



FLORIDA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT  
**JOHN LAFLAMME**  
SUCCESSFULLY SET THE  
-74 KG MASTER 4 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