

HUELLAS

TO PARÍS 2024

Hopes of Central America and the Caribbean



PARIS 2024



CENTRO
CARIBE
SPORTS



To the countries of Central America
and the Caribbean,

In recognition of the athletes who
stood out and competed with passion,
honor, commitment, and dedication in
the Olympic cycle 2021-2024.

To Alberto Juantorena, a legend
who inspires our region with his great-
ness and indelible legacy.

May his achievements, spirit of
overcoming challenges, and success
always motivate new generations of
athletes to reach for the stars and be-
come champions for life.

With gratitude, admiration, and
respect.

**CENTRO
CARIBE
SPORTS**



HOPES OF CENTRAL AMERICA AND THE CARIBBEAN



LUÍS MEJÍA OVIEDO
PRESIDENT
CENTRO CARIBE SPORTS

When we set out to find a way to break barriers and support athletes from 31 countries participating in the Paris 2024 Olympic Games, we looked at the extensive multicultural richness of Central America and the Caribbean. This dream ceased to be just that and became “HUELLAS” (Footprints)—the footprints of yesterday, an unforgettable past, and the footprints of today, a unique identity that showcases the pride of the protagonists of Paris 2024.

This campaign combines communication trends with the value of small details and narratives from athletes, leaders, and coaches. For over 180 days, it has united efforts to contribute to the positioning of our Central American and Caribbean athletes.

They add their talents to tell the global Olympic movement, “Here we are, here we are happy, and our footprints will be indelible.”

So, let these lines serve as the gateway to a path filled with passion and persistence. Welcome to the journey of Central American and Caribbean athletes at Paris 2024. Here, we celebrate not only victories but also the unwavering strength of each athlete who writes their own story.

On behalf of Centro Caribe Sports, I am proud to present a tribute to the Olympic dreams of our region—a memory of effort and dedication. We are more than captivating waves and seas; we have a great generation of athletes who embody the best of the Olympic movement: its athletes and its games.

“Huellas” to Paris 2024, right on time.



SARA ROSARIO

GENERAL SECRETARY
CENTRO CARIBE SPORTS

Each game, each delegation, have something special. Seeing the Center American and Caribbean representation at Paris 2024, fills us with nothing but pride. Each athlete, alongside their National Olympic Committee, will be making history. Inspiring us, building their own path.

From our organization, they motivate us, and together we celebrate the birth of "Huellas" (Footprints), a great project that brings us all together, and says we made it together with our footprints and olympic dreams come true, to Paris 2024.

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INDELIBLE FOOTPRINTS



ALBERTO JUANTORENA: THE HORSE FROM SANTIAGO DE CUBA

Alberto Juantorena, known as "The Horse," was born in Santiago de Cuba on December 3, 1950. He began his sports career at the age of 20 as a basketball player, although his results in this discipline were considered very poor by himself. Shortly after, his skills for athletics were discovered by the Polish coach Zygmunt Zabierzowski, and Juantorena quickly excelled in this new discipline.

OLYMPIC CONSECRATION: MONTREAL 1976

Initially, he competed only in the 400 meters, but it wasn't until the 1976 Olympic Games in Montreal when his talent shone worldwide. In those games, he won two gold medals in the 400 and 800 meters. His victory in the 800 meters was particularly notable, as he set a world record with an impressive time of 1:43.50.

RECOGNITIONS AND ACHIEVEMENTS

In addition to his Olympic medals, Juantorena has been a multi-medalist in the Central American and Pan American Games, leaving his mark with several records in different athletics competitions. In 1976, he was named Athlete of the Year by the International Association of Athletics Federations (IAAF), and in 1984, he was selected as a member of the International Olympic Committee. From that

position, he has promoted the development of sports in Cuba and the region.

LIFE AFTER RETIREMENT: AN ONGOING BATTLE

After retiring from the tracks, Juantorena has been involved in sports in administrative areas, being a fierce advocate for sports in Cuba. In 2022, he faced health problems due to COVID-19 that led to him being hospitalized for several days.

Recently, a photo of the athlete shared on social media revealed that his current health condition is delicate, as he is confined to a wheelchair due to a degenerative disease. Despite this, Juantorena continues in rehabilitation, and it is hoped that he can overcome this illness and continue with his responsibilities as a sports official.

A LEGACY OF PERSEVERANCE

Alberto Juantorena remains an iconic figure in athletics. His legacy goes beyond medals and records, being a symbol of perseverance and dedication both on and off the track.

A stylized illustration of the Eiffel Tower in Paris, France, rendered in a light blue and white color scheme. The tower is set against a background of soft, pinkish-red watercolor splatters and a light blue sky with faint white lines. In the foreground, the Olympic rings are prominently displayed in their traditional colors: blue, yellow, black, green, and red. Above the rings, the words "CENTRO CARIBE SPORTS" are written in a bold, sans-serif font, with each letter filled with a different color from the Olympic rings palette. Below the text, a decorative wavy line in the same color palette separates the text from the Olympic rings.

**CENTRO
CARIBE
SPORTS**

WE MADE IT TO PARÍS 2024

PARIS 2024: A GLANCE AT THE MOST ANTICIPATED OLYMPIC GAMES

New sports, innovation, sustainability and culture will be seized by the new olympic edition after the pandemic from Tokyo 2020



From July 26th to August 11th, Paris is getting ready to receive the best athletes around the world, in what promises to be an unforgettable celebration of sports and culture.

In this olympic edition, marked by innovation, sustainability, and the olympic spirit, we present to you some interesting tidbits about the international contest.

1- Paris' 3rd time.

Paris will be the venue for the Olympic Games for the third time in history, after the editions from 1900 and 1924. This will be celebrated with a spectacular opening

ceremony, all the way across Sena river, offering a majestic scenery.

2- Sustainability as the foundation.

Paris 2024 has compromised with sustainability, with a focus on the use of existing facilities, and the building of new infrastructures with ecologic standards. Also, the Olympic Villa will be transformed into a sustainable neighborhood after the games.

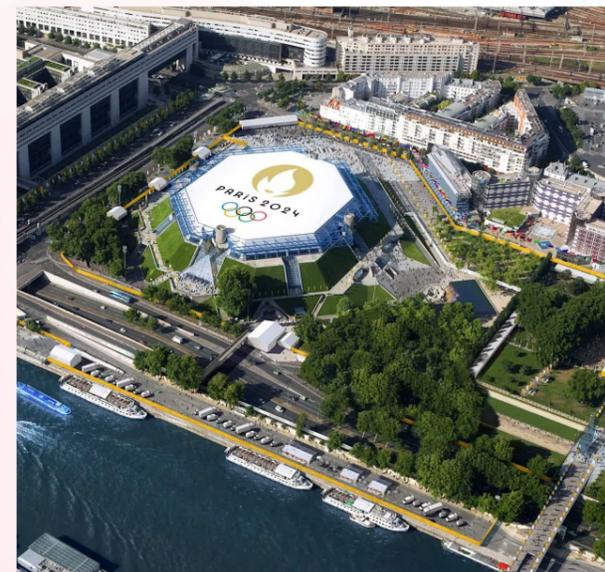
3- Innovation and Technology.

Technology will play a key role, from innovating timing systems up to mobile applications. The Artificial Intelligence and

Data Analysis will help improve the athletes' endurance and with competition organizing.

4- New sports.

In this edition, breaking (a competitive form of breakdance) will be added, and it will also make its olympic debut.



5- Gender Equality

Paris 2024 will set a milestone in the history of the Olympic Games regarding gender equality, with a similar number of events for men and women, reflecting the spirit of inclusion and diversity.

6- Emblematic Headquarters

The competitions will take place in emblematic scenarios from Paris and its surroundings, fusing both sports and culture, in places like the Roland Garros, France's Stade and the Grand Palais.

7- The return of the public

After the spectators' absence from many competitions due to the pandemic, Paris 2024 marks the return of the public en masse, with stadiums full of fanatics that will create a vibrant and sparking atmosphere.

KNOW THE MOST RELEVANT FACTS OF PARIS 2024 OLYMPIC SYMBOLS

The mascots and medals of Paris 2024 perfectly encapsulate the spirit of these Olympic games: Freedom, Change, Sustainability, Efforts, Innovation, Equality and Inclusion. They are a celebration of human values, and here we present to you the most relevant facts about these symbols, that manage to capture the essence of these Olympic Games.

THE MASCOTS: THE PHRYGES

1. The Phryges are a pair of charming characters inspired by the phrygian cap, a historical symbol of freedom and revolution in France.

2. The phrygian cap has been a freedom symbol since the French Revolution. With them, the aim is to make a connection with the rich french history and values, as well as inspire people to embrace freedom and change.

3. Each Phryge has their own distinctive character. Olympic Phryge is vibrant and dynamic, symbolizing the competitive spirit and the passion for sports. On the other hand, Paralympic Phryge represents perseverance and the resilience, making



the importance of inclusion and equality stand out.

4. The Phryges' motto is "Alone we go faster, but together we go further".



THE MEDALS: SUSTAINABILITY, HISTORY AND HARD WORK

The medals of Paris 2024 not only reward the talent and hard work, they also tell a story of sustainability and legacy.

The medals are made with recycled materials, obtained from many electric devices, which were collected to extract the necessary metals.

The medals' design is inclusive, including elements in braille for athletes with visual impairment.

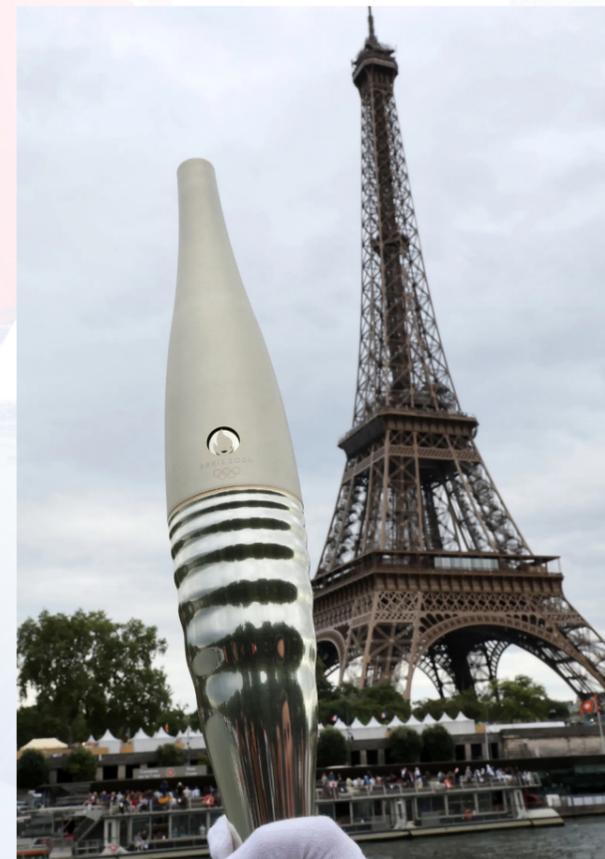
The medals present a combination of modernity and french tradition. On one of its faces, the Paris 2024 emblem is shown, alongside the iconic Olympic Stadium. On the other face, the figure of the winged victory stands out, a symbol that represents triumph and glory, and that goes way back to ancient times.

THE TORCH: INNOVATION AND CULTURE

The Olympic torch of Paris 2024 Olympic Games represents a fusion between tradition and modernity, emphasizing innovation and sustainability.

1. Sustainable Design: It is distinguished by its focus on sustainability. Has been designed using recycled materials and low energy consumption technology, aligning with the sustainability politics that the Games' organizers have been actively promoting.

2. Cultural Inspiration: In its design, elements that bring forth the rich history and Culture of France have been incorporated, with details that bring homage from the architecture, to even the iconic symbols of Paris. The design also makes its management easy, making sure it is ergonomic to the holders throughout the relay.



3. Extensive Trail: The torch has traveled 10,000 kilometers across all France. This route has been selected carefully to let the geographic and cultural diversity of the country stand out, involving communities of many different regions in the festivals and olympic celebrations.

4. Community Participation: The torch's route is designed to maximize the public's participation, letting millions of people join the olympic festivities, even before the opening ceremony.

5. This edition of the Olympic Torch not only symbolizes the global peace and friendship, a tradition of the Games, but also reflects a deep compromise with the future of the planet and social inclusion, foundations that Paris 2023 wishes to stand out in its Olympic legacy.



FOLLOW YOUR ATHLETES' FOOTPRINTS

CAMACHO-QUINN'S CHALLENGES IN PARIS 2024



One of the most difficult challenges there can be in sports, is keeping first place in a ranking, repeating the achievement of a competition when said achievement is a gold medal in the Olympic games, and to add to that, an olympic record (12.26 seconds), there's no better way to feel a lot of pressure, as well as face your own challenges, while measuring yourself with the expectations all around you, in regards to how it will be to defend the title obtained in previous games.

This is the outlook for the runner Jasmine Camacho-Quinn, who has been able to prevail in the 100 meters hurdles in the Tokyo 2020 Olympic Games, seized the second gold olympic medal for Puerto Rico, where she managed to achieve the olympic record of 12.26 seconds, making it the fifth fastest record in history.

The 27 year old athlete, born in South Carolina (North Charleston, August 21st of 1996), decided to defend Puerto Rico's colors in honor of her mother, María Milagros Camacho and her grandparents born on the island, and where the latter reside, representing a huge pride in her origins. Paris 2024 will mark her third participation in the Olympic Games, a great responsibility in her sports career, with the possibility to consolidate her name even more in the history of the Games and athleticism worldwide.



Camacho-Quinn, in the past XXIV Ceteramerican and Caribbean Games, celebrated in San Salvador in 2023, imposed a central american and Caribbean record. In said games, in the first classification test, the Puertorrican managed to get a time of 12.60 seconds, leaving behind the 12.64 record that was achieved in the Games celebrated in Maracaibo that, in 1998, was imposed by the Jamaican runner, Dionne Rose.

It was this record that marks her ticket to Paris, since the minimum time required to classify is 12.77 seconds. In the end, these games were not only a competition where the athlete managed to let the Puerto Rican colors stand out, but also a fundamental part in Puerto Rican's preparatory stage for Paris.

The World Athletics reports reflect, with very clear data, everything formerly stated about Jasmine Camacho-Quinn: Olympic Gold (Tokyo 2020), Gold and Silver in worldwide championships. An U23 Championship from NACAC and Gold in the Center American and Caribbean Games. Besides all of this, 11th times winner of the Diamond League, and 3 times champion of the NCAA.



BRYAN PÉREZ: FIRST SALVADORIAN SURFIST



TO COMPETE IN THE OLYMPIC GAMES

“I remember when I used to watch over people’s cars for a living, and now I’m an Olympic Athlete”, were part of the declarations made by the surfer Bryan Pérez, born in Punta Roca’s Río de la Playa community, La Libertad, when speaking about his experience with Paris 2024 classification.

Pérez has become the first athlete from El Salvador who’s competing in Surf in the Olympic Games, when he makes his debut in Paris 2024, in Tehaupo’o’s waves, in Tahiti, from July 27th to August 4th.



Honored to be the first in this sport, he says it’s a dream come true in his 24 years, and that he worked day and night to achieve being on an Olympic event, after his father introduced him to surfing when he was a young boy.

This sport comes from debuting in the past Olympic Games from Tokyo 2020, so the Salvadorian knows he has achieved a massive step in his sport career, by obtaining the ticket to Paris 2024.

BRYAN’S FOOTSTEPS UP TO FRANCE

His steps in high level sports started in his process to partake in the Pan American Games in Lima 2019, event in which he obtained a bronze medal.

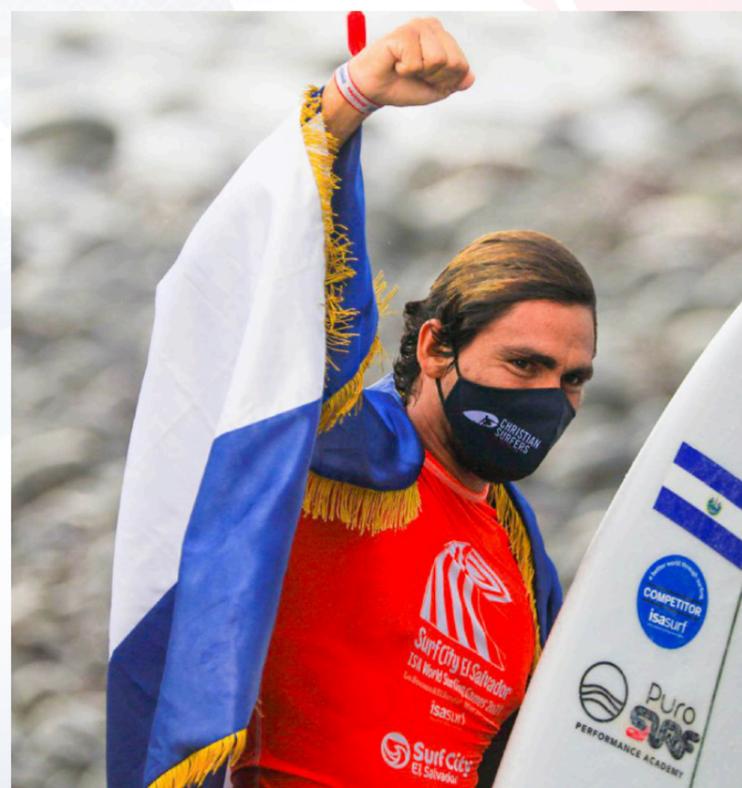
Upon conquering this feat, Bryan wanted to challenge himself with other events and that’s why he created a “GoFundMe” page to participate in the World Surf Tour circuits, and then he aimed to classify for the Tokyo 2020 Olympic Games.

Despite not achieving the Olympic classification back then, for the lad born in La Libertad, it was no obstacle to pursue his dreams and, in the San Salvador 2023 Center American and Caribbean Games, he obtained a bronze medal, to add to the joy he felt in the host country of the most ancient regional games.

PROCESS TO MEET THE OLYMPIC QUOTA

The Olympic Committee from El Salvador received a notification in behalf of the International Surfing Association (ISA) the past April 24th, indicating that the surfer has been selected through universality, after exhausting other internal methods at the ISA.

“I am very proud of all the hard work I’ve been doing throughout all these years. With God’s help and a lot of hard training, everything is possible, and I want to send that message to all the young people in El Salvador”, stated a very excited Bryan.



WESTERA IS READY FOR HIS DEBUT



The Aruban windsurfer Ethan Westera is excited about his classification for the Paris 2024 Olympic Games.

Westera, bearer of the silver medal from the previous Pan American Games, celebrated in Santiago de Chile in 2023, has no doubt that he will play a preponderant role in his return to sailing for the Caribbean Island in the Olympic Games.

At the age of 26 years, Ethan accumulated a large number of awards by participating in many different events from the Professional Windsurfers Association (PWA), including the title of Youth

Slalom World Champion, when he was 20 years old.

Ethan, who will compete in the new IQFoil, in order to make the entire journey an unforgettable experience, has been training in Marsella France, to offer the best in the open waters.

ETHAN IN THE WATERS

He started Windsurfing when he was 9 years old, back in his homeland Aruba, practicing the sport that, in time, would become the love of his life, given that since that very moment, he never stopped improving his technique to become a better version of himself each day.



Upon becoming part of the PWA, he traveled and met many different places all across Europe, Asia and Oceania, earning multiple recognitions and awards, which gave him notoriety until obtaining the World Champion title in the Sub-22 Youth Slalom world championship from 2016.

In 2020 he made the transition to iQFoil, however, in these early days he did so with the Netherlands delegation, despite being born and raised in the Aruba island.

Those were rough beginnings for Ethan, because he did not fit well with the trainers he was searching for, until fate let him cross paths with Sam Vandormael from Belgium, who has been by his side in each process, and will continue to do so in Paris 2024.

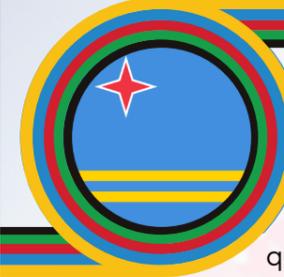
OLYMPIC PODIUM COULD BE

A REALITY FOR LAFOND

Thea LaFond has gone from being a competitor and podium aspirant, to a serious contender for the olympic gold in the Triple Jump test to be contested in Paris 2023, which would be the first olympic gold medal for the Dominica Island.

The outright, rotund success in the World Athletics Championship under roof in Glasgow, Scotland, where the athlete achieved a gold medal with a record of 15.01 meters (16.41 yards), which makes her the favorite to claim the golden award at the Olympic Games in Paris this summer.

Even though she emigrated to Maryland at a very young age, she has stated multiple times that she is very proud of her Caribbean origins, and to be born in Dominica, having represented the island while she studied at the University of Maryland, remarking that she loves her people, waiting to become an inspiration to them, and how much it means to her to have brought the gold medal to the island, won in the World Athletics Championship, the first in nation's sport history.



MIKEL SCHREUDERS: THE FIRST ARUBAN WITH

THREE OLYMPIC CLASSIFICATIONS

Mikèl Schreuders has made history for Aruba by becoming the first athlete from his country to qualify for three Olympic Games. He achieved this feat in 2023 when he confirmed the best personal time of his sports career: 21.93 seconds, a record that rewarded him with the classification to Paris 2024 in Swimming, with an A grade in the 50 meter Freestyle, a result he obtained in the U.S. OPEN Toyota 2023 in Greensboro, North Carolina, U.S.

Mikèl's olympic footsteps started with his participation in the 4th FINA World Junior Swimming Championships 2013 in the United Arab Emirates at the age of 14, and from then on continued with his participation in different FINA events, and his first olympic participation was in Rio 2016 at the age of 17. This first experience as an olympic athlete in Swimming earned him sixth place in the first eliminatory rounds in the 200 meters Freestyle, scoring a time of 1:55.10, which placed him in 45th place in the general leaderboard.

For the Aruban triton, 2023 was an incredibly successful year, especially during one of the oldest events in the Olympic cycle—the Central American and Caribbean Games in San Salvador 2023. There, he secured four (4) medals: one (1) gold and three (3) silver.

HISTORICAL MIKÈL, TO THREE OLYMPIC GAMES



Flagged by her country in the Tokyo Olympic Games, she will assist to her third Games, with the intention to seize that yearned gold medal.

LAFOND'S STEPS.

An University of Maryland (USA) graduate, she appears as a favorite now, after obtaining bronze in the PanAmerican in Santiago 2023, the victory in Glasgow, improving her personal best by 11 centimeters (0.39 inches), besting the 15 meters (15.01) in a position that, with that record, not only would claim the olympic title in the continent, but also would put the caribbean island in the medal map, which would be [without a doubt], the the biggest sporting feat for the Dominica Olympic Committee, created in 1993 and recognized in 1998.



"When I started swimming, I registered in a Swimming team after my first class at school (in Noord) and when the trainers watched my performance, they noticed my superior level in comparison to the other children back then", stated the inspired aruban swimmer to Centro Caribe Sports.

Swimming is scheduled in the next Olympic Games from July 27th to August 4th, where the trial of Men's 100 meter Freestyle is programmed from July 30th at 11:00 a.m Central European Summer Time, alongside the eliminatory rounds and Men's 50 meters Freestyle taking place on August 1st, starting the schedule with the eliminatory rounds starting 11:00 a.m., Central European Summer Time.



MARIANA PAJÓN: THE QUEEN OF BMX

IS LOOKING FOR A NEW CROWN

With the determination of a champion and the heart of a warrior, Mariana Pajón aims to add another golden page to her already legendary sporting career at the Paris 2024 Olympic Games.

With two Olympic gold medals among her honors achieved in London 2012 and Rio 2016, in addition to a silver medal in Tokyo 2020, Pajón is a true living legend of Colombian and world sport.



At 32 years of age, she has once again demonstrated her ability to overcome challenges and remain among the BMX elite. Despite injuries, her spirit, effort and innate talent have led her to qualify for her fourth Olympic Games.

In statements to the media, Pajón has expressed her enthusiasm and commitment to Paris 2024: "Every time I get on the bike, I do it with my heart and with the dream of leaving Colombia's name high. These Olympic Games are a new opportunity to show that limits only exist in the mind".

Pajón is the first woman from her country (Colombia) to win two Olympic gold medals, and she will give her best at the Saint-Quentin-en-Yvelines BMX Stadium on August 1st and 2nd.

LEAVING TRACES

With multiple world titles and medals in Pan American and Bolivarian Games that have made

her shine at the top, Mariana is an example of perseverance and excellence. Her impressive sports career full of commitment and effort has turned her into a source of inspiration for thousands of young people.

Pajón, in addition to being an advocate for women's sports and BMX, has also worked tirelessly through her foundation to support young cyclists and promote inclusion and gender equality in the sport.

The Colombian began competing in BMX when she was four years old and by the age of nine she was already a world champion, which is why she clearly understands the importance of promoting the sport and fostering the integral development of youth.

"Beyond the medals, what I value most is the opportunity to inspire new generations of cyclists and contribute to their personal development," said Mariana in an interview with Caracol Radio, reflecting her commitment not only to the sport, but also to the well-being and future of young people.



THE HORSESHOE COLOSSUS WILL GO TO PARIS

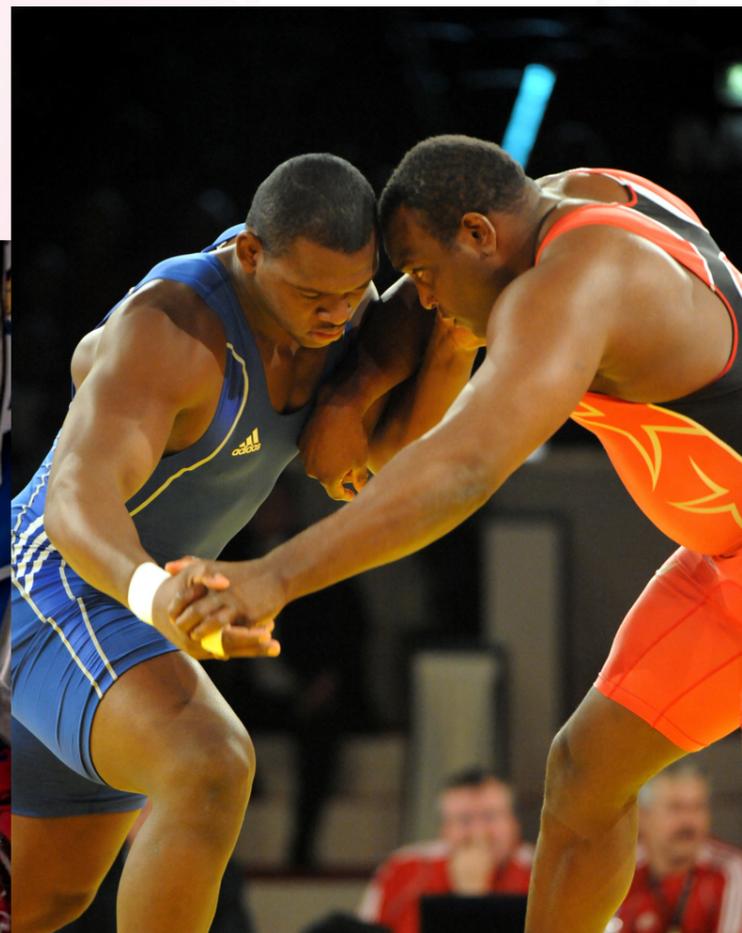
When the colossus, Mijain López, said yes to Paris 2024, the hearts of many people started to race. As his preparation runs along the expected lines, there are no qualms other than the heroic nuances of his legendary sporting career.

The 41 years are only a motivation for the feat that the Cuban gladiator will try to materialize in the XXXIII edition of the Olympic Games.

When "The Giant" competes in the Greco-Roman wrestling tournament, he will be signing the sixth participation of his career in these contests, seeking nothing more and nothing less than the fifth title in an individual specialty.

THE CHILD; THE TERRIBLE ONE

Mijain López Núñez was born in Herradura, a town in the municipality of Consolación del Sur, belonging to the province of Pinar del Río in western Cuba.



He was nicknamed, with obvious irony, El Niño (The Child), and occasionally El Terrible (The Terrible One), due to his size and visible aptitude for this discipline. When he was 13 years old he fractured his tibia and fibula in a competition, and although his father forbade him to continue wrestling, he returned to the mat. A blessed act of disobedience.

HIS FIGHT

Mijain weighs more than 130 kilograms (286.6 lbs) and is a powerhouse. A colossus; a winner. The first title of his life came at the 2003 Pan American



Games, in Santo Domingo, but he has as many medals as kilograms of weight.

In top competition alone, he has won four Olympic gold medals, is a five-time world champion and five-time Pan American champion. Three titles in Central American and Caribbean Games, three titles in World Cups, nine in Pan American Wrestling Championships, among other achievements.

What makes Mijain great are his values. Loyalty, commitment and determination. The medals are merely the fruit of these qualities - born from desire, belief and hard work.

"I am an athlete who does things step by step. I like everything to flow as it should. You have to train, to take care of yourself, to be disciplined, to strategize. But I do believe that I have the attitude and the confidence to achieve it," Mijain López stated in an interview with the Spanish-language portal of the Olympic Games.

VIRGIN ISLANDS FENCING RETURNS TO OLYMPIC

GAMES IN KRUZ'S ÉPÉE

Virgin Islands fencing will return to the most important sporting event in the world, with the qualification of Kruz Schembri, only 17 years old, in a sport that his country had not participated in the Olympic Games in the last four decades.

Kruz defines his qualification to Paris 2024 as "incredible", during a conversation with Centro Caribe Sports for the HUELLAS project, who also shared details of his life as an athlete.

Influenced by his mother who belongs to a



fencing club where they reside, Schembri made the most appropriate decision to achieve to leave a legacy in his career, who always dreamed of being in an event like the next Olympic Games.

"Since I started fencing, I saw myself qualifying for the (Olympic) Games, I worked hard to achieve it," expressed the world junior champion.

KRUZ'S FOOTSTEPS

His footsteps representing the Virgin Islands began recently, in 2022, during the Junior Pan American Championships in Lima, Perú, where he intended to enjoy that process.

Kruz, in that first tournament of his career as a high performance athlete, took sixth place in the U-20 individual épée category, and eighth place in the U-17 individual épée.

In that same 2022, he was world champion in the U-20 individual men's épée, at the World Cup held in San José, Costa Rica.

Schembri had a 2023 crowned with the world sub-championship at the World Championships in Plovdiv, Hungary, in the U-17 individual épée, which served as a platform to achieve his ticket to the Olympic Games in Paris 2024.

Besides being in Hungary, he also competed in the Pan American Cadet and Junior Championships in Bogotá, Colombia, and in the Central American and Caribbean Games in San Salvador, and the Pan American Games in Santiago.

San José was once again the stage where Kruz Schembri was crowned champion, but this time in the Olympic Qualifying Tournament, defeating Mexico's Diego Cervantes to secure his spot for Paris 2024.

Schembri, who was used to compete in the épée modality during his beginnings, for the events of 2023 and all the events of 2024, included the foil, the weapon he used to qualify for the Olympic Games.

Fencing is scheduled to take place from July 27 to August 4 at the Grand Palais in Paris.



FLORA DUFFY AND HER GREAT CHALLENGE IN PARIS

This Olympic Games event will be entirely different for Flora Duffy, because it represents the defense of the women's individual title she achieved in 2021 in Tokyo, whereas Paris 2024 offers her one of the most special stages in France to leave a great mark in the Olympics.

Representing Bermuda, she is her country's first Olympic champion in any sport, which makes her worthy of being influential among her nation's athletes, the other triathletes in the region and even on other continents.

Paris 2024 holds a distinct flavor for her, not only because she will be defending her Olympic title, but also because she will be accompanied by two other Bermudian triathletes who qualified for the Olympic Games: Erica Hawley and Tyler Smith, the first time this Caribbean island has had three triathletes in this sport at the Olympics.

Hawley and Smith will be in their first adult Olympic Games, with experience from the Youth Olympic Games, when both competed in the second edition, held in Nanjing, China, in 2014.

A special reason for Flora is that her fifth Olympics represent "the last dance" for her, who also



earned an Olympic diploma at Rio 2016, placing eighth in the individual event.

THE JOURNEY FROM TOKYO TO PARIS

The journey of an athlete who has achieved the highest level of competitiveness, commits her even more to maintain her position in the following years, and therefore, the obstacles are greater.

The Olympic champion stated that her journey has had its ups and downs, complications that she has been able to overcome, and that at the same



time have made her stronger.

"This road to qualification and the final preparation for Paris has been quite difficult, because I have had a knee injury that has put me to the test," confessed the silver medalist of the Central American and Caribbean Games, Mayagüez 2010.

Duffy is also an Olympic champion and medalist of the 2010 Mayagüez Regional Games, Pan American Games in 2015, as well as a two-time Commonwealth Games champion and four-time ITU world champion.

The women's triathlon is scheduled for July 31 starting at 3:00 a.m. Bermuda time, 8:00 a.m. in France.

YOHANDRI GRANADO: AN OLYMPIC

DREAM COME TRUE

Sport has been Yohandri Granado's salvation. His dedication and commitment made him write his name in Paris 2024, his first Olympic Games, where he will represent Venezuela in the -58kg taekwondo. The Venezuelan reached the quota for France in the Pre-Olympic Tournament held in the Dominican Republic.

Granado grew up in Petare, one of the largest and most popular neighborhoods in Caracas. At the age of 24, he is a multiple international medalist in the Olympic cycle, runner-up in the South



American Championships Cochabamba 2018 and Asunción 2022, Central American and Caribbean bronze medalist 2022 and Pan American Champion Punta Cana 2022 and Rio de Janeiro 2024.

Yohandri earned his ticket to the Paris 2024 Olympic Games after dominating the Colombian Jhon Garrido in two rounds in the Pre-Olympic Tournament of the discipline held in the Dominican Republic.

"At the moment I went blank and just thanked God and hugged my coach knowing that we had made it. After leaving the area I couldn't feel my body and I had a sensation of floating as I walked. I couldn't believe it that day," he said.

A REALITY

For Yohandri the ticket to Paris 2024 represents his effort and a great opportunity to show his character. In addition, he wants to make history

and contribute his grain of sand to the new generations.

Granado, was concentrated in Madrid-Spain in the Hankuk Club, and made his preparation prior to the Pre-Olympic in the High Performance Center of Puerto La Cruz, a place where Olympic medalists Arlindo Gouveia (Gold Barcelona 92'), Adriana Carmona (Bronze Barcelona 92' and Greece 04') and Dalia Contreras (Bronze Beijing 08) were formed.

"I thank the Venezuelan Taekwondo Federation, Master Hung Ki Kim, María Troconis my mother, my coach Mario Leal and his team, my physical trainer Alejandro Hernando and all the athletes who were there, giving their grain of sand so that everything turned out in the best way possible", he expresses.

Yohandri's Olympic qualification does not represent a personal achievement, but a rebirth of the spirit and values of Venezuelan taekwondo, a discipline that was absent in Tokyo 2020. "It's time to demonstrate our character and have fun. It's the Olympic Games, I have the opportunity to make the dream come true, we can't wait any longer", he points out.



SHERICKA JACKSON DREAMS OF GOLD



Born in Saint Ann Parish on July 16, 1994, she displayed a special aptitude for sports from an early age, excelling not only in track and field, but also in other school sports.

By leaps and bounds, the Caribbean girl has become a benchmark in contemporary women's sprinting. She has a string of medals to her name, including five Olympic medals, although none of them are individual gold medals. This is one of the great challenges of her journey to Paris 2024.

SHERICKA'S TRAIL IN SPORTS

When talking about fast women and all-around athletes, her name will necessarily be on the list. The seven-time national champion is the highest-ranked active sprinter in history with personal bests of 10.71 in the 100 m, 21.45 in the 400 m and 49.49 in the 400 m. She is the first athlete in the history of the World Championships in Athletics to win the World Championships in Athletics.



She is the first athlete in the history of the World Athletics Championships to win medals in the 100m, 200m and 400m, including the 4x100m and 4x400m relays.

A key moment in her career was at Tokyo 2020, where she won medals in the 100 and 200 meters. Her transition from the 400 meters to the shorter distances demonstrated her incredible adaptability and ability to compete at the highest level. "I've always had the speed, but I had to adapt and learn to run more efficiently over the shorter distances. It's been an exciting challenge," the five-time Olympic medalist once said when asked about her conversion.



MISSION PARIS 2024

With seven national titles, three Diamond League titles and four World Championship gold medals already in her showcase, Jackson revealed that adding an individual Olympic gold medal to her collection is on her wish list with the Paris Games fast approaching.

"I have yet to win an individual gold medal at the Olympics, so that's definitely one of my goals this year and I'm working to achieve it," she expressed.

BRISA HENNESSY: THE YOUNG COSTA RICAN SURFER

WHO CONQUERS THE OLYMPIC WAVES

The young surfer Brisa Hennessy, who has become a beacon of hope through the ocean waves, who at only 24 years old has managed to position herself among the best surfers in the world, not only for her great ability, but also for her resilience, her passion and commitment to the environment.

Born on September 16, 1999 in Matapalo, Costa Rica, where pristine beaches and impeccable waves for surfing are its main feature, Hennessy developed a deep connection with the sea since she was a child.

The lush nature that surrounded her and the



influence of her parents fostered her leaning towards surfing.

Her journey into the sport at a professional level began at an early age. At the age of 15, she was already competing on the junior circuit, where her talent was quickly recognized.

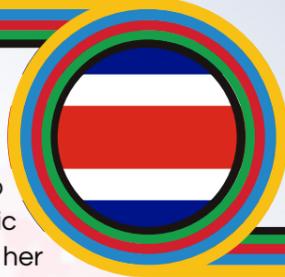
Her perseverance led her to qualify for the World Surf League (WSL) Championship Tour (CT) in 2019, where she has competed against the best female surfers in the world.

Among her most notable achievements are a series of podium finishes in international competitions and her historic qualification for the Tokyo 2020 Olympic Games, where she represented Costa Rica and captured the hearts of the public.

Hennessy has managed to qualify again for the Olympic Games, in Paris 2024, marking her second consecutive participation in the most important global sporting event.

Through her social media, Hennessy has demonstrated her ability to master this demanding stage, adapting to various surfing conditions.

Her qualification for the 2024 Olympic Games, in addition to being a personal achievement, is a source of inspiration for youth, motivating future generations of surfing and beyond.



ANRIQUELIS BARRIOS' CHALLENGES ON

THE ROAD TO PARIS 2024

Poor medical practice, intense pain, and sadness made Venezuelan judoka Anriquelis Barrios believe she could not qualify for her second Olympic Games. At that moment, she pushed herself to continue and prove who she really was: a passionate, persevering, and resilient woman who would keep fighting for her dreams.

In the world of judo, where physical and mental strength converge on the tatami, the inspiring story of Anriquelis Barrios is born. After overcoming adversity, she has secured her spot at the Paris 2024 Olympics in the -63 kg category by claiming the continental quota and ranking 31st in the Olympic ranking and 23rd in the official classification.



An initial knee ligament surgery intended to enhance her performance went awry, leading Barrios to a state of uncertainty and pain. The poor medical practice not only affected her body but also jeopardized her fighting spirit.

The need for a second operation was evident, and so began a challenging recovery process. "It was a very rough stage," Anriquelis confesses, "but it was also a period of deep learning about myself and the importance of surrounding myself with the right people."



Anriquelis's qualification for the Olympic Games is not just a personal achievement; it is a triumph for everyone who has a dream and wishes to achieve it. "Always believe in yourselves and even when others doubt you, there's a little piece in our hearts that knows we are capable of achieving it. This is my message: believe in yourselves, in your hard work, in your technique, in your endurance, in your strength, and in your will," she emphasizes.

Barrios stood out at Tokyo 2020 with an Olympic diploma after placing fifth place. She is also a Pan American medalist from Lima 2019 and a winner of multiple international medals: five Grand Slam medals and three in the World Judo Tour Grand Prix.

HAITI'S OLYMPIC GYMNASTICS TO DEBUT AT PARIS 2024



With Lynnzee Brown's historic qualification in Women's Artistic Gymnastics for the Paris 2024 Olympic Games, Haiti will see its 12th sport debut in the history of absolute Summer Olympic Games.

The International Gymnastics Federation, announced through its social media channels, that the Universality spot in the women's Artistic Gymnastics modality, belonged to the Caribbean athlete.

Haiti has previously competed in athletics, boxing, fencing, judo, Olympic shooting, swimming, taekwondo, tennis, weightlifting and wrestling, now it adds a new

sport, from a new federation, which represents a breakthrough for a nation that every day shows, through its athletes, the resilience that defines the great leaders of the world.

"Our Gymnastics Federation has been working with several young people between the ages of 15 and 18, to be able to compete in the next Olympic cycle and try to get to Los Angeles with a team, not just one athlete," commented Dr. Hans Larsen, president of the Haitian Olympic Committee.

LYNZEE'S STEPS



She excelled in artistic gymnastics from a very young age, becoming a "Level 10" at the age of 12 in 2011. From 2012 through 2017, Lynnzee qualified for Nationals five times.

During her collegiate career, she was co-champion of the 2019 NCAA women's artistic gymnastics women's all-around on floor, in addition to the NCAA tournament silver medal on vault.

Upon graduating from the University of Denver in 2023 with a degree in Communications Management, she agreed to be part of the coaching staff of the Penn State University gymnastics team.

Some time later, she began representing Haiti, with the 2023 Pan American Artistic Gymnastics Championships held in Medellín, Colombia being her first international experience.

Since that tournament, she continued to carry the Haitian flag on the world stage, including the Pan American Championships held in Santa Marta, Colombia, last May.



SURINAME BADMINTON AT THE OLYMPIC GAMES WITH SÖREN OPTI

Sören Opti has become a sports icon in Suriname, thanks to the great contributions he has made to his country through badminton, competing at the highest levels in the world, such as the Olympic Games.

Qualified again to the most coveted tournament for athletes to be played this summer from July 27 to August 5, Opti will compete in Paris 2024 after missing the Tokyo 2020 edition of the Olympic Games, held in 2021, for having tested positive for COVID-19.

Flag bearer at the Opening Ceremony in Rio 2016 of his delegation, in his Olympic debut, Sören is one of seven athletes from the continent in the men's badminton, being a great recognition to his career.

In addition, alongside Kevin Cordón from Guatemala, Uriel Canjura from El Salvador and Luis Ramón Garrido from Mexico, he represents the member countries of the Central America and the Caribbean region, affiliated to Centro Caribe Sports.



BERNARDO PIE AND MADELYN RODRÍGUEZ QUALIFY TO PARIS



Bernardo Pie and Madelyn Rodríguez, with great determination, achieved their qualification to the Paris 2024 Olympic Games, during the Santo Domingo 2024 Taekwondo Qualifying Tournament.

Rodríguez emerged victorious in the Pan American semifinal against Chile's Claudia Gallardo (2-0) in the -67 kilogram category to earn her first ticket to an Olympic event.

"There are no words to describe the significance, it is a lot of work and sacrifice," said the 24-year-old athlete.

Meanwhile, Bernardo Pie dominated his match



against the Honduran Raabbin Vicente with a 2-0 score (12-1, 13-1).

"My qualification to the Olympic Games is another opportunity, a path towards a dream that we are building. The opportunity to raise our flag to new heights," said Bernardo Pie, who will be attending his second Olympic Games.

The Grand Palais in Paris will host the best taekwondo athletes in the world from August 7 to 10 for the Olympic celebration.

PARIS 2024 MARKS MATURITY IN SPORT FOR WRIGHT

Matthew Wright, a triathlete from Barbados residing in the United Kingdom, proudly embraces his Caribbean heritage as he prepares to compete at the highest level of global sports.

Wright, a bronze medalist at the recent Central American and Caribbean Games held in San Salvador in 2023, pointed out that his qualification is a testament to his maturity, especially after failing to secure a spot for the Japan edition.

"I suffered a stress related fracture at the start of 2020, and then COVID hit. That period allowed me to reflect a lot and learn from my mistakes," he emphasized.

The announcement of the athletes who



have qualified for the upcoming Olympic Games highlights Matthew Wright as the second triathlete from his country to compete in the universal event, following a highly coordinated competitive process alongside his team.

TRIATHLON IN PARIS

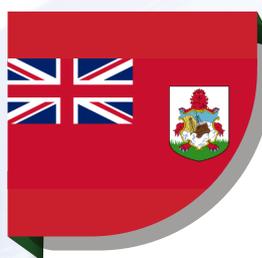
The Central America and Caribbean region will have nine triathletes from four member countries of Centro Caribe Sports at the Paris 2024 Olympic Games, among them:

The men's triathlon will take place on July 30 at the Alexandre III Bridge, starting at 2:00 AM Barbados time (8:00 AM in France).

ATHLETES



▶ MATTHEW WRIGHT



▶ FLORA DUFFY
▶ ERICA HAWLEY
▶ TYLER SMITH



▶ MARÍA CAROLINA VELÁZQUEZ



▶ LIZETH RUEDA
▶ ROSA TAPIA
▶ ARAM PEÑAFLORES
▶ CRISANTO RAJALES

TIGER TYSON: A PROMISE IN KITESURFING



On the emerging sports horizon, sailor Tiger Tyson is becoming an icon of tenacity and skill in the world of Olympic sailing. With a trajectory that began in the Caribbean waters, Tyson has demonstrated that his passion and technique are on par with the best in the international circuit at just 22 years old.

In early 2018, when Tyson was 15 years old, he won the North American and Caribbean Qualifiers, and in the same summer, he participated in the Summer Youth Olympics in Buenos Aires, where he finished fifth. His performance reflects not only his technical prowess but also his deep connection with the sea, something he says stems from his

childhood in Antigua and Barbuda.

In November last year, the continental qualifiers took place. Only one country from all of North America could qualify for the Olympic Games, including the United States, Canada, Mexico, and all of the Caribbean. After several days of demanding competition, Tyson won a silver medal and officially secured his spot at Paris 2024.

"Now that I've qualified, I'll do everything I can to win a medal. That has always been my ultimate goal: to try to win the first medal for

Antigua and Barbuda," he expressed.



STEVEN GARDINER: AN OLYMPIC ICON FROM THE BAHAMAS

On the global stage of athletics, Steven Gardiner from the Bahamas is one of the figures that stands out in the 400 meters, an event that demands both explosive speed and endurance.

Since his Olympic debut in Tokyo 2020, Gardiner has been consistent in his results, culminating with a stellar performance at the last Olympic Games, where he achieved the gold. His time, one of the fastest ever recorded in Olympic history for the 400 meters, not only secured his medal but also set a new national record for the Bahamas.

Besides being the Olympic champion and the 2019 world champion in the 400m, he also holds the silver medal from the 2017 World Championships.



Gardiner shows no signs of slowing down. His focus is already on the upcoming games and improving his technique, with the objective of defending his title and perhaps setting a new world record.

Steven Gardiner's career journey is a testament to the unbreakable spirit of athletics and a reminder of how passion and perseverance can lead an athlete to Olympic glory, elevating not only his career but also the pride of an entire nation.

Gardiner also holds the Bahamas records in the 300m and 200m outdoors, with times of 31.83s and 19.75s respectively, and the world record for the 300m indoors with a time of 31.56s.

TYLER SMITH: THE TRIATHLETE THAT STANDS OUT IN THE GLOBAL ELITE

Tyler Smith represents Bermuda and has emerged as a prominent figure in triathlon, bringing the name of his small island to the elite of global sports. His combination of commitment, discipline, and responsibility have made him a symbol of pride.

Tyler Smith's career reached a new level at the Tokyo 2020 Olympic Games, where he represented Bermuda with a performance that captured the attention of fans and experts alike. Even though he did not reach the podium, his performance was impressive, demonstrating courage and determination that promise a bright future. Japan was not only a personal achievement but also a significant milestone for Bermuda, inspiring young athletes in his country to follow in his footsteps.



LÁZARO MARTÍNEZ: CUBA READY FOR THE TRIPLE JUMP AT PARIS 2024

Historically, Cuban athletics has been a breeding ground for outstanding talent, and the 2022 Indoor World Champion, Lázaro Martínez, is a clear example of this tradition of excellence.

The turning point in Lázaro's career came at the Tokyo 2020 Olympic Games, where he represented Cuba with an impressive performance.

Although he did not reach the podium, his performance was a clear demonstration of his potential and his ability to compete at the highest level. With a jump that placed him among the best in the world, Lázaro made it clear that his name should be taken into account in future competitions.

Lázaro Martínez's trajectory is not limited to the Olympic Games. He has been a prominent figure in world championships and other top-level events, consolidating his reputation as one of the best triple jumpers in modern age.

As his career progresses, Lázaro Martínez continues to train with his sights set on Paris 2024. His goal is not only to reach new personal heights but also to continue proudly carrying the name of Cuba with every jump.



THE BRILLIANT BEATRIZ PIRÓN FOCUSED ON PARIS



Beatriz Pirón has emerged as one of the most outstanding figures in weightlifting in the Dominican Republic. Her strength, technique, and determination have pushed her to become a formidable competitor who will once again make history in Paris 2024 in the -49 kilograms category.

Pirón became the first woman in history to qualify for four Olympic Games, achieving the feat in consecutive contests: London 2012, Rio 2016, Tokyo 2020, and now Paris.

Beatriz has had notable success in world and regional championships. Her medals in events such as the Pan American Games and the World Weightlifting Championships have solidified her status as one of the top weightlifters in her category.



URIEL CANJURA: THE SALVADORAN CHAMPION



In the world of badminton, Uriel Canjura has emerged as a prominent figure, bringing the name of El Salvador to the sport's most prestigious stages.

One of the unforgettable moments in Uriel Canjura's career was his participation in the Pan American Games (bronze) and in the badminton World Championships, where he represented El Salvador with impressive performances.

At 23 years old, he became the first representative of Salvadoran badminton to secure a spot at the Paris 2024 Olympic Games.



GRANADA PRESENTE EN FRANCIA CON KIRANI JAMES

Kirani James de Granada es uno de los velocistas más brillantes de su generación. Con una combinación de talento innato, dedicación, James, campeón mundial y olímpico de Londres 2012, dará lo mejor de sí en París 2024.

Kirani mostró un talento increíble para los 400 metros. James comenzó a cosechar éxitos en competencias internacionales: En Londres 2012, ganó la medalla de oro convirtiéndose en el primer atleta de Granada en lograr tal hazaña con un tiempo de 43.94 segundos. Luego, agregó dos preseas olímpicas: una de plata (Río 2016) y un bronce en Tokyo 2020.



KEVIN MEJÍA LUCHARÁ POR HONDURAS EN PARÍS



Kevin Mejía, representante de Honduras, ha llevado el nombre de su país a la élite del deporte. Mejía se enfrentará en los 97 kg de la lucha grecorromana de los Juegos Olímpicos París 2024.

Su compromiso con el deporte y su deseo de mejorar constantemente lo llevaron a competir en escenarios cada vez más prestigiosos.

Kevin posee dos medallas mundiales, además, de tres medallas en Panamericanos, cuatro preseas de oro en Juegos Centroamericanos, entre otros triunfos que lo consolidan como uno de los mejores luchadores de su categoría en la región.

KYRON MCMMASTER SHINES IN THE HURDLES



Kyron McMaster, originally from the British Virgin Islands, has become a significant figure in the 400 meters hurdles.

McMaster, who has a silver medal from the 2023 World Athletics Championships and also placed fourth at the Tokyo 2020 Olympic Games with an impressive time of 47.08 seconds, aims to shine in France.

With his sights set on the Paris 2024 Olympic Games, Kyron remains focused and his objective is clear: to earn an Olympic medal.

JORDAN CROOKS: THE NEW STAR OF WORLD SWIMMING



Jordan Crooks owns a gold medal from the 2022 Short Course World Swimming Championships in the 50m freestyle event, becoming the first athlete from the Cayman Islands to make history. Now, his next appointment is at Paris 2024.

Crooks will compete in the Olympic Games in France after qualifying for the 50 and 100 yards freestyle during the 2023 World Championships in Fukuoka.

Jordan became the fastest swimmer in the 200 yards freestyle in Central America and the Caribbean after winning the event with a time of 1:30:41 at the 2024 NCAA Division I Championships at the IUPUI Natatorium in Indianapolis.

NICHOLAS D'AMOUR: AIMS FOR OLYMPIC GLORY



Nicholas D'Amour, born in the U.S. Virgin Islands, has emerged as one of the great promises in the world of archery and seeks to make history at the Paris 2024 Olympic Games.

His discipline and talent have led him to stand out in world championships and Archery World Cup events.

In 2021, he achieved his qualification for the Tokyo 2020 Olympic Games, becoming the first archer from the U.S. Virgin Islands to achieve it. His participation in Japan, in addition to being a personal victory, was also a source of pride for his nation.

For Nicholas D'Amour, Paris 2024 is a dream, and that is why he will give his best to achieve Olympic glory.



KISHANE THOMPSON: JAMAICA'S NEW HOPE IN JAMAICAN ATHLETICS



Kishane Thompson, a young Jamaican sprinter, seeks to leave his own mark in sports.

He currently holds the best world record of the year, having clocked an impressive time of 9.77 seconds in the 100 meters, a result that positions him as one of the favorites for gold at Paris 2024.

With this record, he ranks ninth on the all-time world list and is the fourth fastest Jamaican in history, behind Usain Bolt (9.58), Yohan Blake (9.69), and Asafa Powell (9.72).

"This year I am in the best physical shape of my career," stated Kishane.



LAURA GALVÁN: FROM MEXICO TO PARIS

Laura Galván, born in Guanajuato, Mexico, has emerged as one of the most prominent distance runners in Mexican athletics.

The gold medalist in the 5000 meters at the 2019 Pan American Games in Lima, Peru, heads to Paris aiming to make history.

Among her achievements, Galván holds a gold and a silver medal from the 2023 Central American Games in San Salvador in the 10000 meters and 5000 meters, respectively.

In July 2021, she participated in the Tokyo 2020 Olympic Games and set a new Mexican record by completing the 5000 meters in 15:00.16.



CANDELARIA RESANO: THE STAR OF NICARAGUA SURFING



Candelaria Resano is a young surfer who will be present at Paris 2024, representing Nicaragua.

Resano won a historic bronze medal for Nicaragua at the 2023 Youth World Surfing Championships and placed among the top 15 in the senior category World Championships.

The International Surfing Association (ISA) announced the allocation of universality quotas for the Paris 2024 Olympic Games, and Candelaria Resano was one of the qualifiers following her victories in local and international tournaments.

ATHEYNA BYLON: OLYMPIC GLOVES



Bylon, originally from Panama City, is an iconic figure in women's boxing in Latin America.

Her early successes in the ring opened the doors to international tournaments, one of which was in 2014, when she earned the gold medal at the AIBA Women's World Boxing Championships in Jeju, South Korea, becoming the first Panamanian boxer to win a world championship.

Atheyna will participate in her third Olympic Games after competing in Rio 2016 and Tokyo 2020.

Bylon also holds a silver medal, two gold medals, and a South American silver medal.



MICHAEL JOSEPH: SAINT LUCIA WILL BE PRESENT IN THE 400 METERS



Joseph is a young 22-year-old sprinter from Saint Lucia whose impressive ability in the 400 meters makes him one of the great figures of Caribbean and world sports who will be present in Paris 2024.

In 2021, at the inaugural Junior Pan American Games in Cali-Valle, Colombia, he won his semifinal heat in the men's 400 meters.

In July 2023, at the Central American and Caribbean Games, he ran a 44.90 in the 400 meters, finishing second behind Jereem Richards.

He also competed in the 2023 World Athletics Championships in Budapest, qualifying for the 400m semi-finals, becoming the youngest athlete to move from the heats to the semi-finals.

ROSE MARY ALMANZA AND HER FOURTH OLYMPIC PARTICIPATION



Cuban athlete Rose Mary Almanza is headed to her fourth Olympic Games—a statement that may sound simple but is backed by years of sacrifice and rewarding achievements.

Almanza secured her direct ticket to Paris with a victory time of 1:58.89 minutes in the 800 meters at the International Athletics Meeting held in Forbach, France. Her time meets the minimum standard (1:59.30) required by World Athletics and grants her a spot at the grand sporting event scheduled to take place from July 26 to August 11.

Rose made her Olympic debut in London 2012, qualifying with a time

of 1:59.55 achieved in Havana. She then earned the right to compete in Rio 2016 and Tokyo 2020. Concurrently, she has participated in six world championships: Moscow 2013, Beijing 2015, London 2017, Doha 2019, Eugene 2022, and Budapest 2023.

Rose Mary Almanza has won six gold medals at the Central American and Caribbean Games. Notably, at the Barranquilla 2018 edition, she topped the podium in the 800 meters, 1500 meters, and the 4×400 meters relay. Additionally, she is a multi-medalist at the Pan

American Games and has accumulated 15 first-place finishes in national championships throughout her career.



MARILEIDY PAULINO READY TO EXTEND HER OLYMPIC LEGACY

Paulino, the impressive Dominican athlete, is focused on expanding her legacy at the Paris 2024 Olympic Games. With a notable history that includes medals and records in the 400 meters and relays, Paulino is a prominent figure in world athletics.

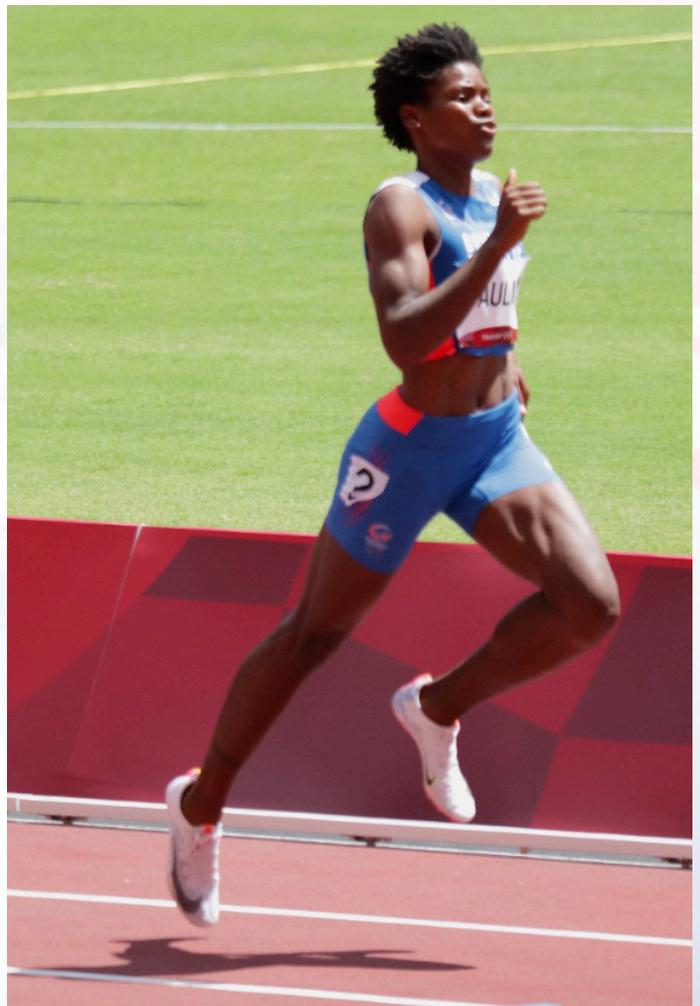
In Tokyo 2020, she shone in the 400 meters final with a silver medal and contributed to the success of the Dominican team in the mixed 4x400 meters relay with another silver medal.

At 27 years old, Paulino is an inspiration for the new generation and is ready to surpass her own limits.

"I feel very proud to be able to represent the Dominican Republic, as we place our flag as high as it can go," she expressed.

In Japan, Paulino stopped the clock at 49.20, setting a new Dominican national record in the individual 400m. Additionally, she also has three world medals in her grasp: two golds and one silver.

"I started athletics by running barefoot, then in socks, then in sneakers, then with borrowed shoes... Eventually, I was able to buy some, and the story continued from there. I was (in Tokyo 2020) a novice, just starting, and now I have much more experience. I know what I am going to do," she pointed out.





PARIS AND THE FAREWELL OF TWO CUBAN LEGENDS

Central American and Caribbean countries are benchmarks in Olympic sports. Cuba leads with the most medals, boasting 84 golds, primarily in boxing and wrestling.

Paris 2024 will be significant for the Antilleans as it marks the retirement of two of their greatest athletes: Mijain López and Idalys Ortiz.

The wrestler, a four-time Central American and Caribbean Games champion, arrives in the Parisian capital with the mission of becoming the first athlete to win five gold medals in the same individual event, a distinction he shares with Michael Phelps, Carl Lewis, Paul Elvstrom, Al Oerter, and Icho Kaori. He already holds the title of the most decorated wrestler.

But it's not just the 42-year-old world pentachampion who will leave active sports; Idalys Ortiz has also decided to

hang up her judogi. The judoka will attend her fifth Olympic Games, having reached the podium at each one. In Beijing 2008, she won bronze; then in London 2012, she seized the gold, and in the following two (Rio 2016 and Tokyo 2020), she won silver.

The ultimate global sports event will mark a before and after for two legends of Central American and Caribbean sports, which may also see the end of the career of boxer Julio César La Cruz, champion in Rio 2016 and Tokyo 2020.

To bid farewell to its two legends, Cuba decided to give them the honor of carrying the national flag during the opening ceremony on the banks of the River Seine.

Will López be able to break the record for the most individual medals in one event? Can Ortiz climb to the podium for a fifth time? Paris sets the stage for two Cuban legends to say their grand farewells.

HONORING THE CHAMPIONS: YULIMAR ROJAS, ELAINE THOMPSON AND SHAUNAE MILLER-UIBO

Today we want to pay tribute and give thanks to three sports queens, three champions who have given their all in each competition and have taught us the meaning of Olympic values and the spirit of fair play.

Today, although injuries prevent them from competing in the Paris 2024 Olympic Games, we want to say that their legacy and victory remain present in every corner, and undoubtedly, you are also part of this Olympic event.

Yulimar Rojas, the queen of triple jump, teaches us with her flights that the impossible becomes possible, just as dreams come true when you work for them. From Rio 2016 to Tokyo 2020, Yulimar not only won silver and gold medals but also the admiration and love of the world.

Elaine Thompson, with her speed on the 100 and 200 meters track at Rio 2016 and Tokyo 2020, showed us the importance of discipline and passion, after adding five Olympic gold medals to her resume. Elaine is the true example of com-



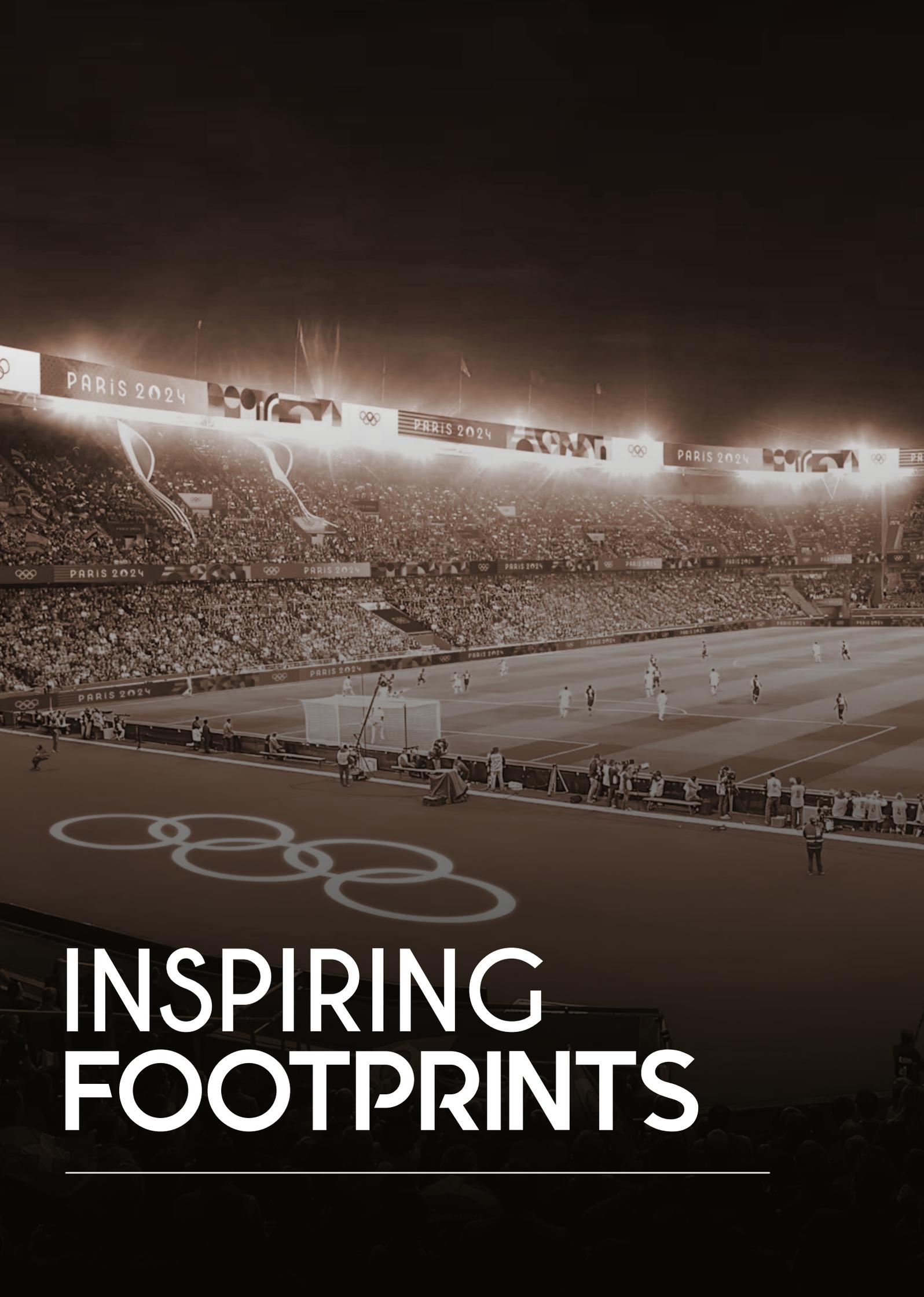
mitment. She is an inspiration for future generations.

Shaunae Miller-Uibo, up until her last breath, has given her all, as demonstrated at Rio 2016 and Tokyo 2020 when she crossed the finish line to secure her two gold medals. Her strength, fighting spirit, and discipline define the true Olympic spirit.

Thank you, Yulimar, Elaine, and Shaunae, for teaching us that champions are made of more than medals; they are born from strength, perseverance, and the will to move forward, even when the path becomes difficult, as on this occasion.

Your stories continue to inspire all those who dream of going far and achieving their goals. Thank you for leaving an eternal mark in the history of sports.



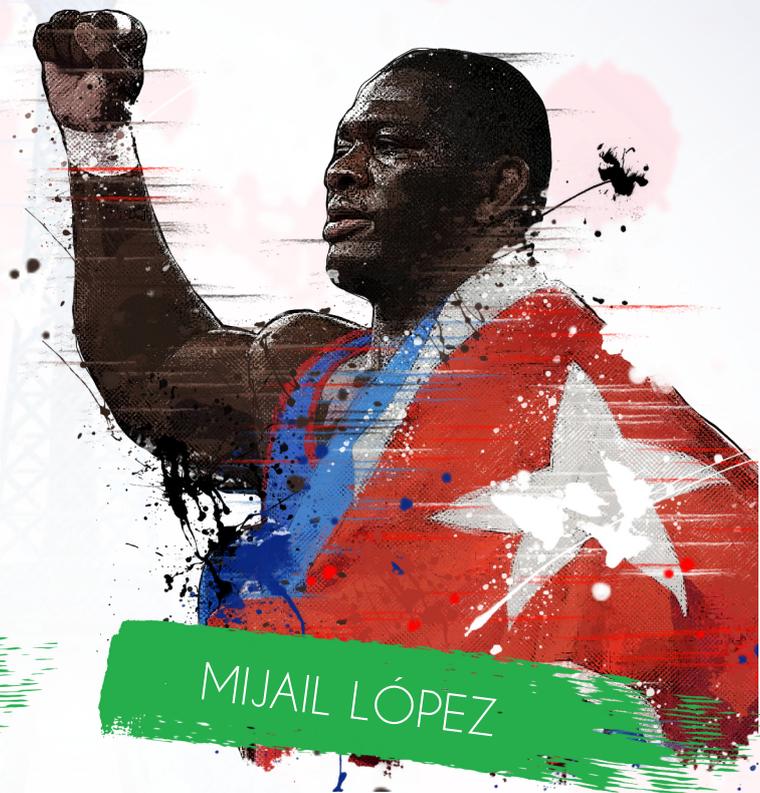


INSPIRING FOOTPRINTS

THE OLYMPIC PRIDE OF BEING CENTRAL CARIBBEAN



SHELLY-ANN
FRASER-PRYCE



MIJAIL LÓPEZ

Size isn't necessary for greatness. Glory continuously smiles upon the efforts of Central America and the Caribbean, a region that stamps its identity on the world, infusing determination, vigor, and victory with flavor, joy, and spontaneity.

When the cauldron of the Paris 2024 Olympic Games is lit, it will also commemorate the light that united the smallest area present at the fair; on that same day, a hundred years ago, on July 26, 1924, the Central American and Caribbean Sports Organization was born, now known as Centro Caribe Sports, where

37 proud nations gather to grow through sport.

PIONEERS

This area was responsible for creating the oldest regional competition in the world because Baron Pierre de Coubertin - founder of the Modern Olympic Games - wanted to spread the values of the Olympic Movement to every corner of the Earth, and the first to materialize the idea into reality were the countries of this zone, with the creation of the Central American and Caribbean Games, which saw their first edition in 1926 and which every four years invites the countries

of the area to add their utmost efforts, in a joint evolution towards the Olympic Games.

THE LEGACY OF OLYMPIC HEROES

Even before the inception of the games, Central America and the Caribbean already shone in Olympic history, thanks to the fencer from Havana, Cuba, Ramón Fonst, who at 17 years old, arrived at the Paris 1900 Olympics to become the first Olympic medalist and Olympic Champion of the region, winning gold in individual epee; in St. Louis 1904, he won three more titles: in



EMILIANO HERNÁNDEZ



KEYDOMAR VALLENILLA

individual epee and foil in mixed team foil. His legend endured until the Central American and Caribbean Games of Panama 1938, where he won six gold medals and later presided over the Cuban Olympic Committee.

Fonst's golds opened the door for the Central Caribbean countries, and the Greater Antilles is the most combative nation in the region, having reached the Top 10 in the medal table of various editions of the Olympics, amassing 235 medals: 86 golds, 69 silvers, and 82 bronzes.

Every country in the area has written a chapter in this history of pride and achievements, and their Olympic golds set a precedent.

In London 48, WWII pilot Arthur Wint became the first man from Jamaica to win an Olympic gold (400m), and in that same edition, the Mexican riders Humberto Mariles, Rubén Uriza, and Alberto Valdez arrived at Wembley Stadium to compete in the jumping event; despite prejudices about their tall and slender horses, they won team gold and Mariles also won the individual gold, setting a global precedent for competing with more athletic equines in this event and giving Mexico its first two Olympic titles.

In Tokyo 64, Durward Knowles and Cecil Cook gave the Bahamas their battle to conquer Olympic gold in the Star class. Four years later, Venezuela met its first Olympic Champion, in Mexico 68, thanks to

Francisco Rodríguez who raised his fists with boxing gold in the -48kg division.

From Trinidad and Tobago came the first king of the Central Caribbean hectometer: Hasely Crawford, who won gold in the 100m at Montreal 76, and that title planted the seed of power and discipline for the region (and it was not until the Jamaican Usain Bolt won the 100m titles in Beijing 2008, London 2012, and Rio 2016 that the area shone again in the queen test). In those same Canadian Games, the world saw the double from Cuban Alberto Juantorena, who won both the 400m and the 800m in athletics; an unprecedented feat in Olympic history.

And perhaps the most astonishing title that Olympic swimming has seen

shone with Central Caribbean pride, thanks to Anthony Nesty, who made it to the pool in Seoul 88 to compete in the 100m butterfly and defeated the favorite, the American Matt Biondi. That title consecrated him as a national hero and as the first Afro-descendant Olympic Champion in swimming. Also from the waters emerged the first Olympic gold for Costa Rica, thanks to Claudia Poll, who won the 200m freestyle in Atlanta 1996.

Already in the 20th-century Games, Colombia heard its National Anthem at the Sydney 2000 Games for the first time, with the debut of women's weightlifting where María Luisa Urrutia won in the 69kg division., four years later in Athens 2004, the Dominican Republic found its

first Olympic Champion in Félix Sánchez, who won the 400m hurdles (and who regained that title in London 2012); while in Beijing 2008 Panama experienced its first Olympic glory in the flight of Irving Saladino, who won the long jump.

'La Isla del Encanto' was filled with glory in Rio 2016, thanks to the tennis player Monica Puig who conquered the first Olympic gold for Puerto Rico and in Tokyo 2020 Flora Duffy put the flag of Bermuda at the top of the Olympic triathlon podium and also became the first person to win the gold of the Games and the world gold in the same year.

HEIRS OF THE EFFORT

The legacy of more than a century of efforts finds worthy heirs of Cen-

tral Caribbean pride; heirs who have left their mark in their communities, their countries, in this area, and in the world.

100 years after the founding of Centro Caribe Sports, legends such as Mijain López, the Cuban gladiator who has conquered four consecutive golds in the 130kg division of the Greco-Roman style, will arrive at the Paris 2024 Olympics, but at the French fair, he seeks the historic and never-before-seen fifth gold medal on the chest of the same wrestler.

Colombian Flor Denis Ruiz Hurtado arrives at Paris 2024 as this season's world leader in javelin throw; the same place of honor occupied by Cuban Yaime Pérez, in discus throw or Jamaican sprinter



JULIEN ALFRED



ALE OROZCO



MARILEIDY PAULINO

MARIANA PAJÓN

Kishane Thompson in the 100m and in the women's 100m the presence of the defending Olympic Champion Sherika Jackson with the legend Shelly-Anne Fraser Pryce, who will compete in her fifth consecutive Olympics and has collected eight medals, with Julien Alfred, World Indoor Champion and 3rd in the world in 100m, who could give Saint Lucia its first Olympic medal; or Dominican Marileidy Paulino who arrives as the reigning Olympic Subchampion of 400m and medalist with the mixed 4x400 relay; in addition to the Defending Champion Jasmine Camacho-Quin.

Cuban Víctor La Cruz seeks to join the group in which there are only three boxers with three Olympic golds: Hungarian Laszlo Papp and his compatriots Teofilo Stevenson and Félix Savón; or in cycling, the presence of Colombian, queen of BMX, Mariana Pajón.

And although indirectly, the shine of French judoka Teddy Linier, also comes from this region. Riner will compete in Paris 2024 in his fifth Olympics and between Beijing 2006 and Tokyo 2020 won three golds and two bronzes in the Games; a talent that emerged from this side of the world, on the island of

Guadeloupe.

Every day of effort, each athlete has left traces on a radiant path towards new efforts and new victories; each achievement shows that you don't have to be big to be great.

CSS OLYMPIC GAMES MEDAL TABLE

COUNTRIES

GOLD

SILVER

BRONZE



CUBA

84

60

82



JAMAICA

26

36

26



MEXICO

13

26

36



BAHAMAS

08

02

06



COLOMBIA

05

13

16



VENEZUELA

04

07

10



TRINIDAD AND
TOBAGO

03

05

11



DOMINICAN
REPUBLIC

03

05

04



PUERTO RICO

02

02

06



COSTA RICA

01

01

02



PANAMÁ

01

00

02



BERMUDA

01

00

01



SURINAME

01

00

00



HAITI

00

01

01



GUATEMALA

00

01

00



BARBADOS

00

00

01

MIREYA LUIS: REACHING THE HEIGHTS OF SUCCESS



Mireya Luis is recognized as one of the best volleyball players of all time. With three Olympic gold medals: Barcelona 1992, Atlanta 1996, and Sydney 2000, she demonstrates the importance of believing in oneself from the very beginning to achieve your dreams.

Luis might not have been an athlete, but her conviction in pursuit of happiness was way greater. Her entry into the world of volleyball is inspiring and emblematic. During a tryout for a sports school, despite being overlooked for her short stature, Mireya approached the coach and confidently declared, "I can touch the ceiling." Before the coach could respond, Mireya jumped and touched the ceiling, demonstrating her physical capability and boldness. This act marked the beginning of a stellar sports career.

Gradually, Mireya gained experience and became a key player on the Cuban national volleyball team. Not only were they Olympic champions, but under Luis's leadership, Cuba also dominated nu-

merous world championships and international cups.

Mireya is an inspiration on and off the court. With her story, she has encouraged women to pursue their dreams regardless of physical or social barriers. She is a reminder that you can achieve anything if you fight for it. She is a beacon of light and hope for the world.





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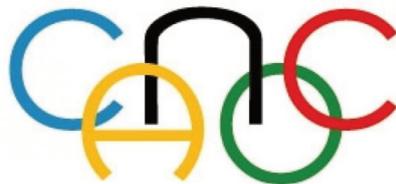
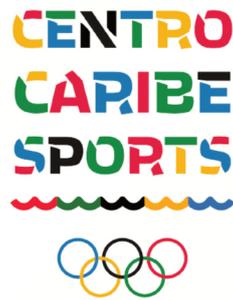




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PARIS 2024



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