



**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