

UPA Female Best Lifts

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|-----------------|---------|-------------------------|---------------|------------------------------|
| Mary Askew | Wt. 165 | Cat. Open/Masters 45-49 | Raw Push/Pull | B. 176.2 Dead 341.5 |
| Natasha Keeney | Wt. 198 | Cat. Open | Raw Full | S. 330.5 B. 181.7 Dead 352.3 |
| Tyara Straka | Wt. 198 | Cat. Teen 13-19 | Raw Full | S. 319.5 B.214.7 Dead 396.7 |
| Lisa Hubbard | Wt. 181 | Cat. Raw | Raw Bench | B. 110 |
| Kayla Richey | Wt. 181 | Cat. Teen 13-19 | Raw Full | S. 264.5 B. 126.7 Dead 319.5 |
| Ann Truong | Wt. 181 | Cat. Open | Raw Full | S. 264.5 B. 121.2 Dead 314 |
| Stephanie Duran | Wt. 113 | Cat. Open | Raw Full | S. 242.5 B. 126.7 Dead 314 |
| Sophie Wilson | Wt. 123 | Cat. Open | Raw Full | S. 176.2 B. 104.5 Dead 236.7 |
| Monica McCombs | Wt. 165 | Cat. Teen 13-19 | Raw Full | S. 159.7 B. 82.5 Dead 231.2 |
| Iris Singleton | Wt. 114 | Cat. Teen 13-19 | Raw Full | S. 165.2 B. 99 Dead 214.7 |
| Jenn Jensen | Wt. 195 | Cat. Submaster | Raw Full | S. 209.2 B. 126.7 Dead 275.5 |
| Geneveve Sawyer | Wt. 148 | Cat. Teen 13-19 | Raw Full | S. 209.2 B. 110 Dead 236.7 |
| Nicole Williams | Wt. 165 | Cat. Open | Dead | Dead 275.5 |
| Mataya Straka | Wt. 165 | Cat Guest Lifter | Raw Full | S. 259 B. 132.2 Dead 330.5 |
| Maria Solis | Wt. 132 | Cat. Open | Raw Full | S. 264.5 B. 126.7 Dead 275.5 |