



VIRGINIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JAMAAL GRIMES
SUCCESSFULLY SET THE
-74 KG MASTER 1 SQUAT
RECORD OF
220 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