



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

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

193.5 KG

**20TH ANNUAL NAPF NORTH AMERICAN REGIONAL POWERLIFTING CHAMPIONS
08/07/2023**



Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA