



**PENNSYLVANIA EQUIPPED**  
**RECORD**  
**CERTIFICATE**

**THIS CERTIFIES THAT**  
**DINESH TAMANG**  
**SUCCESSFULLY SET THE**  
**-66 KG JUNIOR DEADLIFT**  
**RECORD OF**  
**182.5 KG**

**2023 HIGH SCHOOL NATIONALS**  
**03/31/2023**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

