



FLORIDA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT  
**JOHN LAFLAMME**  
SUCCESSFULLY SET THE  
-83 KG MASTER 2 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