



**FLORIDA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

**SUCCESSFULLY SET THE  
-74 KG MASTER 3 TOTAL  
RECORD OF**

**446 KG**

**21ST ANNUAL NAPF NORTH AMERICAN REGIONAL POWERLIFTING CHAMPIONS  
08/05/2024**



*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA