



LOUISIANA EQUIPPED  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**JOHN SYLVERA**  
SUCCESSFULLY SET THE  
-59 KG SUB JUNIOR TOTAL  
RECORD OF  
**552.5 KG**

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



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA