



FLORIDA RAW

RECORD

CERTIFICATE

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

2023 CLASSIC SUB-JUNIOR, JUNIOR, AND MASTER NATIONALS
06/02/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA