



LOUISIANA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

MILO MCQUADE

**SUCCESSFULLY SET THE
-105 KG JUNIOR BENCH PRESS SINGLE LIFT
RECORD OF**

160 KG

**LOUISIANA STATE MEET
11/23/2024**

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

