

12th Pan-American Powerlifting Championships
7th NAPF North American Powerlifting Championships
August 4 - 8, 2009 / Miami, Florida, USA

Nominations [As of July 16, 2009]

NR	WT.	BDW.	NAME	YEAR	FEDERATION	DIVISION	SQ	BP	DL	TOT.
Open										
48.00			Tania Saavedra	1979	Ecuador	Open	175.0	75.0	160.0	410.0
48.00			April Shumaker	1966	United States of America	Open	122.5	95.0	140.0	362.5
48.00			Maria Luisa Vasquez	1983	Guatemala	Open	140.0	62.5	142.5	345.0
48.00			Frances Baez	1988	Puerto Rico	Junior	102.5	42.5	125.0	270.0
52.00			Ashley Awalt	1983	United States of America	Open	187.5	105.0	175.0	467.5
52.00			Vilma Ochoa	1980	Ecuador	Open	187.5	90.0	177.5	455.0
52.00			Carla Alvarado	1986	Ecuador	Open	160.0	75.0	155.0	390.0
52.00			Claudia Nagata	1968	Brazil	Reserve	137.5	70.0	140.0	347.5
52.00			Maria Viera	1986	Puerto Rico	Open	132.5	70.0	130.0	332.5
52.00			Patricia da Silva	1984	Brazil	Open	102.5	52.5	115.0	270.0
52.00			Norma Rodriguez	1949	Puerto Rico	Master II	70.0	45.0	105.0	215.0
56.00			Rosa Castro	1979	Ecuador	Open	177.5	92.5	170.0	440.0
56.00			Sara Gutierrez	1975	Peru	Open	165.0	85.0	165.0	415.0
56.00			Veronica Maldonado	1988	Ecuador	Open	145.0	82.5	165.0	392.5
56.00			Janel Brown	1973	United States of America	Open	150.0	70.0	145.0	365.0
56.00			Christine Wender	1955	Brazil	Open	142.5	75.0	140.0	357.5
56.00			Irani Barbosa	1986	Brazil	Open	135.0	70.0	142.5	347.5
56.00			Yuly Mendez	1985	Colombia	Open	140.0	65.0	130.0	335.0
56.00			Dora Puente de la Torre	1957	Mexico	Open	100.0	67.5	120.0	287.5
56.00			Janitzi Tapia	1994	Puerto Rico	Open	115.0	42.5	110.0	267.5
56.00			Janet Warne	1952	Canada	Open	90.0	57.5	97.5	245.0
60.00			Evelyn Parreno	1977	Ecuador	Open	185.0	117.5	180.0	482.5
60.00			Erica Bueno	1980	Brazil	Open	155.0	110.0	140.0	405.0
60.00			Katherine Singletary	1977	United States of America	Open	145.0	82.5	150.0	377.5
60.00			Rogelia Palomino	1968	Peru	Open	140.0	82.5	130.0	352.5
60.00			Gladys Giraldo	1966	Colombia	Open	120.0	70.0	120.0	310.0
60.00			Sylvia Torres	1972	Puerto Rico	Open	120.0	37.5	120.0	277.5
67.50			Priscilla Ribic	1972	United States of America	Open	237.5	135.0	227.5	600.0
67.50			Ana Rosa Castellain	1985	Brazil	Open	170.0	80.0	160.0	410.0
67.50			Penelope Villegas	1971	Mexico	Open	140.0	75.0	140.0	355.0
67.50			Patricia Velasquez	1967	Colombia	Open	130.0	75.0	120.0	325.0
67.50			Faye Rolle	1969	Bahamas	Open	125.0	72.5	125.0	300.0
67.50			Irena Jimenez	1968	Costa Rica	Open	90.0	50.0	100.0	240.0
75.00			Donna Bryant	1959	United States of America	Open	165.0	90.0	160.0	415.0
75.00			Keila Guerrero	1989	Ecuador	Open	155.0	85.0	165.0	405.0
75.00			Elisangela de Carvalho	1978	Brazil	Open	145.0	70.0	165.0	380.0
75.00			Lady Burgos	1989	Puerto Rico	Open	125.0	57.5	130.0	312.5
75.00			Alejandro Rubi	1988	Costa Rica	Open	110.0	65.0	120.0	295.0
75.00			Roslynn McMillian	1966	British Virgin Islands	Open	85.0	37.5	102.5	225.0
82.50			Judith Reitman	1967	Uruguay	Open	185.0	110.0	180.0	475.0
82.50			Patricia Candido	1976	Brazil	Open	185.5	80.0	180.0	445.5
82.50			Lindsey Smith	1979	United States of America	Open	157.5	90.0	152.5	400.0
82.50			Joan Baez	1986	Puerto Rico	Open	145.0	80.0	135.0	360.0
90.00			Malinda Baum	1963	United States of America	Open	182.5	82.5	172.5	437.5
90.00			Samanta Viteri	1990	Ecuador	Open	170.0	70.0	170.0	410.0
90.00+			Miliany Santiago	1988	Puerto Rico	Open	190.0	120.0	180.0	490.0
90.00+			Tammi Smith	1968	United States of America	Open	172.5	112.5	170.0	455.0
90.00+			Elisangela Barbosa	1984	Brazil	Open	162.5	105.0	163.0	430.5
90.00+			Jen Maduro	1990	British Virgin Islands	Open	105.0	77.5	130.0	312.5
Junior										
44.00			Maria Bosque	1987	Ecuador	Junior	92.5	47.5	110.0	250.0
48.00			Frances Baez	1988	Puerto Rico	Junior	102.5	42.5	125.0	270.0
52.00			Carla Alvarado	1986	Ecuador	Junior	160.0	75.0	155.0	390.0
52.00			Maria Viera	1986	Puerto Rico	Junior	132.5	70.0	130.0	332.5
56.00			Veronica Maldonado	1988	Ecuador	Junior	145.0	82.5	165.0	392.5
56.00			Irani Barbosa	1986	Brazil	Junior	135.0	70.0	142.5	347.5
56.00			Janitzi Tapia	1994	Puerto Rico	Junior	115.0	42.5	110.0	267.5
67.50			Stephanie Mayo	1992	United States of America	Junior	107.5	62.5	120.0	290.0
75.00			Keila Guerrero	1989	Ecuador	Junior	155.0	85.0	165.0	405.0
75.00			Lady Burgos	1989	Puerto Rico	Junior	125.0	57.5	130.0	312.5
75.00			Alejandro Rubi	1988	Costa Rica	Junior	110.0	65.0	120.0	295.0
82.50			Joan Baez	1986	Puerto Rico	Junior	145.0	80.0	135.0	360.0
90.00			Samanta Viteri	1990	Ecuador	Junior	170.0	70.0	170.0	410.0
90.00+			Miliany Santiago	1988	Puerto Rico	Junior	190.0	120.0	189.0	490.0
90.00+			Jen Maduro	1990	British Virgin Islands	Junior	105.0	77.5	130.0	312.5
Master I										
48.00			Jo Jo Ocampo	1969	United States of America	Master I	122.5	60.0	130.0	312.5
48.00			Luz Osorio	1968	Puerto Rico	Master I	112.5	57.5	127.5	297.5
56.00			Dana Snow	1969	United States of America	Master I	112.5	82.5	140.0	335.0
60.00			Rogelia Palomino	1968	Peru	Master I	140.0	82.5	130.0	352.5
60.00			Gladys Giraldo	1966	Colombia	Master I	120.0	70.0	120.0	310.0
67.50			Patricia Velasquez	1967	Colombia	Master I	130.0	75.0	120.0	325.0
67.50			Faye Rolle	1969	Bahamas	Master I	125.0	72.5	125.0	300.0
67.50			Irena Jimenez	1968	Costa Rica	Master I	90.0	50.0	100.0	240.0
75.00			Roslynn McMillian	1966	British Virgin Islands	Master I	85.0	37.5	102.5	225.0
82.50			Judith Reitman	1967	Uruguay	Master I	185.0	110.0	180.0	475.0
90.00			Malinda Baum	1963	United States of America	Master I	182.5	82.5	172.5	437.5
90.00+			Tammi Smith	1968	United States of America	Master I	172.5	112.5	170.0	455.0
Master II										
48.00			Ann Leverett	1954	United States of America	Master II	120.0	75.0	142.5	337.5
52.00			Norma Rodriguez	1949	Puerto Rico	Master II	70.0	45.0	105.0	215.0
56.00			Christine Wender	1955	Brazil	Master II	142.5	75.0	140.0	357.5
56.00			Dora Puente de la Torre	1957	Mexico	Master II	100.0	67.5	120.0	287.5
56.00			Janet Warne	1952	Canada	Master II	90.0	57.5	97.5	245.0
75.00			Donna Bryant	1959	United States of America	Master II	165.0	90.0	160.0	415.0
Special Olympics										
56.00			Jill DeWitt		United States of America	SO	25.0	35.0	97.5	157.5
90.00			Patrice Lockhart		United States of America	SO	52.5	55.0	137.5	245.0
90.00			Tyne Daly		United States of America	SO	25.0	25.0	50.0	100.0