



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

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

446 KG

**21ST ANNUAL NAPF NORTH AMERICAN REGIONAL POWERLIFTING CHAMPIONS
08/05/2024**



Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA