



**VIRGINIA RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT  
JAMAAL GRIMES  
SUCCESSFULLY SET THE  
-74 KG OPEN SQUAT  
RECORD OF  
200 KG**

**POWERLIFTING AMERICA DMV CHAMPIONSHIPS  
02/04/2023**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

