



LOUISIANA RAW  
**RECORD**  
CERTIFICATE

THIS CERTIFIES THAT  
**JOHN SYLVERA**  
SUCCESSFULLY SET THE  
-66 KG JUNIOR TOTAL  
RECORD OF  
**510 KG**

LOUISIANA LIFTMAS CLASSIC  
12/06/2025



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA