



# 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