



## MISSISSIPPI STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

**TED LONGO**

Has Established The  
**-83 MASTER 2B**  
**Equipped Record (2015-2021)**  
**115 KG BENCH PRESS**  
**2019 OPEN NATIONALS**  
**05/10/2019**



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

America's Choice Drug-Free Strength Sport