



WASHINGTON RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
CHRISTOPHER LACOUR
SUCCESSFULLY SET THE
-93 KG MASTER 1 SQUAT
RECORD OF
250 KG

POLICE, FIREFIGHTER, AND MILITARY NATIONALS
06/26/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA