



LOUISIANA EQUIPPED  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**JOHN SYLVERA**  
SUCCESSFULLY SET THE  
-59 KG JUNIOR DEADLIFT  
RECORD OF  
**230 KG**

2024 WORLD JUNIORS AND SUB-JUNIORS CHAMPIONSHIPS (USA)  
08/28/2024

A stylized signature of Robert Keller in dark blue ink, written in a cursive script.

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**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

A stylized signature of Bill Helmich in dark blue ink, written in a cursive script.

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**BILL HELMICH**  
VP, POWERLIFTING AMERICA

