The

**-56 MASTER 3A**

**Raw Record**

**217.5 KG TOTAL**

**VIRGINIA OPEN STATE CHAMPIONSHIPS**

**05/29/2022**



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

America's Choice Drug-Free Strength Sport