



LOUISIANA EQUIPPED  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**JOHN SYLVERA**  
SUCCESSFULLY SET THE  
-59 KG SUB JUNIOR DEADLIFT SINGLE LIFT  
RECORD OF  
**195 KG**

2022 EQUIPPED NATIONALS  
06/19/2022

*Robert Keller*

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**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

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**BILL HELMICH**  
VP, POWERLIFTING AMERICA

