



**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