



VIRGINIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JAMAAL GRIMES
SUCCESSFULLY SET THE
-74 KG MASTER 1 SQUAT
RECORD OF
200 KG

POWERLIFTING AMERICA DMV CHAMPIONSHIPS
02/04/2023

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

