



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
NICOLAS GAINES

SUCCESSFULLY SET THE
-74 KG SUB JUNIOR BENCH PRESS SINGLE LIFT
RECORD OF
142.5 KG

2023 WORLD JUNIORS AND SUB-JUNIORS CHAMPIONSHIPS (USA)
08/24/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA