



## 2022-2023

# GIRLS WEIGHTLIFTING

			WEIGH IN	START
<b>OCT 27</b>	<b>LEMON BAY (PRESEASON)</b>	<b>LBHS</b>	<b>3:30</b>	<b>4:30</b>
NOV 3	RIVERVIEW DUAL	RHS	3:45	4:30
<b>NOV 17</b>	<b>CHARLOTTE DUAL</b>	<b>CHS</b>	<b>4:00</b>	<b>5:00</b>
DEC 8	SARASOTA COUNTY MEET	VHS (OLD GYM)	2:30	4:00
<b>DEC 15</b>	<b>NORTH PORT RIVERVIEW TRI</b>	<b>VHS</b>	<b>3:00</b>	<b>4:00</b>
JAN 7	LEMON BAY INVITE	LBHS	TBD	TBD
<b>JAN 24 OR 25</b>	<b>YOUNG WARRIOR INVITE (JV)</b>	<b>VHS (OLD GYM)</b>	<b>3:00</b>	<b>4:30</b>
JAN 25-28	FHSAA DISTRICT MEET	TBD	TBD	TBD
<b>FEB 2-4</b>	<b>FHSAA REGIONAL MEET</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>
FEB 17-18	FHSAA STATE WEIGHT MEET	LAKELAND	TBA	TBA

\*\*\*TIMES FOR MEETS ARE SUBJECT TO CHANGE

