



LOUISIANA EQUIPPED
RECORD
CERTIFICATE

THIS CERTIFIES THAT
JOHN SYLVERA
SUCCESSFULLY SET THE
-59 KG JUNIOR DEADLIFT SINGLE LIFT
RECORD OF
262.5 KG

HIGH SCHOOL NATIONALS
04/10/2025

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

