



WASHINGTON DC RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

SETH HOWARD

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

175 KG

BENCH NATIONALS
01/09/2026

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

