



**NATIONAL RAW RECORD**

**RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT  
NICOLAS GAINES**

**SUCCESSFULLY SET THE  
-74 KG SUB JUNIOR SQUAT  
RECORD OF**

**240.5 KG**

**2023 WORLD JUNIORS AND SUB-JUNIORS CHAMPIONSHIPS (USA)  
08/24/2023**

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

