



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

Has Established The

**-93 MASTER 3A RAW (2015-2021)  
210 KG SQUAT**

**2018 VIRGINIA STATE CHAMPIONSHIPS  
03/10/2018**



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

America's Choice Drug-Free Strength Sport