



**VIRGINIA RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT  
JAMAAL GRIMES**

**SUCCESSFULLY SET THE  
-74 KG OPEN DEADLIFT  
RECORD OF  
300 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

