



LOUISIANA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JOHN SYLVERA
SUCCESSFULLY SET THE
-66 KG JUNIOR SQUAT
RECORD OF
182.5 KG

LOUISIANA LIFTMAS CLASSIC
12/06/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA