

9th Annual NAPF/FESUPO Pan-American Regional Women's Equipped Bench Press Championships

Aguadilla / Puerto Rico, 29 October, 2022

The List of Teams

Canada {The Team in Total: 2}

Lifters: 2

- | | | | |
|-------------------|---|-----------|--------|
| 1. Wheeler Janine | F | Masters 3 | -76kg |
| 2. Marriott Alex | M | Juniors | 120+kg |

Costa Rica {The Team in Total: 4}

Lifters: 3

- | | | | |
|-------------------|---|-----------|--------|
| 1. Velasquez Hugo | M | Masters 3 | -120kg |
| 2. Rojas Carlos | M | Open | -93kg |
| 3. Vargas Adriana | F | Open | 84+kg |

Team Members: 1

- | | | |
|-------------------|---|-------|
| 1. Velasquez Hugo | ✓ | Cat.I |
|-------------------|---|-------|

Mexico {The Team in Total: 2}

Lifters: 2

- | | | | |
|------------------|---|------|-------|
| 1. Reyes Jessica | F | Open | -57kg |
|------------------|---|------|-------|

Peru {The Team in Total: 12}

Lifters: 7

- | | | | |
|---------------------------|---|-----------|--------|
| 1. Arbulu Grippa Manuel | M | Masters 1 | -83kg |
| 2. Carranza Luis | M | Masters 1 | -105kg |
| 3. Garcia Javier | M | Masters 1 | 120+kg |
| 4. Arbulu Evelyn | F | Masters 1 | 84+kg |
| 5. Selem Jessica | F | Juniors | -76kg |
| 6. Arbulu Grippa Juan | M | Open | -74kg |
| 7. Palomino Eddie Orlando | M | Open | -83kg |

Team Members: 5

- | | | |
|---------------------|---|---------------------------------|
| 1. Arbulu Juan | ✓ | Assistant Coach - Athlete [NFR] |
| 2. Carranza Luis | ✓ | Assistant Coach - Athlete [NFR] |
| 3. Arbulu Evelyn | ✓ | Assistant Coach - Athlete [NFR] |
| 4. Arbulu Manuel | ✓ | Assistant Coach - Athlete [NFR] |
| 5. Palomino Orlando | ✓ | Assistant Coach - Athlete [NFR] |

Puerto Rico {The Team in Total: 45}

Lifters: 32

- | | | | |
|--------------------|---|-----------|--------|
| 1. Romero Omar | M | SOI | -66kg |
| 2. Lopez Jorge | M | SOI | -105kg |
| 3. de Jesus Joyce | F | SOI | -57kg |
| 4. Aybar Cristina | F | SOI | -84kg |
| 5. Miranda Jose | M | Masters 4 | -93kg |
| 6. Ruiz Alberto | M | Masters 3 | -66kg |
| 7. Crane Steven | M | Masters 3 | -105kg |
| 8. Garcia Ana | F | Masters 3 | -57kg |
| 9. Santiago Hector | M | Masters 2 | -93kg |
| 10. Mendez Felix | M | Masters 2 | -120kg |

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11.	Rodriguez Antonio Pedro	M	Masters 2	120+kg
12.	Baez Ocasio Jose Manuel	M	Masters 1	-93kg
13.	Rivera Yaritza	F	Masters 1	-69kg
14.	Matias Diego	M	Juniors	-59kg
15.	Feliciano Cristian	M	Juniors	-66kg
16.	Pedrogo Carlos	M	Juniors	-74kg
17.	Rivera Jonathan	M	Juniors	-93kg
18.	Matthews Christian	M	Juniors	-120kg
19.	Robles Gerald	F	Juniors	-52kg
20.	Crespo Pamela	F	Juniors	-84kg
21.	Marrero Alissa	F	Juniors	-69kg
22.	Alvarado Melvin	M	Subjuniors	-93kg
23.	Cotte Doel	M	Open	-74kg
24.	Mercado Alejandro	M	Open	-93kg
25.	Alvarado Alex	M	Open	-120kg
26.	Soto Maribel	F	Open	-47kg
27.	Vasquez Maria	F	Open	-52kg
28.	Ortiz Kiriath	F	Open	-84kg
29.	Baez Joan	F	Open	84+kg
30.	Aldana Irma	F	Open	-69kg
31.	Ramos Taisha	F	Open	-76kg

Team Members: 13

1.	Rivera Onix	✓	Cat.I	
2.	Gregory Nestor	✓	Cat.I	
3.	Baez Joan	✓	Cat.II	
4.	Nieves Kristzia	✓	Cat.II	
5.	Correa Michael	✓	Cat.II	✓ Official
6.	Dziobiak Stan	✓	Nat.	✓ Official
7.	Alvarado Alex	✓	Cat.I	✓ Coach
8.	Tapia Jannitzzi	✓	Cat.II	✓ Coach
9.	Tapia Luis			✓ Head Coach
10.	Gonzalez Ana			✓ Assistant Coach
11.	Diaz Jose			✓ Assistant Coach
12.	Decene Geovany			✓ Assistant Coach
13.	Rodriguez Obryan			✓ Assistant Coach

Suriname {The Team in Total: 2}

Lifters: 1

1.	Amatredjo Tsuyenne	F	Open	-52kg
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Team Members: 1

1.	Teixeira Sheldon	✓	Head Coach
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U.S.America {The Team in Total: 78}

Lifters: 35

1.	Parker Elizabeth	F	SOI	-47kg
2.	Alderman John	M	Masters 4	-83kg
3.	Welcome Claude	M	Masters 4	-93kg
4.	Reale Gary	M	Masters 3	-74kg

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5.	Kern George	M	Masters 3	-74kg
6.	Rodriguez Michael	M	Masters 3	-74kg
7.	Kipp Wesley	M	Masters 3	-83kg
8.	Cencich Thomas	M	Masters 3	-93kg
9.	Bennett Kenneth	M	Masters 3	-105kg
10.	Rosenzweig Dana	M	Masters 3	-105kg
11.	Ray James	M	Masters 3	-120kg
12.	Keller Robert	M	Masters 3	-120kg
13.	Campbell William	M	Masters 3	120+kg
14.	Justice Dora	F	Masters 3	-57kg
15.	Mott Brian	M	Masters 2	-66kg
16.	Petrencak Steve	M	Masters 2	-66kg
17.	Albert Brian	M	Masters 2	-74kg
18.	Solomon Todd	M	Masters 2	-74kg
19.	Fronzaglia Damian	M	Masters 2	-83kg
20.	Ross Jason	M	Masters 2	-93kg
21.	Ferrantelli Mike	M	Masters 2	-105kg
22.	Walter Chris	M	Masters 2	-105kg
23.	Dibert Joe	M	Masters 2	120+kg
24.	Harris Michal	F	Masters 2	-84kg
25.	Nagata Claudia	F	Masters 2	-69kg
26.	Clough Faith	F	Masters 1	-63kg
27.	Smashum Salena	F	Masters 1	-84kg
28.	Solomon Jack Michael	M	Juniors	-66kg
29.	Patrick Colton	M	Juniors	-83kg
30.	Sardis Andrew	M	Open	-74kg
31.	Losa Jonathan	M	Open	-83kg
32.	Shelton Sara	F	Open	84+kg

Team Members: 43

1.	Clayton William	✓	Cat.I	
2.	Keller Robert	✓	Cat.I	
3.	Keller Nora	✓	Cat.I	
4.	Dibert Joe			✓ Coach
5.	Alderman John			✓ Coach
6.	Albert Brian			✓ Coach
7.	Ferrantelli Kelly			✓ Coach
8.	Clough Faith			✓ Coach
9.	Edwards Steve			✓ Coach
10.	Cencich Thomas			✓ Coach
11.	Campbell William			✓ Coach
12.	Bennett Kenneth			✓ Coach
13.	Petrencak Steve			✓ Head Coach
14.	Shelton Sara			✓ Coach
15.	Justice Dora			✓ Coach
16.	Solomon Todd			✓ Coach
17.	Ferrantelli Mike			✓ Coach
18.	Justice Dale			✓ Coach
19.	Reale Gary			✓ Coach

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20. Mott Brian	✓ Coach
21. Ray James	✓ Coach
22. Vang James	✓ Coach
23. Walter Chris	✓ Coach
24. Smashum David	✓ Coach
25. Ross Jason	✓ Coach
26. Keller Robert	✓ Coach
27. Smashum Salena	✓ Coach
28. Harris Michal	✓ Coach
29. Fronzaglia Damian	✓ Coach
30. Soliman Daniel	✓ Coach
31. Kipp Wesley	✓ Coach
32. Sardis Andrew	✓ Coach
33. Kern George	✓ Coach
34. Patrick Colton	✓ Coach
35. Welcome Claude	✓ Coach
36. Laforge Suzanne	✓ Coach
37. Rodriguez Michael	✓ Coach
38. Nagata Claudia	✓ Coach
39. Losa Jonathan	✓ Coach
40. Parker Elizabeth	✓ Coach
41. Solomon Jack Michael	✓ Coach
42. Keller Nora Montilla	✓ Coach
43. Rosenzweig Dana	✓ Assistant Coach

US Virgin Islands {The Team in Total: 8}

Lifters: 3

1. Sturman Howard	M Masters 3	-83kg
2. Barger Patrick	M Masters 2	-120kg
3. Wilkins - Phillip	M Masters 1	-105kg

Team Members: 5

1. Elwyn Susan	✓ Cat.I	
2. Massey Robert	✓ Cat.II	
3. Wilkins Phil	✓ Coach	
4. Sturman Howard	✓ Coach	
5. Barger Patrick	✓ Coach	

Summary Table

Number of Lifters	9th Annual NAPF/FESUPO Pan-American Regional Women's Classic Bench Press Championships	23
	9th Annual NAPF/FESUPO Pan-American Regional Men's Classic Bench Press Championships	41
	9th Annual NAPF/FESUPO Pan-American Regional Women's Equipped Bench Press Championships	5
	9th Annual NAPF/FESUPO Pan-American Regional Men's Equipped Bench Press Championships	16
Persons as ...	Referee	10
	Representative	54
	Referee & Representative	4
All Together		153