

# 19<sup>th</sup> Annual IPF/NAPF North American Regional Powerlifting Championships

Hotel El Panama by Faranda Grand - Panama City, Panama

August 14-20, 2022

## RESULTS



		Women's Classic Divisions																	
Division	Name	Team	Bwt - kg	BirthYear	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	Age Points	Place	Date	
<b>43 kg</b>																			
Junior	Sedano Valeria	Mexico	39.5	2001	-60	60	62.5	25	-27.5		87.5	90	92.5	180	60.678	61.892	1	15-Aug-22	
<b>47 kg</b>																			
Open	Vanh Cindy	United States	46.6	1995	90	97.5	100	52.5	57.5	60	117.5	125	130	290	81.077	81.077	1	15-Aug-22	
Open	Palacio Maria	Dominican Republic	45.7	1986	82.5	87.5	90	42.5	47.5	50	90	95	97.5	237.5	67.729	67.729	2	15-Aug-22	
Open	Sedano Erendira	Mexico	41.88	1991	60	62.5	65	37.5	-40		100	105	-107.5	207.5	65.130	65.130	3	15-Aug-22	
Open	Borbon Maria Jose	Costa Rica	44.88	1994	75	-77.5	-82.5	40	45	-47.5	80	-85	-85	200	58.125	58.125	4	15-Aug-22	
Sub Junior	Jeimy Carolina Martinez Lopez	Guatemala	45.5	2007	80	85	87.5	40	45	-52.5	100	105	110	242.5	69.470	81.974	1	15-Aug-22	
<b>52 kg</b>																			
Open	Przybylska Agata	United States	51.94	1997	125	132.5	-135	72.5	77.5	80	162.5	172.5	177.5	390	98.576	98.576	1	15-Aug-22	
Open	Arias Aurora	Costa Rica	51.4	1997	137.5	145	152	72.5	77.5	80	147.5	155	-162.5	387	98.706	98.706	2	15-Aug-22	
Open	Mitre Yusdara	Panama	50.88	1987	-90	100	-105	50	55	-57.5	97.5	105	107.5	262.5	67.553	67.553	3	15-Aug-22	
Master 2	Sharp Alida	Belize	52	1963	-85	85	87.5	57.5	60	-62.5	115	122.5	-125	270	68.177	89.653	1	15-Aug-22	
Master 4	Cohen Carla	United States	48.3	1946	-25	30	-35	-25	27.5	-30	50	57.5	65	122.5	33.068	62.036	1	15-Aug-22	
<b>57 kg</b>																			
Open	Zilberman Emma	Canada	57	1992	137.5	-142.5	143.5	77.5	82.5	-85	162.5	167.5	175	401	94.061	94.061	1	15-Aug-22	
Open	Moreno Mena Adriana	Costa Rica	55.88	1976	125	135	-143.5	67.5	70	-72.5	135	145	-150	350	89.015	89.015	2	15-Aug-22	
Open	Ruiz Edith	Belize	55.56	1993	112.5	120	125	57.5	60	60	117.5	122.5	-125	307.5	73.553	73.553	3	15-Aug-22	
Open	Gonzalez Carolina	Panama	56.68	1997	-140	-142.5	-142.5	-65						0	0.000	0.000	-	15-Aug-22	
Sub Junior	Hamilton Madison	United States	55.88	2005	95	102.5	-107.5	55	-60	-60	-105	105	107.5	265	63.106	68.154	1	15-Aug-22	
Junior	Rojas Solis Maria Gabriela	Costa Rica	56.7	2002	117.5	122.5	130	60	-65	-65	130	-140	140	330	77.715	80.046	1	15-Aug-22	
Master 1	Espinal Jeremy	Dominican Republic	55.49	1977	87.5	90	92.5	47.5	50	-52.5	112.5	117.5	122.5	265	63.450	66.940	1	15-Aug-22	
Master 1	Mittha Nimicha	United States	55.84	1979	97.5	-95	-97.5	40	45	-50	85	90	-95	192.5	45.866	47.288	2	15-Aug-22	
Master 3	Homan Lynne	United States	56.02	1962	77.5	82.5	85	57.5	60	-62.5	110	115	122.5	267.5	63.578	85.195	1	15-Aug-22	
Master 3	Garcia Ana	Puerto Rico	54.62	1955	45	-50	50	30	-35	35	70	77.5	82.5	167.5	40.608	62.659	2	15-Aug-22	
Master 3	Diaz Sara	Panama	56.52	1958	-40	-40	-40	25	27.5	-30	70	72.5	75	0	0.000	0.000	-	15-Aug-22	
SOI	de Jesus Joyce	Puerto Rico	55.86	1998	30	32.5	37.5	-25	25	27.5	-37.5	37.5	45	110	26.202	26.202	1	15-Aug-22	
<b>63 kg</b>																			
Open	Liverpool Ellen	United States	62.66	1993	150	160	170.5	75	77.5	-80	175	185	197.5	445.5	97.810	97.810	1	16-Aug-22	
Open	Casey Kayla	Canada	59.6	1987	140	147.5	155	87.5	92.5	-96	150	162.5	175	422.5	95.949	95.949	2	16-Aug-22	
Open	Alas Jacqueline	Belize	62.92	1997	110	117.5	-127.5	60	65	-67.5	155	165	-167.5	347.5	76.089	76.089	3	16-Aug-22	
Sub Junior	Suohmel Chloe	United States	61.78	2005	102.5	-112.5	117.5	77.5	82.5	-85	-132.5	142.5	150	350	77.559	83.764	1	16-Aug-22	
Sub Junior	Banos Torres Perla	Mexico	58.38	2004	100	107.5	112.5	45	50	52.5	100	105	112.5	277.5	63.955	67.792	2	16-Aug-22	
Junior	Lopez Krisel	Mexico	60.58	1999	135	-145	145	75	80	-82.5	152.5	160	165.5	390.5	87.685	87.685	1	16-Aug-22	
Junior	Roberts Lizzy	Canada	62.62	1999	120	125	130	67.5	72.5	-75	147.5	155	-165	357.5	78.522	78.522	2	16-Aug-22	
Junior	Castillo Nadje	Panama	60.42	2003	80	-100	110	30	40	-45	80	100	117.5	267.5	60.175	62.582	3	16-Aug-22	
Master 1	Gan Xuelan	Panama	58.78	1979	110	120	125	40	45	47.5	115	120	-125	292.5	67.081	69.161	1	16-Aug-22	
Master 1	Natal Melissa	Puerto Rico	58.3	1978	-87.5	87.5	90	40	45	-50	115	125	-127.5	260	59.981	62.560	2	16-Aug-22	
Master 2	Carlicso Michelle	United States	61.44	1970	42.5	45	62.5	40	50	-52.5	90	110	-115	222.5	49.487	57.653	1	16-Aug-22	
<b>69 kg</b>																			
Open	Castro Christine	Canada	68.74	1992	172.5	182.5	-187.5	87.5	92.5	-97.5	195	207.5	-215	482.5	100.172	100.172	1	16-Aug-22	
Open	Moncada Herrera Francis de Jesus	Nicaragua	66.42	1998	160	167.5	170	65	-75	-75	170	175	187.5	422.5	89.466	89.466	2	16-Aug-22	
Open	Ericka Liliana Davila Carcamo	Guatemala	68	1996	-150	-150	150	90	95	-95	170	175	187.5	422.5	88.253	88.253	3	16-Aug-22	
Open	Law Mikaela	Canada	68.14	1994	155	160	-170	85	92.5	-97.5	155	162.5	-167.5	415	86.585	86.585	4	16-Aug-22	
Open	Abrego Milliza	Panama	67.46	1986	100	110	115	52.5	55	-57.5	120	125	132.5	302.5	63.477	63.477	5	16-Aug-22	
Open	Gonzalez Ana	Puerto Rico	67.34	1993	112.5	117.5	-122.5	50	-55	55	-120	-127.5	127.5	300	63.017	63.017	6	16-Aug-22	
Open	Santos Pamela	Panama	67.8	1999	-140	140	-150	65	-65	-65	-160	160	-167.5	0	0.000	0.000	-	16-Aug-22	
Sub Junior	Villarreal Darlana	Mexico	66.28	2004	85	92.5	-97.5	52.5	-55	55	100	110	-115	257.5	54.595	57.871	1	16-Aug-22	
Junior	Tiscareno Maria	Mexico	67.04	2000	150	-155	155	75	80	-87.5	165	-175	175	410	86.347	87.210	1	16-Aug-22	
Junior	Albino Yareli	Puerto Rico	64.4	2001	-92.5	92.5	95	32.5	37.5	40	87.5	92.5	95	227.5	49.086	50.067	2	16-Aug-22	
Master 1	Rivera Yaritza	Puerto Rico	65.26	1979	100	105	-110	47.5	52.5	55	115	120	122.5	282.5	60.457	62.331	1	16-Aug-22	
Master 1	Crawford Clair	United States	67.04	1979	95	102.5	-107.5	52.5	-55	-55	125	-130	-130	280	58.969	60.797	2	16-Aug-22	
Master 1	Boekhoudt Corina	Aruba	68.6	1981	80	90	-100	40	-45	45	100	110	120	255	53.001	53.531	3	16-Aug-22	
<b>76 kg</b>																			
Open	Depass Sami	Jamaica	75.78	1997	175	185.5	-190.5	92.5	97.5	-100	200	210	220.5	503.5	99.404	99.404	1	17-Aug-22	
Open	Tessler Aliza	United States	75.1	1994	132.5	150	162.5	80	90	-97.5	165	182.5	200	452.5	89.721	89.721	2	17-Aug-22	
Open	Vese Aliah	Virgin Islands, U.S.	74.22	1985	130	140	-147.5	77.5	-82.5	-87.5	170	180	-182.5	397.5	79.268	79.268	3	17-Aug-22	
Open	Sanchez Elba	Panama	69.28	1995	155	157.5	162.5	65	67.5	-70	152.5	-162.5	162.5	359.5	79.066	79.066	4	17-Aug-22	
Open	Sho Narrissa	Belize	75	1992	130	142.5	145	65	-75	-75	145	-155	155	365	72.418	72.418	5	17-Aug-22	
Open	Ramos Taisha	Puerto Rico	75.28	1996	95	100	105	70	77.5	-80	150	157.5	167.5	350	69.317	69.317	6	17-Aug-22	
Open	Rios Alejandra	Panama	74.66	1987	125	135	-145	52.5	60	-67.5	137.5	140	-152.5	347.5	69.097	69.097	7	17-Aug-22	
Junior	Milley Amber	Canada	75.64	2001	117.5	122.5	125	62.5	67.5	70	130	140	-145	335	66.196	67.520	1	17-Aug-22	
Junior	Diaz Anaris	Puerto Rico	75.92	1999	100	110	117.5	45	50	55	117.5	127.5	-140	300	59.176	59.176	2	17-Aug-22	
Master 1	Hodder Pamela	Canada	73.84	1991	135	-137.5		82.5	87.5	92.5	145	155	160	387.5	77.470	77.470	1	17-Aug-22	
<b>84 kg</b>																			
Open	Wagner Marie	Canada	83.58	1982	173	-183	183	90	95	97.5	182.5	192.5	-200.5	473	89.501	89.501	1	18-Aug-22	
Open	Bordes Cassie	Virgin Islands, U.S.	83.36	1987	152.5	160	170	75	80	82.5	175	185	195	447.5	84.765	84.765	2	18-Aug-22	
Open	Ramirez Jazmin	Mexico	83.26	1998	157.5	165	170	65	70	77.5	162.5	172.5	180	427.5	81.015	81.015	3	18-Aug-22	
Open	Gonzalez Zeledon Raquel de Los Angeles	Nicaragua	80.44	1997	155	165	-170	70	82.5	87.5	155	165	172.5	425	81.689	81.689	4	18-Aug-22	
Open	Estrella Laura	Dominican Republic	83.06	1993	1														

Men's Classic Divisions																		
Division	Name	Team	Bwt - kg	BirthYear	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	Age Points	Place	Date
<b>59 kg</b>																		
Sub Junior	Pedekar Om	United States	57.62	2004	130	140	-147.5	72.5	77.5	82.5	165	177.5	-187.5	400	67.034	71.056	1	15-Aug-22
Sub Junior	Pedekar Yash	United States	55.3	1999	135	145	147.5	80	85	90	195	220	-230	452.5	77.524	77.524	1	15-Aug-22
SOI	William Alfaro	El Salvador	51.84	1990	70	80	-90	70	70	72.5	100	110	-125	260	46.120	47.550	1	15-Aug-22
<b>66 kg</b>																		
Open	Hernandez Luis Guillermo	Dominican Republic	65.56	1979	182.5	192.5	200	107.5	115	117.5	192.5	202.5	210	527.5	82.521	82.521	1	15-Aug-22
Open	Vazquez Derick	Puerto Rico	65.1	1994	135	142.5	145	90	-102.5	-102.5	187.5	197.5	-207.5	432.5	67.912	67.912	2	15-Aug-22
Sub Junior	Chacon Calvo Jesus	Costa Rica	64.24	2004	140	150	157.5	72.5	-77.5	-77.5	145	155	-165	385	60.881	64.534	1	15-Aug-22
Junior	Frias Joshua	Aruba	65.22	1999	160	167.5	175	95	100	105	215	233	-240	513	80.473	80.473	1	15-Aug-22
Junior	Estrada Marco	Panama	65.04	2000	130	140	145	60	65	75	175	185	-197.5	400	63.625	64.261	2	15-Aug-22
Junior	Hernandez Luis Alfredo	Panama	64.08	2000	-137.5	137.5	142.5	77.5	-80	-80	170	-175	175	395	62.545	63.171	3	15-Aug-22
Master 1	Tan Huaiyu	United States	65.54	1977	145	-155	155	95	102.5	-107.5	197.5	207.5	-217.5	465	72.755	76.756	1	15-Aug-22
Master 2	Mott Brian	United States	64.02	1970	80	90	102.5	85	90	95	115	130	145	342.5	54.259	63.212	1	15-Aug-22
Master 4	Rodriguez Manuel	Virgin Islands, U.S.	64.2	1949	137.5	145	150	85	92.5	95	185	195	200	445	70.392	72.609	1	15-Aug-22
Master 4	Cohen Robert	United States	62.86	1947	45	55	-65	45	52.5	57.5	-65	65	100	212.5	33.993	62.378	2	15-Aug-22
SOI	Foster Luis Fernando	Panama	61.94	1997	75	-85	85	55	65	70	95	115	125	280	45.144	45.144	1	15-Aug-22
<b>74 kg</b>																		
Open	Jimenez Santos	Mexico	72.88	1992	210	220	-227.5	160	167.5	170	245	260	280	670	99.145	99.145	1	16-Aug-22
Open	Licéaga Pierre	Puerto Rico	73.56	1997	-195	215	-217.5	-142.5	142.5	-150	245	255	-260	612.5	90.200	90.200	2	16-Aug-22
Open	García Guevara Omar Josue	Nicaragua	72.6	1997	-212.5	-215	215	127.5	-135	-135	242.5	250	-265	592.5	87.853	87.853	3	16-Aug-22
Open	Jimenez Tomas	Panama	73.72	1985	200	-210	-210	145	-147.5	-147.5	230	-240	-245	575	84.582	84.582	4	16-Aug-22
Open	Matura Leo	Belize	71.56	1990	182.5	197.5	207.5	130	135	137.5	215	227.5	-247.5	572.5	85.528	85.528	5	16-Aug-22
Open	Rodriguez Francisco Adolfo	Dominican Republic	73.68	1990	177.5	190	-195	120	122.5	-125	230	240	260	572.5	84.238	84.238	6	16-Aug-22
Open	Decene Geovany	Puerto Rico	73.82	1992	190	-192.5	-192.5	135	140	-142.5	215	225	-227.5	555	81.583	81.583	7	16-Aug-22
Open	Mercedes Jose	Dominican Republic	72.66	1996	165	175	180	115	-117.5	117.5	225	235	240	537.5	79.663	79.663	8	16-Aug-22
Open	Sardis Andrew	United States	73.1	1991	175	192.5	200	115	122.5	125	175	195	-200	520	76.828	76.828	9	16-Aug-22
Sub Junior	Hernandez Jose	Mexico	73	2004	170	180	-185	90	100	105	190	205	210.5	495.5	73.260	77.656	1	15-Aug-22
Sub Junior	Jimenez Dylan	Costa Rica	72.08	2004	160	170	180	110	117.5	125	170	190	-202.5	495	73.672	78.092	2	15-Aug-22
Sub Junior	Campos Herrera Oscar	Costa Rica	72.36	2004	-175	185	192.5	82.5	90	95	170	190	-202.5	477.5	70.923	75.129	3	15-Aug-22
Sub Junior	Jose Alejandro Fernandez Rodriguez	Guatemala	72.16	2004	-145	150	155	80	85	90	170	185	-190	430	63.960	67.798	4	15-Aug-22
Junior	Armando Jesus	Mexico	73.86	2000	-187.5	200	215	137.5	-142.5	-142.5	237.5	252.5	265.5	618	90.818	91.726	1	15-Aug-22
Junior	Pedrogo Carlos	Puerto Rico	72.56	2003	207.5	217.5	222.5	115	125	125	217.5	-230	230	577.5	85.653	89.079	2	15-Aug-22
Junior	Jimenez Leonardo	Dominican Republic	72	2003	-162.5	170	175	95	100	102.5	205	215	225	505.5	74.831	77.824	3	15-Aug-22
Junior	Aybar Luis	Dominican Republic	73.62	2001	155	160	-165	102.5	-107.5	-107.5	207.5	217.5	-227.5	480	70.657	72.070	4	15-Aug-22
Master 1	Guzman Suarez Ivan	Dominican Republic	72.44	1980	182.5	-187.5	-187.5	95	-100	-100	207.5	220	-227.5	497.5	73.852	75.329	1	15-Aug-22
Master 1	Retana Luis	Costa Rica	73.3	1982	135	140	147.5	82.5	90	-95	165	175	-182.5	412.5	60.859	60.859	2	15-Aug-22
Master 1	Cohen Lauren	United States	73.53	1979	-225	-225	-225						0	0.000	0.000	-	15-Aug-22	
Master 2	Lacoursiere Gary	Canada	73.18	1967	100			127.5	132.5	-137.5	100	130	160	392.5	57.957	70.998	1	15-Aug-22
<b>83 kg</b>																		
Open	Jennings Scott	Jamaica	82.38	1995	-247.5	247.5	-257.5	172.5	-185	-185	-302.5	302.5	312.5	732.5	101.783	101.783	1	16-Aug-22
Open	Medrano Williams Ronald	Costa Rica	80.38	1992	245	-260	-260	155	160	-167.5	287.5	300	-317.5	705	99.191	99.191	2	16-Aug-22
Open	Losa Jonathan	United States	82.62	1982	220	232.5	242.5	185	192.5	200	240	262.5	-282.5	705	97.817	97.817	3	16-Aug-22
Open	Ramirez Diego	Mexico	82.46	1991	215	225	230	150	155	-157.5	260	275	-285	670	93.052	93.052	4	16-Aug-22
Open	Cristopher Gerardo Osorio Ariana	Guatemala	79.96	1993	195	205	215	165	-175	-175	230	240	-250	640	90.810	90.810	5	16-Aug-22
Open	Chan Quentin	Canada	82.72	1995	205	220	-230	135	145	150	240	-252.5	-257.5	610	84.585	84.585	6	16-Aug-22
Open	Espinal Elvis	Dominican Republic	80.58	1995	192.5	202.5	-210	130	-132.5	-135	235	247.5	255	587.5	82.555	82.555	7	16-Aug-22
Open	Miladeh David	Dominican Republic	82.28	1993	180	192.5	200	100	107.5	-110	210	225	240	547.5	76.123	76.123	8	16-Aug-22
Open	Rovi Bolivar	Panama	80.9	1996	220	232.5	-242.5	127.5	-132.5	-132.5	-260	-260	260	0	0.000	0.000	-	16-Aug-22
Sub Junior	Fanini Mario Luis	Dominican Republic	82.18	2005	155	167.5	175	117.5	122.5	-127.5	180	190	202.5	500	69.562	75.127	1	17-Aug-22
Sub Junior	Barajas Jonathan	Mexico	82.62	2004	155	170	172.5	115	120	-127.5	170	185	200	492.5	68.333	72.433	2	17-Aug-22
Sub Junior	Samaniego Jahn Carlos	Panama	80.24	2004	110	125	-140	65	75	85	160	162.5	185	395	55.625	58.962	3	17-Aug-22
Junior	Vargas Byron	Costa Rica	82.24	2000	202.5	215	222.5	142.5	147.5	152.5	250	265	-270	640	89.006	89.896	1	17-Aug-22
Junior	Demmans Derek	Canada	80.54	2000	217.5	230	235	140	147.5	-152.5	247.5	-260	-273.5	630	88.549	89.435	2	17-Aug-22
Junior	Hidalgo Jose Pablo	Costa Rica	80.52	2001	190	205	-212.5	120	125	127.5	255	270	273	605.5	85.117	86.819	3	17-Aug-22
Junior	García Juan	Mexico	80.88	2000	205	215	225	125	132.5	-137.5	225	232.5	247.5	605	84.854	85.702	4	17-Aug-22
Junior	Mendoza Leonardo	Panama	81.54	2000	200	210	217.5	137.5	-142.5	-142.5	240	250	-260	605	84.504	85.349	5	17-Aug-22
Junior	Pagan Javier	Puerto Rico	80.48	1999	162.5	172.5	-180	105	-117.5	-117.5	212.5	222.5	227.5	512.5	72.062	72.062	6	17-Aug-22
Junior	Cosme Issaquiel	Puerto Rico	78.58	2001	122.5	135	142.5	92.5	95	-97.5	155	170	-182.5	407.5	58.001	59.161	7	17-Aug-22
Master 1	Cubero Christopher	United States	82.76	1979	190	207.5	212.5	132.5	140	145	235	247.5	255	612.5	84.910	87.543	1	17-Aug-22
Master 1	Rodrigue Patrick	Canada	81.7	1978	200	-212.5	-212.5	115	120	-125	232.5	245	-255	565	78.838	82.229	2	17-Aug-22
Master 1	Peralta Alejandro	Panama	80	1980	187.5	192.5	200	-115	115	-125	225	232.5	-237.5	547.5	77.218	78.762	3	17-Aug-22
Master 2	Garcia Jose	Panama	81.12	1969	230	240	245	135	-145	-145	245	255	257.5	650	91.028	107.777	1	17-Aug-22
Master 2	Bray Ken	United States	78.82	1969	207.5	-227.5	-227.5	130	132.5	135	-272.5	272.5	280.5	623	88.536	104.826	2	17-Aug-22
Master 3	Eisenhauer Shaun	United States	81.72	1958	137.5	145	152.5	97.5	102.5	107.5	162.5	175	185	445	62.086	90.025	1	17-Aug-22
Master 4	Regua Edward	United States	81.68	1951	137.5	150	160	95	100	105	175	185	192.5	457.5	63.846	107.325	1	17-Aug-22
SOI	Gullen Robert	El Salvador	79.6	1985	70	72.5	75	50	60	65	100	120	-130	260	36.764	36.764	1	17-Aug-22
<b>93 kg</b>																		
Open	Dacosta Jevon	Jamaica	91.32	1992	-250	250	265	185	-187.5	-187.5	300	300	315	777.5	102.625			

Best Lifters	Name	Nation	IPF points	Age points
Open Women	Castro Christine	Canada	100.172	-
Open Men	McClain Ls	United States	104.869	-
Sub Junior Women	Suchomel Chloe	United States	77.559	-
Sub Junior Men	Jimenez Dylan	Costa Rica	73.672	-
Junior Women	Lopez Krisel	Mexico	87.685	-
Junior Men	Wiseman Lucas	Canada	91.569	-
Masters Women	Hutchinson April	Canada	-	91.343
Masters Men	Lafamme John	Virgin Islands, U.S.	-	124.312

Team Awards Women Open Team	Points	Place
Canada	=12+12+12+9+8	1
United States	=12+12+12+9	2
Virgin Islands, U.S.	=9+9+8+6	3
Mexico	=12+8	4
Costa Rica	=9+9+7	5
Panama	=8+7+6+4	6
Nicaragua	=9+7+7	7
Belize	=8+8+6	8
Dominican Republic	=9+6	9
Jamaica	=12	10
Puerto Rico	=5+5	11
Guatemala	=8	12
Team Awards Men Open Team	Points	Place
Costa Rica	=12+12+9+9+8	1
Puerto Rico	=9+9+8+6+4	2
Dominican Republic	=12+9+5+4+3	3
United States	=12+8+7+2	4
Jamaica	=12+12	5
Nicaragua	=9+8+6	6
Mexico	=12+7	7
Panama	=7+7+4	8
Belize	=8+6	9
Cayman Islands	=7	10
Guatemala	=6	11
Canada	=5	12

Women's Equipped Divisions																			
Division	Name	Team	Bwt - kg	BirthYear	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	Age Points	Place	Date	
<b>57 kg</b>																			
Open	Barquero Maria Jose	Costa Rica	53.14	1997	132.5	140	145	95	-100	-100	132.5	140	145	385	77.254	77.254	1	19-Aug-22	
Open	Reyes Jessica	Mexico	55.34	1983	125	130	135	97.5	-100	-100	130	137.5	145	377.5	73.741	73.741	2	19-Aug-22	
Open	Brown Janel	Virgin Islands, U.S.	56.28	1973	-145	145	-160	70	75	-80	140	155	-167.5	375	72.462	80.650	3	19-Aug-22	
<b>63 kg</b>																			
Open	Rojas Gonzalez Laura	Costa Rica	57.38	1998	115	125	-140	65	75	-82.5	110	125	-130	320	62.036	62.036	1	19-Aug-22	
Open	Bare Diaz Monica	Panama	57.94	1984	80	-90	90	40	-45	-45	95	100	-105	235	43.638	43.638	2	19-Aug-22	
Sub Junior	Anderson Aeryn	United States	59.02	2004	122.5	137.5	-145	-65	65	-72.5	122.5	137.5	-142.5	340	63.781	67.608	1	19-Aug-22	
Master 1	Gan Xuelian	Panama	58.6	1979	-115	125	130	40	45	50	115	120	125	305	57.465	59.247	1	19-Aug-22	
Master 3	Perez Socorro	Mexico	60.78	1959	90	95	100	85	-90	90	110	117.5	125	315	58.060	82.504	1	19-Aug-22	
<b>69 kg</b>																			
Open	Erica Liliana Davila Carcamo	Guatemala	68.6	1996	180	190	-200	105	112.5	115	180	190	-200	495	85.344	85.344	1	19-Aug-22	
<b>76 kg</b>																			
Junior	Porras Malinaltitzin	Mexico	75.16	2002	187.5	196	201	90	95	100	175	185.5	192	486.5	80.230	82.637	1	19-Aug-22	
<b>84+ kg</b>																			
Open	Baez Joan	Puerto Rico	103.18	1986	187.5	197.5	-207.5	142.5	147.5	-152.5	145	155	165	510	74.815	74.815	1	19-Aug-22	
Men's Equipped Divisions																			
Division	Name	Team	Bwt - kg	BirthYear	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	Age Points	Place	Date	
<b>74 kg</b>																			
Open	Batista Javier	Panama	71.66	1991	190	197.5	205	-145	145	150	210	-220	-225	565	71.511	71.511	1	19-Aug-22	
Master 1	Cotte Doel	Puerto Rico	72.52	1981	192.5	-205	-205	-140	140	-142.5	190	200	-212.5	532.5	66.868	67.536	1	19-Aug-22	
Master 2	Flores Santiago Eduard John	Puerto Rico	69.98	1970	155	165	175	-115	-120	-120	172.5	182.5	190	0	0.000	0.000	-	19-Aug-22	
Master 3	Rodriguez Michael	United States	72.76	1961	200	215	220	140	-150	-150	202.5	215	-222.5	575	72.048	98.417	1	19-Aug-22	
Master 3	Walker Ronald	Virgin Islands, U.S.	72.92	1959	137.5	145	150	115	-120	-120	220	-232.5	-240.5	485	60.683	86.231	2	19-Aug-22	
<b>83 kg</b>																			
Open	Jones Zachary	United States	82.7	1990	230	242.5	250	192.5	-200	200	235	252.5	-257.5	702.5	81.295	81.295	1	19-Aug-22	
Open	Cristopher Gerardo Osorio Ariana	Guatemala	79.82	1993	215	235	245	185	195	-205	230	240	-260	680	80.369	80.369	2	19-Aug-22	
Open	Menendez Henry	Panama	82	1985	235	-255	-255	-150	150	155	-235	235	-255	625	72.689	72.689	3	19-Aug-22	
Junior	Julio Alfredo Fernandez Rodriguez	Guatemala	79.38	1999	-210	210	250	105	120	-125	190	210	-215	580	68.780	68.780	1	19-Aug-22	
Master 2	Quiroz Feliberto	Panama	79.12	1967	-180	180	-205	105	115	125	180	200	-230	505	60.006	73.507	1	19-Aug-22	
<b>93 kg</b>																			
Open	Andres Soto Rivera	Costa Rica	92.86	1998	265	-275	-275	175	180	185	250	260	275	725	78.686	78.686	1	20-Aug-22	
Open	McInerney Tony	Cayman Islands	91.44	1972	235	245	-250	135	-140	140	-260	-260	260	645	70.573	79.748	2	20-Aug-22	
Open	Quiros Lepiz Leonardo	Costa Rica	89.72	1984	225	235	-245	165	-170	-170	200	220	-240	620	68.531	68.531	3	20-Aug-22	
Open	Weers Jared	United States	92.92	1987	212.5	222.5	-227.5	125	130	-132.5	210	222.5	-227.5	575	62.385	62.385	4	20-Aug-22	
Master 1	Reyes Marco	Mexico	87.9	1980	235	240	-245	-140	-140	-140	190	200	-210	0	0.000	0.000	-	20-Aug-22	
Master 3	Cencich Thomas	United States	91.64	1960	150	185	-205	190	192.5	195	175	190	-200	570	62.295	86.777	1	20-Aug-22	
<b>105 kg</b>																			
Open	Martinez Nelson	United States	103.96	1986	325	-350	-350	-255	260	272.5	275	-290	-290	872.5	89.588	89.588	1	20-Aug-22	
Open	Rojas Uliate Diego	Costa Rica	99.5	1999	230	255	265	-150	-150	150	240	270	-290	685	71.807	71.807	2	20-Aug-22	
Open	Gonzales Acuna Jorge	Costa Rica	104.46	1983	225	235	-240	145	150	-160	235	260	-272.5	645	66.083	66.083	3	20-Aug-22	
Master 4	Barry Bruce	United States	100.6	1952	-220	220	236	105	-115	-115	117.5	160	182.5	200	553.5	57.716	94.943	1	20-Aug-22
<b>120 kg</b>																			
Open	Fernandez Barrantes Michael	Costa Rica	119.8	1982	335	-355	-355	235	-255	-255	250	275	-300	845	81.718	81.718	1	20-Aug-22	
Open	Leebrick Mark	United States	111.4	1994	295	-320	-320	200	212.5	217.5	225	-242.5	242.5	755	75.191	75.191	2	20-Aug-22	
Open	Rivera Luis Adrian	Puerto Rico	117.56	1998	260	270	280	-160	160	-172.5	250	260	265	705	68.682	68.682	3	20-Aug-22	
Master 1	Henderson Barron	United States	118.96	1976	-300	300	340	200	212.5	-220	280	295	-310	847.5	82.183	87.771	1	20-Aug-22	
Master 1	Porras Marco	Mexico	113.66	1982	260	280	300	205	212.5	217.5	230	250	270	787.5	77.772	77.772	2	20-Aug-22	
<b>120+ kg</b>																			
Open	Campos Murrillo Carlos Manuel	Costa Rica	143.16	1979	375	-400	-427.5	297.5	-350.5	-365	340	-365	-365	1012.5	92.169	95.026	1	20-Aug-22	
Open	Mejias Luis	Costa Rica	133.86	1995	280	-300	-300	175	-190	-190	230	-250	-250	685	63.675	63.675	2	20-Aug-22	
Master 1	Alvarado Alex	Puerto Rico	123.2	1974	277.5	287.5	-300	190	-197.5	197.5	217.5	230	240	725	69.375	76.105	1	20-Aug-22	
Master 3	Velasquez Hugo	Costa Rica	125.06	1959	125	140	-142.5	150	-165	-165	120	-130	130	420	39.970	56.797	1	20-Aug-22	

Best Lifters	Name	Nation	IPF points	Age points
Open Women	Erica Liliana Davila Carcamo	Guatemala	85.117	-
Open Men	Campos Murrillo Carlos Manuel	Costa Rica	92.169	-
Sub Junior Women	Anderson Aeryn	United States	63.781	-
Junior Women	Porras Malinaltitzin	Mexico	80.230	-
Junior Men	Julio Alfredo Fernandez Rodriguez	Guatemala	68.780	-
Masters Women	Perez Socorro	Mexico	-	85.344
Masters Men	Rodriguez Michael	United States	-	98.417

Team Awards Women Open Team	Points	Place
Costa Rica	=12+12	1
Guatemala	=12 (85.344 IPF GL)	2
Puerto Rico	=12 (74.815 IPF GL)	3
Mexico	=9 (73.741 IPF GL)	4
Panama	=9 (43.638 IPF GL)	5
Virgin Islands, U.S.	=8	6
Team Awards Men Open Team	Points	Place
Costa Rica	=12+12+12+9+9	1
United States	=12+12+9+7	2
Panama	=12+8	3
Guatemala	=9 (80.369 IPF GL)	4
Cayman Islands	=9 (70.573 IPF GL)	5
Puerto Rico	=8	6