

## FLORIDA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

## JOHN LAFLAMME

Has Established The

-83 MASTER 3A RAW RECORD (2015-2021)
238 KG DEADLIFT SINGLE LIFT

ORLANDO OPEN, ORLANDO, FL 03/20/2016



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport