## 19th North American Regional Men's Equipped Bench Press Championships Panama City / Panama, 23 – 25 October, 2025 The Entry List of Representatives

1. Alas JacquelineBelizeCoach - Referee [NFR]2. Baki JosephBelizeCoach3. Usher KhalidBelizeCoach - Athlete [NFR]4. Usher. KhalidBelizeOfficial5. Smith JustinCanadaHead Coach6. Acabal Colindres Hugo LeonelGuatemalaCoach7. Alvarado AlexPuerto RicoCoach - Referee [NFR]8. Baez JoanPuerto RicoAssistant Coach - Athlete [NFR]9. Cotte DoelPuerto RicoAssistant Coach - Athlete [NFR]10. Alleyne DeresayTrinidad and TobagoAssistant Coach - Athlete [NFR]11. Belfon Lawrence MarlonTrinidad and TobagoHead Coach12. Grant ShayTrinidad and TobagoAssistant Coach - Athlete [NFR]13. Hosten DaleTrinidad and TobagoAssistant Coach - Athlete [NFR]14. Hunte RondelTrinidad and TobagoCoach - Athlete [NFR]15. Nelson ShaquilleTrinidad and TobagoAssistant Coach - Athlete [NFR]16. Ramnath Ow Buland KellieTrinidad and TobagoAssistant Coach17. Keller RobertU.S.AmericaIPF Official18. Petrencak SteveU.S.AmericaHead Coach	#	Name	Team	Duty
3. Usher Khalid Belize Coach - Athlete [NFR] 4. Usher. Khalid Belize Official 5. Smith Justin Canada Head Coach 6. Acabal Colindres Hugo Leonel 7. Alvarado Alex Puerto Rico Coach - Referee [NFR] 8. Baez Joan Puerto Rico Coach - Referee [NFR] 9. Cotte Doel Puerto Rico Coach - Athlete [NFR] 10. Alleyne Deresay Trinidad and Tobago Assistant Coach - Athlete [NFR] 11. Belfon Lawrence Marlon Trinidad and Tobago Head Coach 12. Grant Shay Trinidad and Tobago Assistant Coach - Athlete [NFR] 13. Hosten Dale Trinidad and Tobago Assistant Coach - Athlete [NFR] 14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR] 15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR] 16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach - Athlete [NFR] 17. Keller Robert U.S.America IPF Official	1.	Alas Jacqueline	Belize	Coach - Referee [NFR]
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5. Smith Justin Canada Head Coach 6. Acabal Colindres Hugo Leonel 7. Alvarado Alex Puerto Rico Coach - Referee [NFR] 8. Baez Joan Puerto Rico Coach - Referee [NFR] 9. Cotte Doel Puerto Rico Assistant Coach - Athlete [NFR] 10. Alleyne Deresay Trinidad and Tobago Assistant Coach - Athlete [NFR] 11. Belfon Lawrence Marlon Trinidad and Tobago Head Coach 12. Grant Shay Trinidad and Tobago Assistant Coach - Athlete [NFR] 13. Hosten Dale Trinidad and Tobago Assistant Coach - Athlete [NFR] 14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR] 15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR] 16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach 17. Keller Robert U.S.America IPF Official	3.	Usher Khalid	Belize	Coach - Athlete [NFR]
6. Acabal Colindres Hugo Leonel  7. Alvarado Alex Puerto Rico Coach - Referee [NFR]  8. Baez Joan Puerto Rico Coach - Referee [NFR]  9. Cotte Doel Puerto Rico Assistant Coach - Athlete [NFR]  10. Alleyne Deresay Trinidad and Tobago Assistant Coach - Athlete [NFR]  11. Belfon Lawrence Marlon Trinidad and Tobago Head Coach 12. Grant Shay Trinidad and Tobago Assistant Coach - Athlete [NFR]  13. Hosten Dale Trinidad and Tobago Assistant Coach - Athlete [NFR]  14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR]  15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach - Athlete [NFR]  17. Keller Robert U.S.America IPF Official	4.	Usher. Khalid	Belize	Official
Leonel  7. Alvarado Alex Puerto Rico Coach - Referee [NFR]  8. Baez Joan Puerto Rico Coach - Referee [NFR]  9. Cotte Doel Puerto Rico Assistant Coach - Athlete [NFR]  10. Alleyne Deresay Trinidad and Tobago Assistant Coach - Athlete [NFR]  11. Belfon Lawrence Marlon Trinidad and Tobago Head Coach 12. Grant Shay Trinidad and Tobago Assistant Coach - Athlete [NFR]  13. Hosten Dale Trinidad and Tobago Assistant Coach - Athlete [NFR]  14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR]  15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach IPF Official	5.	Smith Justin	Canada	Head Coach
8. Baez Joan Puerto Rico Coach - Referee [NFR] 9. Cotte Doel Puerto Rico Assistant Coach - Athlete [NFR] 10. Alleyne Deresay Trinidad and Tobago Assistant Coach - Athlete [NFR] 11. Belfon Lawrence Marlon Trinidad and Tobago Head Coach 12. Grant Shay Trinidad and Tobago Assistant Coach - Athlete [NFR] 13. Hosten Dale Trinidad and Tobago Assistant Coach - Athlete [NFR] 14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR] 15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR] 16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach 17. Keller Robert U.S.America IPF Official	6.		Guatemala	Coach
9. Cotte Doel Puerto Rico Assistant Coach - Athlete [NFR]  10. Alleyne Deresay Trinidad and Tobago Assistant Coach - Athlete [NFR]  11. Belfon Lawrence Marlon Trinidad and Tobago Head Coach  12. Grant Shay Trinidad and Tobago Assistant Coach - Athlete [NFR]  13. Hosten Dale Trinidad and Tobago Assistant Coach - Athlete [NFR]  14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR]  15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach  17. Keller Robert U.S.America IPF Official	7.	Alvarado Alex	Puerto Rico	Coach - Referee [NFR]
[NFR]  10. Alleyne Deresay  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  11. Belfon Lawrence Marlon  Trinidad and Tobago  Head Coach  12. Grant Shay  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  13. Hosten Dale  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  14. Hunte Rondel  Trinidad and Tobago  Coach - Athlete [NFR]  15. Nelson Shaquille  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie  Trinidad and Tobago  Assistant Coach  IPF Official	8.	Baez Joan	Puerto Rico	Coach - Referee [NFR]
Interest	9.	Cotte Doel	Puerto Rico	
12. Grant Shay  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  13. Hosten Dale  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  14. Hunte Rondel  Trinidad and Tobago  Coach - Athlete [NFR]  15. Nelson Shaquille  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  17. Keller Robert  U.S.America  IPF Official	10.	Alleyne Deresay	Trinidad and Tobago	
[NFR]  13. Hosten Dale  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  14. Hunte Rondel  Trinidad and Tobago  Coach - Athlete [NFR]  15. Nelson Shaquille  Trinidad and Tobago  Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie  Trinidad and Tobago  Assistant Coach  IPF Official	11.	Belfon Lawrence Marlon	Trinidad and Tobago	Head Coach
[NFR]  14. Hunte Rondel Trinidad and Tobago Coach - Athlete [NFR]  15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR]  16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach  17. Keller Robert U.S.America IPF Official	12.	Grant Shay	Trinidad and Tobago	
<ul> <li>15. Nelson Shaquille Trinidad and Tobago Assistant Coach - Athlete [NFR]</li> <li>16. Ramnath Ow Buland Kellie Trinidad and Tobago Assistant Coach</li> <li>17. Keller Robert U.S.America IPF Official</li> </ul>	13.	Hosten Dale	Trinidad and Tobago	
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17. Keller Robert U.S.America IPF Official	15.	Nelson Shaquille	Trinidad and Tobago	
	16.	Ramnath Ow Buland Kellie	Trinidad and Tobago	Assistant Coach
18. Petrencak Steve U.S.America Head Coach	17.	Keller Robert	U.S.America	IPF Official
	18.	Petrencak Steve	U.S.America	Head Coach
19. Rosenzweig Dana U.S.America Coach	19.	Rosenzweig Dana	U.S.America	Coach