



VIRGINIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JAMAAL GRIMES

SUCCESSFULLY SET THE
-74 KG MASTER 1 DEADLIFT SINGLE LIFT
RECORD OF
300 KG

2023 CLASSIC SUB-JUNIOR JUNIOR AND MASTER NATIONALS
06/02/2023

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

