**Region 5 Division 3**

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| **Wt. Class** | **Lift** | **Athlete** | **Team** | **Record** | **Year** |
| 97 | Squat | Jestine Gonzalez | San Diego | 240 | 2013 |
| Bench | Shelby Jenkins | Hebbronville | 115 | 2013 |
| Deadlift | Symantha Flores | Three Rivers | 245 | 2014 |
| Macy Ramirez | San Diego | 245 | 2014 |
| Total | Jestine Gonzalez | San Diego | 570 | 2013 |
| 105 | Squat | Amanda Salinas | Hebbronville | 285 | 2013 |
| Bench | Alexis Soto | Bruni | 130 | 2014 |
| Deadlift | Amanda Salinas | Hebbronville | 300 | 2013 |
| Total | Elma Lopez | San Diego | 685 | 2014 |
| Amanda Salinas | Hebbronville | 685 | 2013 |
| 114 | Squat | Tarah Perales | San Diego | 285 | 2014 |
| Bench | Heather DeLeon | Mathis | 145 | 2014 |
| Deadlift | Thalia Garcia | Cotulla | 300 | 2014 |
| Total | Tarah Perales | San Diego | 700 | 2014 |
| 123 | Squat | Kassandra Garcia | San Diego | 335 | 2014 |
| Bench | Elizabeth Cantu | Hebbronville | 155 | 2014 |
| Kassandra Garcia | San Diego | 155 | 2014 |
| Dally Gonzalez | Hebbronville | 155 | 2011 |
| Deadlift | Kassandra Garcia | San Diego | 330 | 2014 |
| Total | Kassandra Garcia | San Diego | 820 | 2014 |
| 132 | Squat | Brianna Maldonado | Hebbronville | 320 | 2014 |
| Bench | Kaylla Gonzalez | Hebbronville | 160 | 2013 |
| Tyler Pope | Schulenburg | 160 | 2011 |
| Deadlift | Kaylla Gonzalez | Hebbronville | 320 | 2013 |
| Total | Kaylla Gonzalez | Hebbronville | 770 | 2013 |
| 148 | Squat | Natalie Barrera | Bishop | 425 | 2014 |
| Bench | Natalie Barrera | Bishop | 200 | 2014 |
| Deadlift | Meghan Truax | Goliad | 365 | 2013 |
| Total | Natalie Barrera | Bishop | 975 | 2014 |
| 165 | Squat | Del Garza | Hebbronville | 400 | 2014 |
| Bench | Yolanda Sanchez | George West | 175 | 2012 |
| Deadlift | Del Garza | Hebbronville | 390 | 2014 |
| Total | Del Garza | Hebbronville | 950 | 2014 |
| 181 | Squat | Lora Garcia | Hebbronville | 355 | 2012 |
| Bench | Caryna Flores | Bruni | 190 | 2014 |
| Deadlift | Lora Garcia | Hebbronville | 365 | 2012 |
| Total | Lora Garcia | Hebbronville | 895 | 2012 |
| 198 | Squat | Samantha Rossi | Hebbronville | 385 | 2012 |
| Bench | Marisol Palacios | Poth | 205 | 2014 |
| Deadlift | Lora Garcia | Hebbronville | 380 | 2011 |
| Total | Samantha Rossi | Hebbronville | 895 | 2012 |
| 220 | Squat | Alyssa Perales | San Diego | 430 | 2011 |
| Priscilla Perez | San Antonio Brooks Academy | 430 | 2014 |
| Bench | Priscilla Perez | San Antonio Brooks Academy | 230 | 2014 |
| Deadlift | Sam Rossi | Hebbronville | 375 | 2014 |
| Total | Priscilla Perez | San Antonio Brooks Academy | 1020 | 2014 |
| 220+ | Squat | Claudia Avila | Hebbronville | 500 | 2014 |
| Bench | Gizel Morales | Bishop | 240 | 2011 |
| Deadlift | Cassandra Soto | Skidmore-Tynan | 370 | 2014 |
| Total | Claudia Avila | Hebbronville | 1045 | 2014 |