



FLORIDA RAW

RECORD

CERTIFICATE

**THIS CERTIFIES THAT
NICOLAS GAINES**

**SUCCESSFULLY SET THE
-74 KG SUB JUNIOR BENCH PRESS SINGLE LIFT
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