



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

**SUCCESSFULLY SET THE
-83 KG MASTER 4 SQUAT
RECORD OF**

190.5 KG

**2023 CLASSIC SUB-JUNIOR, JUNIOR, AND MASTER NATIONALS
06/02/2023**

Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA

