



VIRGINIA RAW

RECORD

CERTIFICATE

**THIS CERTIFIES THAT
JAMAAL GRIMES
SUCCESSFULLY SET THE
-74 KG MASTER 1 DEADLIFT
RECORD OF
300 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