



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JOHN LAFLAMME
SUCCESSFULLY SET THE
-83 KG MASTER 4 SQUAT
RECORD OF
193.5 KG

20TH ANNUAL NAPF NORTH AMERICAN REGIONAL POWERLIFTING CHAMPIONS
08/07/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA