



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JOHN LAFLAMME
SUCCESSFULLY SET THE
-83 KG MASTER 3 SQUAT
RECORD OF
190 KG

FIRST ANNUAL BRICK CITY OPEN
03/18/2023

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

