

# 1st NAPF Central American and Caribbean Games Powerlifting Championships

## Aguadilla, Puerto Rico / August 4-7, 2010

Name	Team	Div	BWt (Kg)	WtCls (Kg)	Coeff	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadli ft 1	Deadli ft 2	Deadli ft 3	Best Dead lift	PL Total	Wilks Total	Placing PI-Div-WtCI	Tm Pts	YOB
Maria Luis Vazquez Sique	GUA	F-OC	46.3	48	1.3594	160	<del>-170</del>	170	170	72.5	77.5	<del>-80</del>	77.5	247.5	137.5	<del>-148</del>	<del>-148</del>	137.5	385	523.38	1-F-OC-48	12	1983
Frances Baez	PUR	F-OC	47.4	48	1.3367	<del>-400</del>	<del>-400</del>	100	100	45	52.5	<del>-60</del>	52.5	152.5	110	125	<del>-130</del>	125	277.5	370.92	2-F-OC-48	1	1988
Neresuley Lopez	PUR	F-OC	43.3	48	1.4231	82.5	90	100	100	40	47.5	<del>-52.5</del>	47.5	147.5	77.5	95	102.5	102.5	250	355.76	3-F-OC-48	1	1992
Marta Lidia Cano Guamucho	GUA	F-OC	49.8	52	1.2885	<del>-125</del>	<del>-125</del>	125	<b>125</b>	60	65	67.5	<b>67.5</b>	192.5	130	135	140	<b>140</b>	332.5	428.44	1-F-OC-52	9	1960
Gladys Serrano	PUR	F-OC	48.1	52	1.3224	100	107.5	120	120	57.5	67.5	75	<b>75</b>	195	90	102.5	<del>-127.5</del>	102.5	297.5	393.41	2-F-OC-52	6	1984
Genesis Quiles	PUR	F-OC	51.2	52	1.2616	82.5	90	100	100	37.5	<del>-57.5</del>	<del>-57.5</del>	37.5	137.5	92.5	110	112.5	112.5	250	315.40	3-F-OC-52	1	1992
Jannitzi Tapia	PUR	F-OC	54.3	56	1.2054	115	122.5	127.5	127.5	55	62.5	<del>-67.5</del>	62.5	190	115	130	<del>-137.5</del>	130	320	385.72	1-F-OC-56	3	1994
Carla Perez	PUR	F-OC	59.7	60	1.1192	<del>-140</del>	140	<del>-165</del>	140	62.5	67.5	77.5	77.5	217.5	140	155	<del>-170</del>	155	372.5	416.91	1-F-OC-60	8	1990
Ladys Burgos	PUR	F-OC	67.2	67.5	1.0239	140	150	155	<b>155</b>	67.5	<del>-75</del>	75	<b>75</b>	230	145	155	<del>-160</del>	<b>155</b>	385	394.20	1-F-OC-67.5	7	1989
Penelope Villegas	MEX	F-OC	62.8	67.5	1.0765	125	<del>-135</del>	135	<b>135</b>	72.5	77.5	80	<b>80</b>	215	140	<del>-150</del>	<del>-150</del>	<b>140</b>	355	382.17	2-F-OC-67.5	2	1971
Yolanda McIntyre	TRI	F-OC	72.9	75	0.9681	<del>-127.5</del>	130	140	<b>140</b>	45	50	<del>-55</del>	50	190	127.5	137.5	142.5	<b>142.5</b>	332.5	321.89	1-F-OC-75	1	1981
Joan Baez	PUR	F-OC	83.8	90	0.8928	170	180	190	190	<del>-92.5</del>	92.5	102.5	102.5	292.5	135	145	<del>-152.5</del>	145	437.5	390.60	1-F-OC-90	5	1986
Miliany Santiago	PUR	F-OC	109.8	90+	0.8134	177.5	187.5	195	195	105	115	<del>-120</del>	115	310	155	170	<del>-182.5</del>	170	480	390.42	1-F-OC-90+	4	1987
Cheryl Abraham	TRI	F-OC	95.5	90+	0.8449	<del>-132.5</del>	<del>-132.5</del>	132.5	132.5	47.5	50	<del>-57.5</del>	50	182.5	132.5	145	155	155	337.5	285.14	2-F-OC-90+	1	1979

Best Overall	Maria Luisa Vazquez
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Teams		
1st	Puerto Rico	69
2nd	Guatemala	24
3rd	Trinidad and Tobago	21
4th	Mexico	9

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Ivan Cancel	PUR	M-OC	55.6	56	0.9168	-202.5	-202.5	202.5	202.5	135	-442.5	142.5	142.5	345	190	-200	-200	190	535	490.47	1-M-OC-56	12	1982
Herberth Obbiel Garcia Mejia	GUA	M-OC	55.3	56	0.9217	185	190	200	200	110	117.5	125	125	325	185	200	-240	200	525	483.88	2-M-OC-56	9	1975
Fernando Flores	PUR	M-OC	53.7	56	0.9492	-152.5	165	-170.5	165	80	90	-96	90	255	155	165	-180	165	420	398.68	3-M-OC-56	8	1990
Wilhem Guido	MEX	M-OC	58.6	60	0.8717	200	-240	210	210	130	-135	135	135	345	210	220	-230	220	565	492.50	1-M-OC-60	12	1974
Eliceo Javier Godinez Yol	GUA	M-OC	59.6	60	0.8581	185	200	205	205	125	135	-145	135	340	185	195	-200	195	535	459.09	2-M-OC-60	9	1989
Jesus Ocasio	PUR	M-OC	59.9	60	0.8542	180	-192.5	192.5	192.5	125	-135	135	135	327.5	187.5	200	-207.5	200	527.5	450.58	3-M-OC-60	8	1987
Oscar Mejia	MEX	M-OC	64.6	67.5	0.7993	170	185	-200	185	110	120	-125	120	305	190	210	-247.5	210	515	411.66	1-M-OC-67.5	12	1964
Jonathan Joseph	ISV	M-OC	67.5	67.5	0.7710	-147.5	130	142.5	142.5	92.5	102.5	-107.5	102.5	245	147.5	170	175	175	420	323.83	2-M-OC-67.5	9	1963
Winston Stoby	GUY	M-OC	72.6	75	0.7293	230	242.5	250	250	130	-137.5	-137.5	130	380	250	275	-277.5	275	655	477.67	1-M-OC-75	12	1959
David Salgado	MEX	M-OC	73.5	75	0.7228	185	200	-207.5	200	132.5	142.5	152.5	152.5	352.5	-185	195	-240	195	547.5	395.73	2-M-OC-75	9	1974
Alvaro Mauricio Mejia	CRC	M-OC	71.2	75	0.7398	152.5	160	-172.5	160	-140	140	145	145	305	180	190	-197.5	190	495	366.21	3-M-OC-75	8	1981
Carlo Melendez	PUR	M-OC	74	75	0.7193	-235	235	-250	235	155	165	172.5	172.5	407.5	-240	-240	-240	0	0	0.00			1983
Randolph Morgan	GUY	M-OC	79.7	82.5	0.6843	-285	285	-295	285	195	-205	205	205	490	285	295	310	310	800	547.46	1-M-OC-82.5	12	1978
Luis Tapia	PUR	M-OC	80.9	82.5	0.6779	317.5	327.5	-340	327.5	197.5	210	-247.5	210	537.5	250	255	262.5	262.5	800	542.35	2-M-OC-82.5	9	1968
Chevon Simpson	TRI	M-OC	81.8	82.5	0.6734	210	215	-220	215	140	142.5	145	145	360	210	215	222.5	222.5	582.5	392.23	3-M-OC-82.5	8	1984
Anibal Olvera	MEX	M-OC	80.9	82.5	0.6779	160	180	190	190	135	-140	140	140	330	170	200	210	210	540	366.09	4-M-OC-82.5	7	1975
Claudio Lora	DOM	M-OC	82.4	82.5	0.6704	180	190	200	200	140	150	152.5	152.5	352.5	140	157.5	180	180	532.5	356.98	5-M-OC-82.5	6	1953
Ray Francis	ISV	M-OC	81.3	82.5	0.6759	125	137.5	145	145	65	72.5	77.5	77.5	222.5	160	180	182.5	182.5	405	273.73	6-M-OC-82.5	5	1993
Ramon Burgos	PUR	M-OC	88.7	90	0.6432	-305	305	-347.5	305	170	180	-187.5	180	485	290	-300	307.5	307.5	792.5	509.74	1-M-OC-90	12	1987
Gabriel Garcia	MEX	M-OC	87.6	90	0.6475	-285	285	295	295	200	210	220	220	515	275	-295	-295	275	790	511.51	2-M-OC-90	9	1975
Tony McInerney	CAY	M-OC	87.1	90	0.6495	-227.5	227.5	232.5	232.5	125	130	142.5	142.5	375	237.5	262.5	-270	262.5	637.5	414.04	3-M-OC-90	8	1972
Cecil Basdeo	TRI	M-OC	83.8	90	0.6637	212.5	225	227.5	227.5	-142.5	-147.5	147.5	147.5	375	192.5	210	-225	210	585	388.29	4-M-OC-90	7	1969
Alex Gaskin	ISV	M-OC	85.9	90	0.6545	192.5	207.5	217.5	217.5	92.5	105	107.5	107.5	325	197.5	215	222.5	222.5	547.5	358.31	5-M-OC-90	6	1994
Dwight Browne	ISV	M-OC	89.4	90	0.6406	170	-182.5	182.5	182.5	122.5	130	137.5	137.5	320	207.5	220	-227.5	220	540	345.92	6-M-OC-90	5	1979
Orlando Blás	PUR	M-OC	98.8	100	0.6116	285	-297.5	-297.5	285	-200	200	210	210	495	270	-280	-292.5	270	765	467.86	1-M-OC-100	12	1969
Enrique Rodriguez	MEX	M-OC	96	100	0.6191	-250	-250	250	250	177.5	-180	182.5	182.5	432.5	260	-270	-270	260	692.5	428.74	2-M-OC-100	9	1973
Jesse Johnson	TRI	M-OC	96.2	100	0.6186	227.5	-250	-250	227.5	-122.5	127.5	137.5	137.5	365	272.5	290	-300	290	655	405.16	3-M-OC-100	8	1978
Joseph Gaskin	ISV	M-OC	98.4	100	0.6126	157.5	170	175	175	125	-127.5	-127.5	125	300	182.5	-197.5	-197.5	182.5	482.5	295.58	4-M-OC-100	7	1958
Elpert Brown	ISV	M-OC	95.2	100	0.6214	165	-182.5	192.5	192.5	102.5	-147.5	-147.5	102.5	295	165	185	-205	185	480	298.29	5-M-OC-100	6	1993
Manuel Pantoja	MEX	M-OC	92.1	100	0.6311	-250	-250	-250	0	-180	180	-200	180	0	220	-225	-225	220	0	0.00	#N/A	#N/A	1984
Adrian Brown	TRI	M-OC	96.5	100	0.6177	300	-340	-340	300	-182.5	-182.5	-182.5	0	0	277.5	282.5	-290	282.5	0	0.00	#N/A	#N/A	1975
Harold Millan	PUR	M-OC	107.2	110	0.5933	330	350	360	360	192.5	200	-240	200	560	282.5	300	317.5	317.5	877.5	520.66	1-M-OC-110	12	1973
Marcos Porras	MEX	M-OC	107.6	110	0.5926	325	-350	350	350	190	200	-207.5	200	550	270	290	-300	290	840	497.80	2-M-OC-110	9	1982
Kenneth Melville	GUY	M-OC	102.3	110	0.6032	270	-277.5	-277.5	270	140	145	152.5	152.5	422.5	275	282.5	-287.5	282.5	705	425.29	3-M-OC-110	8	1989
Raymond Victorine	ISV	M-OC	105.6	110	0.5964	250	-262.5	-262.5	250	-157.5	157.5	165	165	415	260	-272.5	-272.5	260	675	402.55	4-M-OC-110	7	1969
Richard Seymour	GUY	M-OC	108.4	110	0.5912	285	-297.5	-297.5	285	-147.5	-147.5	147.5	147.5	432.5	-240	-240	-240	0	0	0.00	#N/A	#N/A	1976

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Antonio Gonzalez	PUR	M-OC	107.9	110	0.5921	-300	-300	-300	0	-200	-200	200	200	0	250	265	280	280	0	0.00	#N/A	#N/A	1971
Lazaro Nieves	PUR	M-OC	119.1	125	0.5759	-300	310	322.5	322.5	205	-222.5	-222.5	205	527.5	280	300	-325	300	827.5	476.59	1-M-OC-125	12	1977
Carlos Greene	TRI	M-OC	123.1	125	0.5717	265	-282.5	282.5	282.5	-200	-200	200	200	482.5	300	-315	-322.5	300	782.5	447.33	2-M-OC-125	9	1968
William Schouten	ISV	M-OC	139.8	125+	0.5589	340	372.5	387.5	387.5	192.5	215	220	220	607.5	277.5	295	-317.5	295	902.5	504.43	1-M-OC-125+	12	1975
Hayden Hudson	TRI	M-OC	149.7	125+	0.5535	-337.5	-345	345	345	175	182.5	190	190	535	307.5	320	327.5	327.5	862.5	477.35	2-M-OC-125+	9	1972
Kerron Commissiong	TRI	M-OC	159.4	125+	0.5485	315	327.5	337.5	337.5	-210	-210	220	220	557.5	-300	300	-320	300	857.5	470.35	3-M-OC-125+	8	1984
Ruben Hernandez	MEX	M-OC	126.2	125+	0.5688	-250	-250	-250	0	160	-170	185	185	0	260	270	285	285	0	0.00	#N/A	#N/A	1969

Best Overall	Randolph Morgan	547.46
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Teams		Pts
1st	Puerto Rico	69
2nd	Mexico	60
3rd	Trinidad and Tobago	49
4th	US Virgin Island	47
5th	Guyana	32
6th	Guatemala	18
7th	Costa Rica	8
7th	Cayman Island	8
9th	Dominican Republic	6