



## NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LAMONT KEENON**

Has Established The

**-74 RAW RECORD SUB-MASTER RETIRED  
105 KG SQUAT**

**Â**

**10/10/2009**



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

America's Choice Drug Free Strength Sport