



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JOHN LAFLAMME
SUCCESSFULLY SET THE
-74 KG MASTER 3 SQUAT
RECORD OF
170.5 KG

CLASSIC AND EQUIPPED AGE DIVISION NATIONALS
05/28/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA