



# MISSISSIPPI STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TED LONGO**

Has Established The  
**-100 MASTER 3A**  
Equipped Record  
**145 KG BENCH PRESS**  
**EQUIPPED NATIONALS**  
**07/13/2024**



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

America's Choice Drug-Free Strength Sport