



**VIRGINIA RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT**  
**JAMAAL GRIMES**  
**SUCCESSFULLY SET THE**  
**-74 KG OPEN BENCH PRESS**  
**RECORD OF**  
**132.5 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