



MISSISSIPPI STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

TED LONGO

Has Established The
-90 MASTER 3A
Equipped Record

215 KG DEADLIFT SINGLE LIFT

ARNOLD - MASTERS PRO SERIES FINALS

GOD WE TRUST
03/03/2023



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport