



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

Has Established The

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

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



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

America's Choice Drug-Free Strength Sport