



KENTUCKY RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

CONNOR LONG

**SUCCESSFULLY SET THE
-120 KG OPEN BENCH PRESS
RECORD OF**

172.5 KG

**INDIANA STATE CHAMPIONSHIPS
11/01/2025**



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA