

## Gold!

The Puerto Rican swimmer Vanessa García has successfully defended the gold she won in Cartagena 2006 in the 100 meters free style. In a full house in Vega Baja, she not only got the gold medal but she broke her previous record of 55.80 to 55.00.

## Victory for Mexico



The Mexicans Paola Espinosa y Arantxa Chávez won today gold and silver medals in one meter springboard of the diving sport with a score of 286.10 and 266.35.

Meanwhile, the Puerto Rican Luisa Jiménez is the first one to obtain a medal in the aquatic sports with a bronze medal. Her score was 245.90.

Angelique Rodríguez, the Puerto Rican fans favorite placed six.

## Dominican Republic win in basketball

Jamaica fell today to the Dominican Republic women's basketball game at the XXI Central American & Caribbean Games - Mayaguez 2010.

With a score of 72-62 the Dominicans showed their dominance from the start of the game. Dominican Republic highlighted by Carmen Guzman with 29 points and Sugeiry Monsac with 14 points and 7 rebounds. While for Jamaica, the best scorers were Simone Edwards with 19 points and 15 rebounds, and Vanessa Gidden had 19 points and 11 rebounds. The medal of the Dominicans got for Jamaica to lose the ball 31 times. The Jamaican dominated the rebounds 52-25.



## Gold for PR in judo

Puerto Rico won today, Monday, two more gold medals to raise his total to five gold during the second day of the XXI Central American and Caribbean Games - Mayaguez 2010. The teacher Jessica Garcia, 63 kg and Augusto Miranda, in the 73 kg, won by the same route, the 'ippon', in the discipline of judo that takes place in the sub-venue Coliseum Ismael "Kid" Delgado Davila at Aguada.

Garcia, a teacher who studied at the Sport-Technical School at the "Albergue Olimpico" in Salinas, defeated the Venezuelan Isis Barreto for first place. Barreto got the silver medal.

"This is the medal that was missing in my career," said excited the athlete, who admitted that the sacrifice is even more when training.

German Serrano, Garcia's coach, did not hide his joy to stress that his disciple is a disciplined athlete and she deserves this award.

## New score in weightlifting



The Dominican Yuderquis Reyes set three new Central American marks by dominating the snatch mode (96kg), clean and jerk (117kg) and total (213kg) in the weight lifting competitions in the 53 Kg.

The previous marks were from Rusmeris Villar of Colombia in Snatch (84kg), and Ana María Lemus in clean and jerk (109kg) and total (192kg).

On the other hand, the Venezuelan Inmara Henríquez carried the bronze in snatch (83kg) and total (193kg) and silver in clean and jerk (110kg). Finally Villar had to confirm with the silver in snatch (88kg) and total (194kg).

# Medals in the sub venue of Bogotá



The sub venue of Bogotá in Colombia held its opening ceremony of the XXI Central American and Caribbean Games on July 17th and the next day the competitions began with the speed skating events, squash and gymnastics. They have already awarded eight medals in skating and two in rhythmic gymnastics. On Friday, July 23rd aquatic skiing begins.



# Audionews for sightless people

Those with any sort of physical impediments need not miss any of the action at the Central American and Caribbean Games (CAC)-Mayagüez 2010.

The events official webpage, [www.mayaguez2010.com](http://www.mayaguez2010.com), offers a new service; "Air Gutenberg", which allows internet users to receive a vast majority of CAC news through a podcast.

This service will be available, mainly, for those with limited or no eyesight and without access to the sporting events, explained Pablo Hernández Pagán, Spanish voice-over artist and director of the Official Mayaguez 2010 Podcast.

Hernández Pagán highlighted that this project is not steered exclusively towards the blind community, but towards anyone who is unable to attend the events.

"I have a brother stationed in Afghanistan, part of the information that he receives regarding this event is by means of this project," pointed out the podcast director.

"Air Gutenberg" is a charity project that not only provides an opportunity to be a part of the Mayagüez 2010 collaborating team but has also served as a way to promote Hernández Pagán's new company Skinny Voice Studio, which focuses on offering narrative services for news via the internet.

"This is an innovative project, I enjoy producing new ideas constantly and Air Gutenberg is one of them" stated Hernández Pagán.

The Official Mayagüez 2010 webpage will have direct access to this service shortly, however if you wish to access these services directly, go to:

[www.mayaguez2010.podbean.com](http://www.mayaguez2010.podbean.com)

[www.mayaguez2010.podbean.com/mobile](http://www.mayaguez2010.podbean.com/mobile)



With a new style and in a computer classroom, Pablo Hernandez makes this newly informatics projects in the Mayaguez 2010 Games for visual impaired people.

# Gold, Silver and Bronze

Throughout history medals have represented victories and conquests in all aspects of man's ventures. Since their origin, Metallum, these have been produced in any occasion of great success and are always received with overwhelming pride.

Those who win these tokens treasure them and always view them as a great accomplishment. Medals represent much more than personal victories. They encompass every moment that with great strength and perseverance lead up to the final goal.

Even though medals are usually round, there are always exceptions, some take other shapes: oval, square, polygon...

The medals that will take center stage in these XXI Central American and Caribbean Games Mayagüez 2010 have been designed with a particular shape for a reason.

"We wanted our medals to be different," explained Carla J. Alonso, consultant for the Protocol and Hospitality Division of the Organizing Committee Mayagüez 2010 (COMAZ, acronym in Spanish), as she spoke about the details of the medal that will be issued at this year's event.

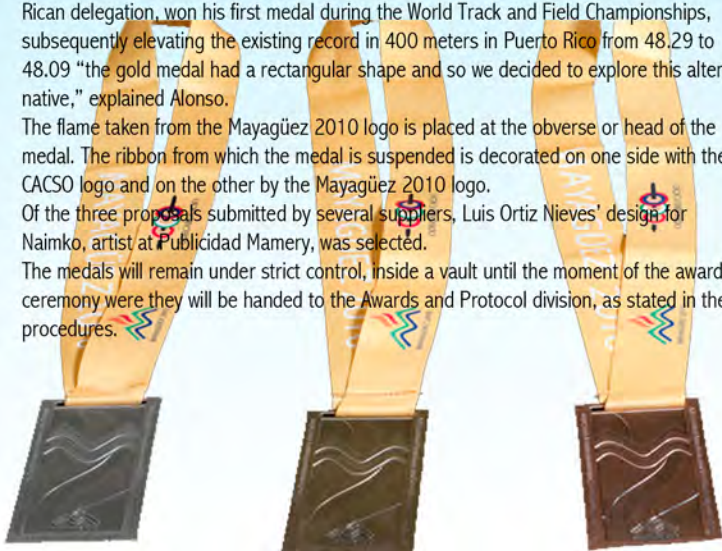
Everything from the traditional round medals to triangular medals were considered to create that distinction at these XXI Central American and Caribbean Games.

When the Puerto Rican athlete Javier Culson, currently the standard-bearer for the Puerto Rican delegation, won his first medal during the World Track and Field Championships, subsequently elevating the existing record in 400 meters in Puerto Rico from 48.29 to 48.09 "the gold medal had a rectangular shape and so we decided to explore this alternative," explained Alonso.

The flame taken from the Mayagüez 2010 logo is placed at the obverse or head of the medal. The ribbon from which the medal is suspended is decorated on one side with the CACSO logo and on the other by the Mayagüez 2010 logo.

Of the three proposals submitted by several suppliers, Luis Ortiz Nieves' design for Naimko, artist at Publicidad Mamery, was selected.

The medals will remain under strict control, inside a vault until the moment of the awards ceremony where they will be handed to the Awards and Protocol division, as stated in the procedures.



# Today's Events July 20, 2010

<b>Shooting</b> 8:30 am/10:15 am/ 12:00 pm/ 2:30 pm/ 4:45 pm Alberge Olímpico, Salinas	<b>Bádminon</b> 10:00 am/ 5:00 pm Coliseo Raymond Dalmau
<b>Bowling</b> 8:00 am/ 5:00 pm Bolera del Caribe, Ponce	<b>Judo</b> 10:00 am/ 6:00 pm Coliseo de Aguada, Aguada
<b>Swimming</b> 9:00 am/ 6:00 pm Complejo Acuático, RUM	<b>Diving</b> 10:30 am/ 4:30 pm/ 5:30 pm Complejo Acuático, RUM
<b>Canoeing</b> 9:00 am/ 10:00 am/ 11:00 am Lago Cerillos, Ponce	<b>Weightlifting</b> 12:00 pm- 5:00 pm Coliseo Juan Sánchez, Moca
<b>Male Softball</b> 9:00 am/ 11:45 am/ 2:30 pm Estadio Santiago Llorens, Mayagüez	<b>Women Basketball</b> 1:00 pm/ 4:00 pm/ 9:00 pm Coliseo Arquelio Torres, San German
<b>Fencing</b> 9:00 am- 1:30 pm Rebekah Colberg, Cabo Rojo	<b>Volleyball</b> 1:00 pm/ 3:00 pm/ 5:00 pm/ 7:00 pm Palacio de los Deportes, Mayagüez
<b>Racquetball</b> 10:00 am- 4:30 pm Canchas de Racquetbol, RUM	<b>Handball</b> 4:00 pm/ 6:00 pm/ 8:00 pm Pabellón El Maní, Mayagüez
	<b>Baseball</b> 6:00 pm Estadio Isidoro García, Mayagüez Estadio Canena Márquez, Aguadilla

[www.mayaguez2010.com](http://www.mayaguez2010.com)