



# CONNECTICUT STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**BRUCE MILARDO**

Has Established The

**-100 MASTER 3A RAW RECORD  
187.5 KG SQUAT**

**CONNECTICUT STATE CHAMPIONSHIPS  
03/16/2024**



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

America's Choice Drug-Free Strength Sport