

2024/2025 Girls Weightlifting Schedule

PRACTICE SCHEDULE

Monday & Wednesday Mornings in New Gym Weight Room at 7:30am

- Practice will be held every Mon & Wed except for Holidays or
Non-School Days

MEETS

November 13 - Mock Meet/Liftathon (Home)

November 20 - vs Northview (Away)

December 11 - Tri Meet vs PHS and West Florida (Home)

January 15 - vs Washington (Home)