



# MICHIGAN STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TRISTAN HOWARD**

Has Established The

**140+ OPEN RAW RECORD  
522.5 KG TOTAL PUSH-PULL**

**MICHIGAN STATE CHAMPIONSHIPS**

**11/05/2022**



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

America's Choice Drug-Free Strength Sport