



LOUISIANA EQUIPPED
RECORD
CERTIFICATE

THIS CERTIFIES THAT
JOHN SYLVERA
SUCCESSFULLY SET THE
-59 KG OPEN DEADLIFT SINGLE LIFT
RECORD OF
230 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