



MARYLAND EQUIPPED
RECORD
CERTIFICATE

THIS CERTIFIES THAT
SETH HOWARD
SUCCESSFULLY SET THE
-83 KG OPEN BENCH PRESS SINGLE LIFT
RECORD OF
175 KG

BENCH PRESS NATIONALS
02/14/2025

A handwritten signature in dark blue ink that reads "Robert Keller".

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

A handwritten signature in dark blue ink that reads "Bill Helmich".

BILL HELMICH
VP, POWERLIFTING AMERICA

