



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

Has Established The

**-83 MASTER 3B RAW (2015-2021)  
532.5 KG TOTAL**

**14TH ANNUAL NORTH AMERICAN CHAMPIONSHIPS  
08/15/2016**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport