

19th Annual NAPF North American Regional Women's Equipped Powerlifting Championships

Panama City / Panama, 15 – 20 August, 2022

The List of Teams

Aruba {The Team in Total: 4}

Lifters: 2

- | | | | |
|---------------------|---|-----------|-------|
| 1. Boekhoudt Corina | F | Masters 1 | -69kg |
| 2. Frias Joshua | M | Juniors | -66kg |

Team Members: 2

- | | | |
|-------------------------|---|-----------------|
| 1. Wever Jonathan | ✓ | Head Coach |
| 2. Winterdaal Sharienne | ✓ | Assistant Coach |

Belize {The Team in Total: 12}

Lifters: 8

- | | | | |
|--------------------|---|-----------|--------|
| 1. Sharp Alida | F | Masters 2 | -52kg |
| 2. Williams Robert | M | Masters 1 | -120kg |
| 3. Murillo William | M | Juniors | -105kg |
| 4. Matura Leo | M | Open | -74kg |
| 5. Usher Khalid | M | Open | -93kg |
| 6. Ruiz Edith | F | Open | -57kg |
| 7. Alas Jacqueline | F | Open | -63kg |
| 8. Sho Narissa | F | Open | -76kg |

Team Members: 4

- | | | | | |
|--------------------|---|------|---|-----------------|
| 1. Alas Jacqueline | ✓ | Nat. | ✓ | Official |
| 2. Sharp Alida | | | ✓ | Head Coach |
| 3. Usher Khalid | | | ✓ | Official |
| 4. Codd Melanie | | | ✓ | Assistant Coach |

Canada {The Team in Total: 25}

Lifters: 20

- | | | | |
|---------------------|---|-----------|--------|
| 1. Lacoursiere Gary | M | Masters 2 | -74kg |
| 2. Doelman Nick | M | Masters 2 | -120kg |
| 3. Rodrigue Patrick | M | Masters 1 | -83kg |
| 4. Hutchinson April | F | Masters 1 | 84+kg |
| 5. Hodder Pamela | F | Masters 1 | -76kg |
| 6. Demmans Derek | M | Juniors | -83kg |
| 7. Hung Carlo | M | Juniors | -93kg |
| 8. Wiseman Lucas | M | Juniors | -105kg |
| 9. Roberts Lizzy | F | Juniors | -63kg |
| 10. Andrews Breana | F | Juniors | 84+kg |
| 11. Milley Amber | F | Juniors | -76kg |
| 12. Irvine Michelle | F | Juniors | -76kg |
| 13. Chan Quentin | M | Open | -83kg |
| 14. Zilberman Emma | F | Open | -57kg |
| 15. Casey Kayla | F | Open | -63kg |
| 16. Wagner Marie | F | Open | -84kg |
| 17. Boisvert Kayla | F | Open | -84kg |
| 18. Ching Natasha | F | Open | 84+kg |

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19. Law Mikaela	F	Open	-69kg
20. Castro Christine	F	Open	-69kg

Team Members: 5

1. You Bill	✓	Cat.II	
2. McFeeters Linda	✓	Cat.II	
3. Rock Brian	✓	Nat.	
4. Lacoursier Gary			✓ Head Coach
5. Castro Christine			✓ Assistant Coach

Cayman Islands {The Team in Total: 5}

Lifters: 4

1. McLaughlin Zared	M	Open	-83kg
2. McInerney Tony	M	Open	-93kg
3. McErlean Jordan	M	Open	-120kg

Team Members: 1

1. Connolly Michael	✓	Nat.	✓ Physiotherapist
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Costa Rica {The Team in Total: 38}

Lifters: 32

1. Velasquez Hugo	M	Masters 3	120+kg
2. Retana Luis	M	Masters 1	-74kg
3. Morera Emilio	M	Masters 1	-105kg
4. Hernandez Jose Alfredo	M	Masters 1	-105kg
5. Vargas Byron	M	Juniors	-83kg
6. Hidalgo Jose Pablo	M	Juniors	-83kg
7. Elizondo Mario	M	Juniors	-93kg
8. Saravia Philippe	M	Juniors	-105kg
9. Rojas Solis Maria Gabriela	F	Juniors	-57kg
10. Chacon Calvo Jesus	M	Subjuniors	-66kg
11. Campos Herrera Oscar	M	Subjuniors	-74kg
12. Jimenez Dylan	M	Subjuniors	-74kg
13. Valverde Aldo	M	Subjuniors	-105kg
14. Medrano Williams Ronald	M	Open	-83kg
15. Quiros Lepiz Leonardo	M	Open	-93kg
16. Avila Giancarlo	M	Open	-93kg
17. Andres Soto Rivera	M	Open	-93kg
18. Rojas Ulate Diego	M	Open	-105kg
19. Gonzales Acuna Jorge	M	Open	-105kg
20. Guerrero Calderon Moises	M	Open	-105kg
21. Rodriguez Esteban	M	Open	-105kg
22. Fernandez Barrantes Michael	M	Open	-120kg
23. Delorenzi Luciano	M	Open	-120kg
24. Mejias Luis	M	Open	120+kg
25. Arias Blanco Adrian	M	Open	120+kg
26. Campos Murillo Carlos Manuel	M	Open	120+kg
27. Borbon Maria Jose	F	Open	-47kg
28. Arias Aurora	F	Open	-52kg

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29.	Moreno Mena Adriana	F	Open	-57kg
30.	Barquero Maria Jose	F	Open	-57kg
31.	Rojas Gonzalez Laura	F	Open	-63kg

Team Members: 6

1.	Campos Murillo Carlos Manuel	✓	Cat.II
2.	Velasquez Hugo	✓	Cat.I
3.	Soto Rivera Andres	✓	Nat.
4.	Fernandez Barrantes Michael	✓	Nat.
5.	Quiros Lepiz Leonardo	✓	Nat.
6.	Jaramillo Jose Miguel	✓	Cat.II

Dominican Republic {The Team in Total: 20}

Lifters: 13

1.	Guzman Suarez Ivan	M	Masters 1	-74kg
2.	Espinal Jenmy	F	Masters 1	-57kg
3.	Aybar Luis	M	Juniors	-74kg
4.	Jimenez Leonardo	M	Juniors	-74kg
5.	Fanini Mario Luis	M	Subjuniors	-83kg
6.	Hernandez Luis	M	Open	-66kg
7.	Mercedes Jose	M	Open	-74kg
8.	Rodriguez Francisco Adolfo	M	Open	-74kg
9.	Miladeh David	M	Open	-83kg
10.	Espinal Elvis	M	Open	-83kg
11.	Miguel Abraham	M	Open	-93kg
12.	Palacio Maria	F	Open	-47kg
13.	Estrella Laura	F	Open	-84kg

Team Members: 7

1.	Martinez Hugo	✓	Nat.	✓	Official
2.	Guzman Ivan	✓	Nat.	✓	Coach
3.	Ceballos Hector			✓	Head Coach
4.	Hernandez Luis			✓	Coach
5.	Estrella Laura			✓	Coach
6.	Miladeh David			✓	Assistant Coach
7.	Miguel Abraham			✓	Assistant Coach

El Salvador {The Team in Total: 3}

Lifters: 2

1.	Alfaro William	M	SOI	-59kg
2.	Guillen Robert	M	SOI	-83kg

Team Members: 1

1.	Castro Joaquin			✓	Coach
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Guatemala {The Team in Total: 9}

Lifters: 7

1.	Julio Alfredo Fernandez Rodriguez	M	Juniors	-83kg
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2.	Jose Alejandro Fernandez Rodriguez	M	Subjuniors	-74kg
3.	Jeimy Carolina Martinez Lopez	F	Subjuniors	-47kg
4.	Cristopher Gerardo Osorio Ariana	M	Open	-83kg
5.	Ericka Liliana Davila Carcamo	F	Open	-69kg

Team Members: 2

1.	Cardona Claudio	✓	Head Coach
2.	Cano Marta Lidia	✓	Coach

Jamaica {The Team in Total: 7}

Lifters: 3

1.	Jennings Scott	M	Open	-83kg
2.	Dacosta Jevon	M	Open	-93kg
3.	Depass Sami	F	Open	-76kg

Team Members: 4

1.	Brown Marlon	✓	Official
2.	Watson Tiffany	✓	Official
3.	Blair Michael	✓	Official
4.	Owen Jeremy	✓	Coach

Luxembourg {The Team in Total: 1}

Team Members: 1

1.	Parage Gaston	✓	Cat.I
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Mexico {The Team in Total: 31}

Lifters: 22

1.	Perez Socorro	F	Masters 3	-63kg
2.	Reyes Marco	M	Masters 1	-93kg
3.	Porras Marco	M	Masters 1	-120kg
4.	Macias Jonathan	M	Masters 1	-120kg
5.	Amado Jesus	M	Juniors	-74kg
6.	Garcia Juan	M	Juniors	-83kg
7.	Sedano Valeria	F	Juniors	-43kg
8.	Lopez Krisel	F	Juniors	-63kg
9.	Flores Emelia	F	Juniors	-84kg
10.	Tiscareno Mara	F	Juniors	-69kg
11.	Porras Malinalitzin	F	Juniors	-76kg
12.	Hernandez Jose	M	Subjuniors	-74kg
13.	Barajas Jonathan	M	Subjuniors	-83kg
14.	Banos Torres Perla	F	Subjuniors	-63kg
15.	Villarreal Dariana	F	Subjuniors	-69kg
16.	Jimenez Santos	M	Open	-74kg
17.	Ramirez Diego	M	Open	-83kg
18.	Sedano Erendira	F	Open	-47kg
19.	Reyes Jessica	F	Open	-57kg
20.	Ramirez Jazmin	F	Open	-84kg

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21. Millan Maytia	F	Open	84+kg
22. Perez Aurora	F	Open	-69kg

Team Members: 9

1. Ramirez Diego	✓	Nat.	
2. Porras Malinalitzin	✓	Nat.	
3. Ehrenstein Jay	✓	Coach	
4. Villarreal Omar	✓	Coach	
5. Porras Marco	✓	Coach	
6. Jimenez Santos	✓	Coach	
7. Gonzalez Lourdes	✓	Coach	
8. Garcia Juan	✓	Assistant Coach	
9. Alvarez Juan	✓	Assistant Coach	

Nicaragua {The Team in Total: 8}

Lifters: 6

1. Garcia Guevara Omar Josue	M	Open	-74kg
2. Cuarezma Zapata Diego	M	Open	-105kg
3. Cuadra Vargas Lester Horacio	M	Open	-120kg
4. Gonzalez Zeledon Raquel de Los Angeles	F	Open	-84kg
5. Gutierrez Lopez Ruth Yarali	F	Open	84+kg
6. Moncada Herrera Francis de Jesus	F	Open	-69kg

Team Members: 2

1. Cisnero Guevara Jairo Jefferson	✓	Head Coach	
2. Matute Barrios Oscar Danilo	✓	Official	

Panama {The Team in Total: 48}

Lifters: 34

1. Foster Luis Fernando	M	SOI	-74kg
2. Hernandez Exsaul	M	SOI	-93kg
3. Willis Alberto	M	SOI	120+kg
4. Diaz Sara	F	Masters 3	-57kg
5. Garcia Jose	M	Masters 2	-83kg
6. Quiroz Feliberto	M	Masters 2	-83kg
7. Avila Jaime Arturo	M	Masters 2	-120kg
8. Peralta Alejandro	M	Masters 1	-83kg
9. Robinson Rony	M	Masters 1	-93kg
10. Bressanutti Giovanni	M	Masters 1	-93kg
11. Aguilar Nelson	M	Masters 1	-105kg
12. Barrios Didimo	M	Masters 1	-105kg
13. Gan Xuelian	F	Masters 1	-63kg
14. Hernandez Luis	M	Juniors	-66kg
15. Estrada Marco	M	Juniors	-66kg
16. Mendoza Leonardo	M	Juniors	-83kg
17. Medina Carlos	M	Juniors	-93kg
18. Castillo Nadje	F	Juniors	-63kg

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19.	Juarez Hamilton	M	Subjuniors	-74kg
20.	Samaniego Jahn Carlos	M	Subjuniors	-83kg
21.	Jimenez Tomas	M	Open	-74kg
22.	Batista Javier	M	Open	-74kg
23.	Menendez Henry	M	Open	-83kg
24.	Rovi Bolivar	M	Open	-83kg
25.	Ortega Jose	M	Open	-93kg
26.	Perez Darrin	M	Open	-105kg
27.	Mitre Yusdara	F	Open	-52kg
28.	Gonzalez Carolina	F	Open	-57kg
29.	Bare Diaz Monica	F	Open	-63kg
30.	Abrego Militza	F	Open	-69kg
31.	Santos Pamela	F	Open	-69kg
32.	Sanchez Elba	F	Open	-76kg
33.	Rios Alejandra	F	Open	-76kg

Team Members: 14

1.	Rodriguez Eduardo	✓	Cat.I	
2.	Palma Melva	✓	Nat.	
3.	Koo Lillian	✓	Nat.	
4.	Cigaran Gabriela	✓	Cat.I	✓ Official
5.	Tibi Jacques	✓	Nat.	✓ Official
6.	Blanco Mario	✓	Nat.	✓ Doctor
7.	Barrios Didimo			✓ Coach
8.	Fierro Sergio			✓ Head Coach
9.	Hernandez Irma			✓ Official
10.	Reyna Susan			✓ Physiotherapist
11.	Zurita Itzury			✓ Physiotherapist
12.	Pardo Jose Luis			✓ Physiotherapist
13.	Gonzalez Sergio			✓ Coach
14.	Lleonart Nils			✓ Assistant Coach

Puerto Rico {The Team in Total: 35}

Lifters: 24

1.	Lopez Jorge	M	SOI	-105kg
2.	de Jesus Joyce	F	SOI	-57kg
3.	Garcia Ana	F	Masters 3	-57kg
4.	Flores Santiago Eduard John	M	Masters 2	-74kg
5.	Cotte Doel	M	Masters 1	-74kg
6.	Alvarado Alex	M	Masters 1	120+kg
7.	Natal Melissa	F	Masters 1	-63kg
8.	Rivera Yaritza	F	Masters 1	-69kg
9.	Pedrogo Carlos	M	Juniors	-74kg
10.	Pagan Javier	M	Juniors	-83kg
11.	Cosme Issaquiel	M	Juniors	-83kg
12.	Rivera Jonathan	M	Juniors	-93kg
13.	Matthews Christian	M	Juniors	120+kg
14.	Albino Valeria	F	Juniors	-69kg
15.	Diaz Anaris	F	Juniors	-76kg
16.	Vazquez Derick	M	Open	-66kg

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17. Liciaga Pierre	M	Open	-74kg
18. Decene Geovany	M	Open	-74kg
19. Diaz Jose	M	Open	-93kg
20. Rivera Luis Adrian	M	Open	-120kg
21. Baez Joan	F	Open	84+kg
22. Gonzalez Ana	F	Open	-69kg
23. Ramos Taisha	F	Open	-76kg

Team Members: 11

1. Alvarado Alex	✓	Cat.I	
2. Baez Joan	✓	Cat.II	
3. Crane Steven	✓	Cat.II	
4. Caldero Genesse	✓	Cat.II	
5. Tapia Jannitzzi	✓	Cat.II	✓ Head Coach
6. Gonzalez Ana			✓ Coach
7. Rivera Alfredo			✓ Coach
8. Cotte Doel			✓ Assistant Coach
9. Vazquez Derick			✓ Assistant Coach
10. Caldero Genesse			✓ Assistant Coach
11. Decene Geovany			✓ Assistant Coach

U.S.America {The Team in Total: 66}

Lifters: 46

1. Cohen Robert	M	Masters 4	-66kg
2. Regua Edward	M	Masters 4	-83kg
3. Barry Bruce	M	Masters 4	-105kg
4. Cohen Carla	F	Masters 4	-52kg
5. Rodriguez Michael	M	Masters 3	-74kg
6. Eisenhower Shaun	M	Masters 3	-83kg
7. Cencich Thomas	M	Masters 3	-93kg
8. Justice Dora	F	Masters 3	-57kg
9. Homan Lynne	F	Masters 3	-57kg
10. Mott Brian	M	Masters 2	-66kg
11. Bray Ken	M	Masters 2	-83kg
12. Wiley Kirk	M	Masters 2	-105kg
13. Kalter Michael	M	Masters 2	-105kg
14. Carlascio Keith	M	Masters 2	-120kg
15. Carlascio Michelle	F	Masters 2	-63kg
16. Harris Michal	F	Masters 2	-84kg
17. Tan Huaiyu	M	Masters 1	-66kg
18. Cohen Lauren	M	Masters 1	-74kg
19. Cubero Christopher	M	Masters 1	-83kg
20. Monterrey Jensen	M	Masters 1	-93kg
21. Cameron Kenneth	M	Masters 1	-120kg
22. Henderson Barron	M	Masters 1	-120kg
23. Jurewicz Jonathan	M	Masters 1	-120kg
24. Jean Sr. Michael	M	Masters 1	120+kg
25. Mitha Nimisha	F	Masters 1	-57kg
26. Crawford Clair	F	Masters 1	-69kg
27. Pednekar Yash	M	Juniors	-59kg

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28.	Dunn Nathan	M Juniors	-105kg
29.	Espinoza Abram	M Juniors	120+kg
30.	Pednekar Om	M Subjuniors	-59kg
31.	Hamilton Madison	F Subjuniors	-57kg
32.	Anderson Aeryn	F Subjuniors	-63kg
33.	Suchomel Chloe	F Subjuniors	-63kg
34.	Sardis Andrew	M Open	-74kg
35.	Jones Zachary	M Open	-83kg
36.	Losa Jonathan	M Open	-83kg
37.	Wilburn Tyler	M Open	-93kg
38.	Weers Jared	M Open	-93kg
39.	McClain Ls	M Open	-105kg
40.	Martinez Nelson	M Open	-105kg
41.	Leebrick Mark	M Open	-120kg
42.	Vanh Cindy	F Open	-47kg
43.	Przybylska Agata	F Open	-52kg
44.	Liverpool Ellen	F Open	-63kg
45.	Tessler Aliza	F Open	-76kg

Team Members: 20

1.	Keller Nora	✓ Cat.I	
2.	Keller Robert	✓ Cat.I	
3.	Helmich William	✓ Cat.I	
4.	Clayton William	✓ Cat.I	
5.	Elm Rodney	✓ Nat.	
6.	Elm Miryam	✓ Nat.	
7.	Brown James		✓ Head Coach
8.	Carlascio Keith		✓ Coach
9.	Keller Nora		✓ Coach
10.	Leebrick Mark		✓ Coach
11.	Khamesi Arian		✓ Coach
12.	Richter Chris		✓ Coach
13.	Pednekar Vineet		✓ Coach
14.	Collins Draven		✓ Coach
15.	Green Chelsea		✓ Coach
16.	Holden Matthew		✓ Coach
17.	Nagata Claudia		✓ Coach
18.	Carlascio Michelle		✓ Coach
19.	Lupro Christina		✓ Coach
20.	Trionfante Cardyl		✓ Assistant Coach

US Virgin Islands {The Team in Total: 14}

Lifters: 9

1.	Rodriguez Manuel	M Masters 4	-66kg
2.	LaFlamme John	M Masters 4	-93kg
3.	Walker Ronald	M Masters 3	-74kg
4.	Loudor Nadine	F Masters 1	84+kg
5.	Brown Janel	F Open	-57kg
6.	Bordes Cassie	F Open	-84kg
7.	Wilkins Desiree	F Open	84+kg

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8. Dilone Stephanie	F	Open	84+kg
9. Vese Aliah	F	Open	-76kg

Team Members: 5

1. Massey Robert	✓	Cat.II	✓	Official
2. Walford Kimberly	✓	Cat.II	✓	Official
3. Walker Ronald			✓	Official
4. Brown Janel			✓	Assistant Coach
5. Mateo Yennier			✓	Assistant Coach

Summary Table

Number of Lifters	19th Annual NAPF North American Regional Women's Classic Powerlifting Championships	76
	19th Annual NAPF North American Regional Men's Classic Powerlifting Championships	114
	19th Annual NAPF North American Regional Women's Equipped Powerlifting Championships	11
	19th Annual NAPF North American Regional Men's Equipped Powerlifting Championships	31
Persons as ...	Referee	25
	Representative	59
	Referee & Representative	10
All Together		326