



FLORIDA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

Has Established The

**-93 MASTER 3B RAW RECORD (2015-2021)
197.5 KG SQUAT**

**2016 AMERICAN OPEN/POLICE + FIRE NATIONALS
12/09/2016**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport