

## 19th North American Regional Women's Equipped Bench Press Championships

Panama City / Panama, 23 – 25 October, 2025

### The Entry List of Representatives

#	Name	Team	Duty
1.	Alas Jacqueline	Belize	Coach - Referee [NFR]
2.	Baki Joseph	Belize	Coach
3.	Usher Khalid	Belize	Coach - Athlete [NFR]
4.	Usher. Khalid	Belize	Official
5.	Smith Justin	Canada	Head Coach
6.	Sproul Jillian	Canada	Assistant Coach - Athlete [NFR]
7.	Acabal Colindres Hugo Leonel	Guatemala	Coach
8.	Alvarado Alex	Puerto Rico	Coach - Referee [NFR]
9.	Baez Joan	Puerto Rico	Coach - Referee [NFR]
10.	Cotte Doel	Puerto Rico	Assistant Coach - Athlete [NFR]
11.	Alleyne Deresay	Trinidad and Tobago	Assistant Coach - Athlete [NFR]
12.	Belfon Lawrence Marlon	Trinidad and Tobago	Head Coach
13.	Grant Shay	Trinidad and Tobago	Assistant Coach - Athlete [NFR]
14.	Hosten Dale	Trinidad and Tobago	Assistant Coach - Athlete [NFR]
15.	Hunte Rondel	Trinidad and Tobago	Coach - Athlete [NFR]
16.	Nelson Shaquille	Trinidad and Tobago	Assistant Coach - Athlete [NFR]
17.	Ramnath Ow Buland Kellie	Trinidad and Tobago	Assistant Coach
18.	Keller Robert	U.S.America	IPF Official
19.	Petrencak Steve	U.S.America	Head Coach
20.	Rosenzweig Dana	U.S.America	Coach