



LOUISIANA EQUIPPED  
**RECORD**  
CERTIFICATE

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

HIGH SCHOOL NATIONALS  
04/19/2024

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

