



**FLORIDA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

**SUCCESSFULLY SET THE  
-74 KG MASTER 3 SQUAT  
RECORD OF**

**168 KG**

**CLASSIC AGE DIVISION NATIONAL CHAMPIONSHIPS  
05/17/2024**

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

