



## FLORIDA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

Has Established The

**-83 MASTER 3**

**Equipped Record (2015-2021)**

**173 KG SQUAT**

**2015 RAW NATIONALS, SCRANTON, PA**

**10/16/2015**



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

America's Choice Drug-Free Strength Sport