



NATIONAL RAW RECORD

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT  
**JOHN LAFLAMME**  
SUCCESSFULLY SET THE  
-74 KG MASTER 4 SQUAT  
RECORD OF  
**170.5 KG**

CLASSIC AND EQUIPPED AGE DIVISION NATIONALS  
05/28/2025



*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA