



LOUISIANA EQUIPPED RECORD CERTIFICATE

THIS CERTIFIES THAT
JOHN SYLVERA
SUCCESSFULLY SET THE
-59 KG SUB JUNIOR BENCH PRESS SINGLE LIFT
RECORD OF
127.5 KG

2024 WORLD JUNIORS AND SUB-JUNIORS CHAMPIONSHIPS (USA)
08/28/2024



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA