



**FLORIDA RAW**

# **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

