



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

**SUCCESSFULLY SET THE
-83 KG MASTER 3 SQUAT
RECORD OF**

190 KG

**FIRST ANNUAL BRICK CITY OPEN
03/18/2023**

Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA

