



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

Has Established The

**-83 MASTER 4A RAW (2015-2021)  
230 KG DEADLIFT SINGLE LIFT**

**LOUISIANA STATE CHAMPIONSHIP  
01/18/2020**



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

America's Choice Drug-Free Strength Sport