



WASHINGTON DC RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

SETH HOWARD

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

155 KG

2023 BENCH PRESS NATIONAL CHAMPIONSHIPS
01/14/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA