**Regional Records**

**Region 5 Division 2**

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| **Wt. Class** | **Lift** | **Athlete** | **Team** | **Record** | **Year** |
| 97 | Squat | Tracy Escamilla | Rio Hondo | 300 | 2014 |
| Bench | Tracy Escamilla | Rio Hondo | 150 | 2014 |
| Deadlift | Lorraine San Miguel | Crystal City | 325 | 2014 |
| Total | Tracy Escamilla | Rio Hondo | 765 | 2014 |
| 105 | Squat | Amanda Lopez | Crystal City | 300 | 2014 |
| Bench | Amanda Lopez | Crystal City | 160 | 2014 |
| Deadlift | Amanda Lopez | Crystal City | 320 | 2014 |
| Total | Amanda Lopez | Crystal City | 780 | 2014 |
| 114 | Squat | Brianna Gonzalez | Zapata | 305 | 2014 |
| Bench | Yvette Flores | Crystal City | 145 | 2014 |
| Alexandra Garcia | Zapata | 145 | 2014 |
| Deadlift | Genesis San Miguel | Crystal City | 320 | 2014 |
| Total | Brianna Gonzalez | Zapata | 755 | 2014 |
| 123 | Squat | Alana Montes | Zapata | 345 | 2014 |
| Bench | BRITTANY FLORES | Pearsall | 150 | 2012 |
| Deadlift | BRITTANY FLORES | Pearsall | 325 | 2012 |
| Alana Montes | Zapata | 325 | 2014 |
| Total | Alana Montes | Zapata | 815 | 2014 |
| 132 | Squat | Crystal Olivarez | Rio Hondo | 350 | 2014 |
| Bench | Crystal Olivarez | Rio Hondo | 190 | 2014 |
| Deadlift | Crystal Olivarez | Rio Hondo | 375 | 2014 |
| Total | Crystal Olivarez | Rio Hondo | 915 | 2014 |
| 148 | Squat | Crystal Acosta | Ingleside | 350 | 2014 |
| VERONICA URBANCZYK | Pleasanton | 350 | 2012 |
| Bench | Claudia Roiz | Crystal City | 180 | 2014 |
| Deadlift | VERONICA URBANCZYK | Pleasanton | 350 | 2012 |
| Total | VERONICA URBANCZYK | Pleasanton | 855 | 2012 |
| 165 | Squat | Natalie Contreras | Orange Grove | 380 | 2013 |
| Bench | Ashley Mata | Crystal City | 185 | 2014 |
| Deadlift | MICHELLE ARCE | Zapata | 375 | 2012 |
| Total | Marissa Hernandez  | Port Isabel | 900 | 2011 |
| 181 | Squat | Marissa Hinojosa | Pleasanton | 415 | 2014 |
| Bench | ALEXIS CONTRERAS | Crystal City | 235 | 2012 |
| Deadlift | Amanda Esquivel | Zapata | 365 | 2014 |
| Total | ALEXIS CONTRERAS | Crystal City | 990 | 2012 |
| 198 | Squat | Kacee Pedraza | Raymondville | 465 | 2010 |
| Bench | Mercedes Alonzo  | Yoakum | 185 | 2011 |
| Lisa Garza  | Crystal City | 185 | 2011 |
| Deadlift | LISA GARZA | Crystal City | 430 | 2012 |
| Total | LISA GARZA | Crystal City | 1055 | 2012 |
| 220 | Squat | Alexis Contreras  | Crystal City | 500 | 2011 |
| Bench | Alexis Contreras  | Crystal City | 275 | 2011 |
| Deadlift | Mystika Garcia | Raymondville | 385 | 2013 |
| Total | Alexis Contreras  | Crystal City | 1125 | 2011 |
| 220+ | Squat | Vivianna Flores | Raymondville | 560 | 2014 |
| Bench | Vivianna Flores | Raymondville | 265 | 2014 |
| Deadlift | Jvonne Avila  | Crystal City | 460 | 2011 |
| Total | Vivianna Flores | Raymondville | 1200 | 2014 |