

## 10th NAPF/FESUPO Pan-American Regional Women's Equipped Bench Press Championships

San Jose / Costa Rica, 31 October – 2 November, 2024

### The Entry List of Representatives

#	Name	Team	Duty
1.	Westby Leticia	Belize	Coach
2.	Emidio Carlos	Brazil	Coach
3.	Filho Paulo	Brazil	Assistant Coach
4.	Ribeiro Mateus	Brazil	Assistant Coach
5.	Arshadi Arshia	Canada	Head Coach
6.	Altamirano Javier Dimitry	Costa Rica	Assistant Coach - Athlete [NFR]
7.	Calvo Kevin	Costa Rica	Assistant Coach
8.	Campos Coto Manuel Antonio	Costa Rica	Official
9.	Campos Murillo Carlos Manuel	Costa Rica	Official
10.	Chaves Amanda	Costa Rica	Assistant Coach
11.	Fernandez Barrantes Michael	Costa Rica	Assistant Coach - Athlete [NFR]
12.	Jaramillo Jose Miguel	Costa Rica	Head Coach
13.	Quiros Leonardo	Costa Rica	Assistant Coach - Athlete [NFR]
14.	Sandi Martinez Zelmira	Costa Rica	Official
15.	Valverde Madrigal Roger	Costa Rica	Assistant Coach - Athlete [NFR]
16.	Vargas Adriana	Costa Rica	Assistant Coach - Athlete [NFR]
17.	Vargas Adriana	Costa Rica	Assistant Coach - Athlete [NFR]
18.	Vargas Saborio William	Costa Rica	Coach
19.	Pena Helio	Mexico	Coach
20.	Serrano Carlos	Mexico	Coach
21.	Matute Barrios Oscar Danilo	Nicaragua	Official
22.	Matute Mendoza Rodrigo Fernando	Nicaragua	Assistant Coach
23.	Cigaran Gabriela	Panama	Head Coach
24.	James Addul	Panama	Assistant Coach
25.	Jimenez Tomas	Panama	Coach
26.	Mitre Yusdara	Panama	Coach
27.	Isselt Donovan	Suriname	Official
28.	Kariodimedjo Randall	Suriname	Head Coach
29.	Agoes Martin	U.S.America	Assistant Coach - Athlete [NFR]
30.	Carlascio Michelle	U.S.America	Assistant Coach - Athlete [NFR]
31.	Cencich Tom	U.S.America	Assistant Coach - Athlete [NFR]

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32.	Clough Faith	U.S.America	Assistant Coach - Athlete [NFR]
33.	Falcone Ron	U.S.America	Assistant Coach - Athlete [NFR]
34.	Gelb Lenore	U.S.America	Assistant Coach - Athlete [NFR]
35.	Harris Michal	U.S.America	Assistant Coach - Athlete [NFR]
36.	Howard Seth	U.S.America	Assistant Coach - Athlete [NFR]
37.	Khamesi Arian	U.S.America	Assistant Coach - Athlete [NFR]
38.	Losa Jonathan	U.S.America	Assistant Coach - Athlete [NFR]
39.	Marts Donna	U.S.America	Assistant Coach - Athlete [NFR]
40.	Miner Yolanda	U.S.America	Assistant Coach - Athlete [NFR]
41.	Petrencak Steve	U.S.America	Head Coach
42.	Reale Gary	U.S.America	Assistant Coach - Athlete [NFR]
43.	Rosenzweig Dana	U.S.America	Assistant Coach
44.	Ross Jason	U.S.America	Assistant Coach
45.	Salter Rebecca	U.S.America	Assistant Coach - Athlete [NFR]
46.	Salter Brad	U.S.America	Coach
47.	Sides Daniel	U.S.America	Assistant Coach - Athlete [NFR]
48.	Walter Chris	U.S.America	Assistant Coach
49.	Massey Robert	US Virgin Islands	Official