



RECORDS DE CAMPEONATOS CENTROAMERICANOS Y DEL CARIBE
CENTRAL AMERICAN AND CARIBBEAN CHAMPIONSHIPS RECORDS

MASCULINO				MEN		
Evento / Event	Marca / Mark	Nombre / Name	Pais	Fecha / Date	Lugar / Place	
100 m	10.02 (+1.9)	Darrel Brown	TRI	09/07/2005	Nassau, BAH	
	10.02 (+1.9)	Mark Burns	TRI	09/07/2005	Nassau, BAH	
200 m	20.03 (+1.8)	Usain Bolt	JAM	11/07/2005	Nassau, BAH	
400 m	44.84	Roberto Hernández	CUB	28/07/1989	San Juan, PUR	
800 m	1.45.56	Yeimer Lopez	CUB	05/07/2009	La Habana, CUB	
1500 m	3.41.27	Linston McKenzie	JAM	27/07/1989	San Juan, PUR	
5000 m	13.53.30	Francisco Pacheco	MEX	27/07/1985	La Habana, CUB	
10000 m	29.10.80	Herder Vázquez	COL	30/07/1993	Cali, COL	
Media Maratón / Half Marathon	1h 02.11	Marcelino Crisanto	MEX	01/08/1993	Cali, COL	
Marcha 20 km / Race Walk	1h 20.49	Noé Hernández	MEX	25/06/1999	Bridgetown, BAR	
110 m vallas / hurdles	13.43 (-0.3)	Ryan Brathwaite	BAR	03/07/2009	La Habana, CUB	
400 m vallas / hurdles	48.51	Javier Culson	PUR	05/07/2009	La Habana, CUB	
3000 m obst / steeplechase	8.30.08	Jose Sanchez	CUB	04/07/2009	La Habana, CUB	
Altura / High Jump	2.44	Javier Sotomayor	CUB	29/07/1989	San Juan, PUR	
Pertiga / Pole Vault	5.61	Dominic Johnson	LCA	27/06/1999	Bridgetown, BAR	
Longitud / Long Jump	8.31 (+1.6)	Wilfredo Martínez	CUB	06/07/2008	Cali, COL	
Triple / Triple Jump	17.33 (-0.1)	Alexis Copello	CUB	05/07/2009	La Habana, CUB	
Bala / Shot Put	20.21	Dorian Scott	JAM	10/07/2005	Nassau, BAH	
Disco / Discus Throw	66.50	Luis Mariano Delís	CUB	25/07/1985	Nassau, BAH	
Martillo / Hammer Throw	74.98	Alberto Sánchez	CUB	01/08/1993	Cali, COL	
Jabalina / Javelin Throw	82.16	Guillermo Martínez	CUB	04/07/2009	La Habana, CUB	
Decatlón / Decathlon	8654	Leonel Suarez	CUB	03-04/07/2009	La Habana, CUB	
		(11.07 (+0.7); 7.42(+0.8); 14.39; 2.09; 47.65 / 14.15(-0.6); 46.07; 4.70; 77.47; 4.27.29)				
4 x 100 m	38.47	Trinidad and Tobago	TRI	10/07/2005	Nassau, BAH	
		(Aaron Armstrong - Mark Burns - Jacey Harper - Darrel Brown)				
4 x 400 m	3.00.83	Jamaica	JAM	22/07/2001	Ciudad Guatemala, GUA	
		(Orville Taylor - Brandon Simpson - Mario Watts - Danny McFarlane)				
FEMENINO				WOMEN		
Evento	Marca	Nombre	País	Fecha	Lugar	
100 m	11.02 (+1.1)	Chandra Sturup	BAH	09/07/2005	Nassau, BAH	
200 m	22.36	Grace Jackson	JAM	28/07/1989	San Juan, PUR	
400 m	50.63	Ana Fidelia Quirot	CUB	27/07/1989	San Juan, PUR	
800 m	1.59.01	Ana Fidelia Quirot	CUB	27/06/1997	San Juan, PUR	
1500 m	4.18.00	Ana Fidelia Quirot	CUB	28/06/1997	San Juan, PUR	
5000 m	16.03.68	Yudisleivis Castillo	CUB	05/07/2009	La Habana, CUB	
10000 m	33.50.68	Yudisleivis Castillo	CUB	03/07/2009	La Habana, CUB	
Media Maratón / Half Marathon	1h 12.07	Stella Castro	COL	01/08/1993	Cali, COL	
Marcha 10000m / Race Walk	47.29.6	Eloisa Perez	MEX	31/07/1993	Cali, COL	
Marcha 10 km / Race Walk	45.47.0	Maria del Rosario Sanchez	MEX	20/07/2001	Ciudad Guatemala, GUA	
100 m vallas / hurdles	12.61 (+1.4)	Anay Tejeda	CUB	05/07/2008	Cali, COL	
400 m vallas / hurdles	55.12	Allison Beckford	JAM	05/07/2003	Saint George's, GRN	
3000 m obst / steeplechase	9.54.01	Mardrea Hyman	JAM	10/07/2005	Nassau, BAH	
Altura / High Jump	1.94	Lavern Spencer	LCA	10/07/2005	Nassau, BAH	
Pertiga / Pole Vault	4.40	Yarisley Silva	CUB	03/07/2009	La Habana, CUB	
Longitud / Long Jump	6.81 (+0.3)	Elva Goulbourne	JAM	05/07/2003	Saint George's, GRN	
Triple / Triple Jump	14.97 (-0.5)	Yargelis Savigne	CUB	03/07/2009	La Habana, CUB	
Bala / Shot Put	19.13	Misleydis Gonzalez	CUB	05/07/2009	La Habana, CUB	
Disco / Discus Throw	64.46	María Cristina Betancourt	CUB	10/07/1981	Santo Domingo, DOM	
Martillo / Hammer Throw	71.32	Arasay Thondique	CUB	05/07/2009	La Habana, CUB	
Jabalina / Javelin Throw	61.61	Laverne Eve	BAH	27/06/1999	Bridgetown, BAR	
Heptatlón / Heptathlon	6189	Magalys García	CUB	16/07/1995	Ciudad Guatemala, GUA	
		(13.18; 1.72; 13.17; 23.70 / 5.82; 51.04; 2:22.59)				
4 x 100 m	43.06	Bahamas	BAH	05/07/2003	Saint George's, GRN	
		(Timicka Clarke - Debbie Ferguson - Christine Amertill - Shandria Brown)				
4 x 400 m	3.27.36	Jamaica	JAM	01/08/1993	Cali, COL	
		(Revolie Campbell - Winsome Cole - Berenley Grant - Inez Turner)				

Compilados por / Compiled by:
Nestor Calixto (CUB)
Alfredo Sanchez (CUB)
Carlos Clemente (ESA)

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