



## MISSISSIPPI STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**XAVIAN HEROD**

Has Established The  
**-110 JUNIOR**  
**Equipped Record**

**237.5 KG BENCH PRESS SINGLE LIFT  
CENTRAL COLLEGIATE REGIONALS**

**11/18/2023**



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

America's Choice Drug-Free Strength Sport