



# MISSISSIPPI STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TED LONGO**

Has Established The  
**-100 MASTER 1A**  
Equipped Record  
**380 KG TOTAL PUSH-PULL**  
**ARNOLD - MASTERS PRO SERIES**  
**03/02/2024**



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

America's Choice Drug-Free Strength Sport