



KENTUCKY RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

CONNOR LONG

SUCCESSFULLY SET THE
-120 KG SUB JUNIOR BENCH PRESS
RECORD OF

172.5 KG

INDIANA STATE CHAMPIONSHIPS

11/01/2025

A stylized, handwritten signature of Robert Keller in dark blue ink.

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

A stylized, handwritten signature of Bill Helmich in dark blue ink.

BILL HELMICH

VP, POWERLIFTING AMERICA

