



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JOHN LAFLAMME
SUCCESSFULLY SET THE
-74 KG MASTER 1 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