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1975 Central American Championships in Athletics

The eighth **Central American Championships in Athletics** were held at the Estadio Nacional in San José, Costa Rica, between November 26–29, 1975.

A total of 36 events were contested.

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Total

Male

Female

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| VIII Central American Championships in Athletics | |
|--|---|
| Host city | San José, Costa Rica |
| Date(s) | November 26–29 |
| Main stadium | Estadio Nacional |
| Level | Senior |
| Participation | 5 nations |
| Events | 36 |
| ← 1972 Ciudad de Panamá 1980 → | |

Medal summary

Some results and medal winners could be reconstructed from the archive of Costa Rican newspaper La Nación.^{[1][2]}

Men

| Event | Gold | | Silver | | Bronze | |
|---------------------------------|--|----------|---|---------|--|---------|
| <u>100 metres</u> | Irving Weeks (PAN) | 10.5 | Carlos Jiménez (CRC) | 10.6 | Ricardo Dewitt (CRC) | 10.6 |
| <u>200 metres</u> | | | | | | |
| <u>400 metres</u> | | | | | | |
| <u>800 metres</u> | Venancio Ponce (HON) | | Jesús Salazar (CRC) | | Rafael Fonseca (CRC) | |
| <u>1500 metres</u> | Venancio Ponce (HON) | 4:06.0 | Edgar Fournier (CRC) | 4:09.2 | Róger Zúñiga (CRC) | 4:12.4 |
| <u>5000 metres</u> | Rafael Ángel Pérez (CRC) | 14:21.10 | | | | |
| <u>10000 metres</u> | Rafael Ángel Pérez (CRC) | 29:40.90 | | | | |
| <u>Marathon</u> | Rafael Ángel Sandí (CRC) | 2:36:30 | Hugo Vargas (CRC) | 2:38:13 | Félix González (ESA) | 2:44:06 |
| <u>3000 metres steeplechase</u> | | | | | | |
| <u>110 metres hurdles</u> | | | | | | |
| <u>400 metres hurdles</u> | Rafael Fonseca (CRC) | 55.6 | Silvio Larios (NCA) | 59.9 | Walter Salazar (CRC) | 67. |
| <u>High Jump</u> | Roberto McFarlane (CRC) | 1.90 | Arnoldo Monge (CRC) | 1.83 | Julio Cedeño (PAN) | |
| <u>Pole Vault</u> | | | | | | |
| <u>Long Jump</u> | | | | | | |
| <u>Triple Jump</u> | | | | | | |
| <u>Shot Put</u> | E. Montiel (NCA) | 14.49 | Roberto Ibáñez (PAN) | 14.42 | Iván Turcios (NCA) | 13.40 |
| <u>Discus Throw</u> | | | | | | |
| <u>Hammer Throw</u> | René Lichi (PAN) | 46.62 | Gustavo Morales (NCA) | 45.48 | Francisco Argüello (NCA) | 44.60 |
| <u>Javelin Throw</u> | Eustacio de León (PAN) | 64.45 | Donald Vélez (PAN) | 61.12 | Rodolfo Méndez (PAN) | 60.01 |
| <u>Decathlon</u> | | | | | | |
| <u>20</u> | Hipólito | 1:47:52 | César | 1:51:42 | Adolfo | 1:52:10 |

| | | | | | | |
|----------------------|---|--------|--|--------|---|--------|
| Kilometres Road Walk | López (HON) | | Argüello (NCA) | | Vanegas (HON) | |
| 4 x 100 metres relay | | | | | | |
| 4 x 400 metres relay | El Salvador | 3:22.3 | Nicaragua | 3:24.1 | Costa Rica | 3:27.4 |

Women

| Event | Gold | | Silver | | Bronze | |
|----------------------|--|---------------------|---|--------|--|--------|
| 100 metres | Campbell (CRC) | 12.1 | Sandra Johnson (CRC) | 12.1 | (NCA) | |
| 200 metres | | | | | | |
| 400 metres | | | | | | |
| 800 metres | Thelma Zúñiga (CRC) | 2:16.4 CR | Maritza Garita (CRC) | 2:24.7 | Eleonora Rodríguez (ESA) | 2:28.7 |
| 1500 metres | Thelma Zúñiga (CRC) | 4:52 | Myriam Benavides (CRC) | 5:22 | Zumara Larios (NCA) | 5:22 |
| 100 metres hurdles | | | | | | |
| High Jump | | | | | | |
| Long Jump | Rusel Carrero (NCA) | 4.88 | Elizabeth Aguilar (CRC) | 4.19 | Teresita Murillo (CRC) | 4.01 |
| Shot Put | | | | | | |
| Discus Throw | Ilse Sobrado (CRC) | 28.69 | Gené Clark (CRC) | 27.71 | Cinthia Porras (NCA) | 27.67 |
| Javelin Throw | Marta Velázquez (NCA) | 35.48 | Aida Wilson (CRC) | 32.24 | Gené Clark (CRC) | 30.95 |
| Pentathlon | Rusel Carrero (NCA) | 2595 | Elizabeth Aguilar (CRC) | 2100 | Teresita Murillo (CRC) | 2075 |
| 4 x 100 metres relay | Costa Rica Sandra Johnson Myriam Benavides Maritza Murillo Thelma Zúñiga | 4:09.1 | Nicaragua | 4:16.1 | El Salvador | 4:27.5 |

Medal table

A medal table was published.^[2]

The host country is highlighted in lavender blue

| Rank | Nation | Gold | Silver | Bronze | Total |
|------|---|------|--------|--------|-------|
| 1 | Costa Rica | 18 | 18 | 13 | 49 |
| 2 | Nicaragua | 6 | 9 | 14 | 29 |
| 3 | Panamá | 6 | 4 | 4 | 14 |
| 4 | El Salvador | 3 | 3 | 4 | 10 |
| 5 | Honduras | 3 | 2 | 1 | 6 |

Team Rankings

Costa Rica won the overall team ranking, the team ranking in the men's category and in the women's category^[2]

Total

The host country is highlighted in lavender blue

Male

The host country is highlighted in lavender blue

Female

The host country is highlighted in lavender blue

| Rank | Nation | Points | Rank | Nation | Points | Rank | Nation | Points |
|----------------|---|--------|----------------|---|--------|----------------|---|--------|
| 1 | Costa Rica | 334 | 1 | Costa Rica | 185 | 1 | Costa Rica | 149 |
| 2 | Nicaragua | 207 | 2 | Nicaragua | 112 | 2 | Nicaragua | 95 |
| 3 | Panamá | 90 | 3 | Panamá | 81 | 3 | El Salvador | 32 |
| 4 | El Salvador | 76 | 4 | El Salvador | 44 | 4 | Panamá | 9 |
| 5 | Honduras | 46 | | Honduras | 44 | 5 | Honduras | 2 |

References

- Costa Rica puntero del centroamericano de atletismo* (<https://news.google.com/newspapers?nid=BZGggv0hN9sC&dat=19751127&printsec=frontpage&hl=en>) (in Spanish), *La Nación*, Costa Rica, November 27, 1975, p. 18 (original page no.: 35A), retrieved September 22, 2012
- Costa Rica ganó octavo centroamericano de atletismo* (<https://news.google.com/newspapers?nid=BZGggv0hN9sC&dat=19751130&printsec=frontpage&hl=en>) (in Spanish), *La Nación*, Costa Rica, November 30, 1975, p. 33 (original page no.: 64A), retrieved September 22, 2012

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