



**FLORIDA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT  
NICOLAS GAINES**

**SUCCESSFULLY SET THE  
-74 KG SUB JUNIOR BENCH PRESS  
RECORD OF**

**142.5 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