



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

