



WASHINGTON DC RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

SETH HOWARD

SUCCESSFULLY SET THE
-74 KG OPEN BENCH PRESS SINGLE LIFT
RECORD OF

152.5 KG

2022 MARYLAND HOLIDAY CLASSIC
12/10/2022



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA