

**18th Annual NAPF/FESUPO Pan-American Regional Powerlifting Championships**  
**August 17-21, 2021 – Orlando, FL, USA**  
**Final Nominations – July 16, 2021**

## Pan-American Championship Raw / Classic Divisions

LAST NAME, FIRST NAME / YOB / NATION	SQ	BP	DL	Total
Women's Classic Open				
<b>47 kg</b>				
1 LAI, SIMONE / 1991 / CANADA	135	76	155	366
2 MSHACURI MARIN, TALI RAQUEL / 1989 / PERU	120	50	130	300
<b>52 kg</b>				
1 FALCÓN, ALINE / 1990 / MEXICO	112.5	55	152.5	320
<b>57 kg</b>				
1 MORENO MENA, ADRIANA / 1976 / COSTA RICA	165	90	160	415
2 TESSEMA, YORDANOS / 1992 / CANADA	125	77.5	177.5	380
<b>63 kg</b>				
1 ZUR LINDEN, EMILY / 1987 / CANADA	162.5	87.5	185	435
2 ALAVA MONDRAGON, LADY LIZETH / 1989 / COLOMBIA	150	65	172.5	387.5
3 RIVERA, YARITZA / 1979 / PUERTO RICO	75	35	90	207.5
<b>69 kg</b>				
1 MAESTRE REINA, CINDY MILENA / 1989 / COLOMBIA	155	85	170	430
<b>76 kg</b>				
1 CASTRO, CHRISTINE / 1992 / CANADA	190	97.5	205	492.5
2 VESE, ALIAH / 1985 / US VIRGIN ISLANDS	135	75	150	360
<b>84 kg</b>				
1 ZAPATA QUICENO, KAREN DAYANA / 1994 / COLOMBIA	190	80	190	460
2 SOSA-GARCIA, SARA / 1995 / EL SALVADOR	115	55	120	290
<b>84+ kg</b>				
1 WILKINS, DESIREE / 1993 / US VIRGIN ISLANDS	197.5	92.5	197.5	487.5
2 REITMAN, JUDITH / 1967 / URUGUAY	180	100	180	460
3 ESTRELLA, LAURA / 1993 / DOMINICAN REPUBLIC	160	87.5	165	412.5
Women's Classic Junior				
<b>52 kg</b>				
1 VARELA VALLEJOS, LAURA NATHALIA / 1998 / COLOMBIA	117.5	65	135	317.5
<b>57 kg</b>				
1 ROJAS, MARÍA GABRIELA / 2002 / COSTA RICA	122.5	55	122.5	300
2 CANO PALACIO, VALENTINA / 2000 / COLOMBIA	107.5	60	122.5	290
3 WALKER, PROMISE / 1999 / US VIRGIN ISLANDS	97.5	37.5	102.5	237.5
4 TARRILLO GUTIERRES, ANA SOFIA / 2001 / PERU	80	40	90	210
<b>69 kg</b>				
1 SELEM FLORES, JESSICA CRISTINA / 2000 / PERU	100	50	100	250

<b>76 kg</b>					
1	DÍAZ, ANARIS / 1999 / PUERTO RICO	117.5	62.5	115	295
Women's Classic Master I / 40+					
<b>63 kg</b>					
1	SIERRA PINZON, LUCIA / 1976 / COLOMBIA	125	65	142.5	332.5
2	NATAL, MELISSA / 1978 / PUERTO RICO	75	40	87.5	202.5
<b>76 kg</b>					
1	TAHARALLY, NADINA / 1973 / GUYANA	125	62.5	145	332.5
2	KELLER, NORA / 1977 / COSTA RICA	90	50	110	250
<b>84 kg</b>					
1	GOMEZ, AMBER / 1978 / US VIRGIN ISLANDS	122.5	65	150	337.5
<b>84+ kg</b>					
1	HEBERT, JANINE / 1980 / CANADA	157.5	95	190	442.5
Women's Classic Master II / 50+					
<b>52 kg</b>					
1	RADIK, DONNA / 1963 / CANADA	82.5	50	102.5	235
<b>63 kg</b>					
1	WHARTON, KELLY / 1962 / CANADA	107.5	55	120	282.5
Women's Classic Master III / 60+					
<b>63 kg</b>					
1	VAN DIEPEN, ARLENE / 1957 / CANADA	107.5	57.5	153	318
<b>76 kg</b>					
1	KING, PAMELA / 1959 / CANADA	110.5	68	117.5	296
<b>84 kg</b>					
1	ROUSSEAU, LINDA / 1953 / CANADA	112.5	62.5	112.5	287.5

## Pan-American Championship Equipped Divisions

LAST NAME, FIRST NAME / YOB / NATION		SQ	BP	DL	Total
Women's Equipped Open					
<b>47 kg</b>					
1	VÁSQUEZ, MARÍA LUISA / 1983 / PUERTO RICO	150	82.5	135	367.5
<b>52 kg</b>					
1	DUNO MEDINA, FRANKMARY / 1987 / PERU	180	122.5	170	472.5
<b>57 kg</b>					
1	OCHOA, VILMA / 1980 / ECUADOR	210	100	180	490
<b>63 kg</b>					
1	MONSERRATE, KENIA / 1991 / ECUADOR	210	120	190	520
<b>69 kg</b>					
1	AGUINAGA, JOHANNA / 1993 / ECUADOR	200	155	185	540
2	MAESTRE REINA, CINDY MILENA / 1989 / COLOMBIA	155	85	170	430

<b>76 kg</b>					
1	SALAME, ALISSON / 1998 / ECUADOR	162.5	80	155	397.5
<b>84 kg</b>					
1	STINN, RHAEA / 1988 / CANADA	240	225	207.5	672.5
	Women's Equipped Junior				
<b>57 kg</b>					
1	BUNCES, SILVIA / 1999 / ECUADOR	142.5	67.5	135	345
2	CANO PALACIO, VALENTINA / 2000 / COLOMBIA	107.5	60	122.5	290
<b>76 kg</b>					
1	MARUSKA, KAYLEE / 2001 / CANADA	180	110	177.5	467.5
2	PORRAS, MALINALLITZIN / 2002 / MEXICO	180	92.5	160	432.5
<b>84 kg</b>					
1	CHAVEZ, ALISSON / 1998 / ECUADOR	180	90	145	415
2	MEJIA ROMERO, SHEREZADE MILAGROS / 2003 / PERU	130	65	122.5	317.5
	Women's Equipped Master I / 40+				
<b>63 kg</b>					
1	SIERRA PINZON, LUCIA / 1976 / COLOMBIA	125	65	142.5	332.5
<b>69 kg</b>					
1	SZUCH, SHANTELE / 1979 / CANADA	177.5	95	186	458.5
<b>76 kg</b>					
1	KELLER, NORA / 1977 / COSTA RICA	90	50	110	250
	Women's Equipped Master II / 50+				
<b>63 kg</b>					
1	CHUYO LOPEZ, ADA LOTY / 1971 / PERU	155	90	150	395
<b>84 kg</b>					
1	FERNANDEZ SANCHEZ, LUCIA PATRI / 1971 / PERU	100	70	100	270
	Women's Equipped Master III / 60+				
<b>76 kg</b>					
1	BRYDGES, MAVA / 1957 / CANADA	122.5	75	125	322.5

# Referees

	Name	Nation	Cat	Availability
1	Mike Armstrong	CAN	IPF Cat I Referee	All
2	Shane Martin	CAN	IPF Cat II Referee	Aug 20, Aug 21
3	Jeff Butt	CAN	IPF Cat II Examination	Cat II Exam
4	Alejandro Herrera	COL	IPF Cat II Referee	
5	Laritza Zemanate	COL	IPF Cat II Referee	
6	Alberto Diaz	COL	IPF Cat II Referee	
7	Miguel Jaramillo Rodriguez	CRC	IPF Cat II Referee	Aug 21
8	Nora Keller	CRC	IPF Cat II Referee / IPF Cat I Examination	Aug 20
9	Colin Andrews	GUY	IPF Cat II Referee	All
10	Franklyn Brisport - Luke	GUY	IPF Cat II Referee	
11	Edwing G. Spencer	GUY	IPF Cat II Referee	
12	Robert Massey	ISV	IPF Cat II Referee	All
13	Gene Bell	ISV	IPF Cat II Referee	Aug 20 (PM), Aug 21 (PM)
14	Kimberly C. Walford	ISV	IPF Cat II Referee	If needed
15	Constantino Solopulos	PER	IPF Cat II Referee	One session August 19th
16	Alex Alvarado	PUR	IPF Cat I Referee	All
17	Genesse Caldero	PUR	IPF Cat II Referee	Aug 19 (PM), Aug 20 (AM)
18	Steven Crane	PUR	IPF Cat II Referee	All
19	Jannitzi Tapia	PUR	IPF Cat II Examination	Cat II Exam
20	Nicolas Urioste	URU	IPF Cat II Referee	Aug 21
21	Judith Reitmann	URU	IPF Cat I Referee	
22	Arian Khamesi	USA	IPF Cat II Referee	All
23	Bill Clayton	USA	IPF Cat I Referee	All
24	Robert Keller	USA	IPF Cat I Referee	All
25	Mike Zawilinski	USA	IPF Cat I Referee	All