



**NATIONAL RAW RECORD**

**RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT  
JAMES MEDRANO**

**SUCCESSFULLY SET THE  
-53 KG JUNIOR SQUAT  
RECORD OF**

**183 KG**

**AGE DIVISION NATIONALS  
05/19/2026**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

