



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**MARILYN LONG**

Has Established The  
**-56 MASTER 4A**  
**Raw**

**110 KG DEADLIFT SINGLE LIFT**  
**VIRGINIA OPEN STATE CHAMPIONSHIPS**  
**05/29/2022**



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

America's Choice Drug-Free Strength Sport