



2023/2024 Girls' Weightlifting Schedule

- OCTOBER -

Monday, October 9 th	Official first day of practice!!
Wednesday, October 18 th	Mock Meet [HOME]
Thursday, October 26 th	Coyote Preseason Inv. @ Cypress Creek

- NOVEMBER -

Wednesday, November 1 st	Tri Meet @ Cypress Creek (+W.Chapel)
Wednesday, November 8 th	Tri Meet @ ZHills (+Land O'Lakes)
Wednesday, November 15 th	Dual Meet [HOME] vs. W.Chapel
Friday, November 17 th	Liftsgiving Invitational @ Leesburg

- DECEMBER -

Wednesday, November 29 th	4 th Annual Beauty & The Beast!! [HOME]
Friday, December 8 th	Kemp Law Group Inv. @ River Ridge
Saturday, December 16 th	Power of Christmas Invitational @ Suwanee

- JANUARY -

Thursday, January 11 th	<u>SAC Conference</u> @ Cypress Creek
Saturday, January 13 th	Lady Manta Invitational @ Lemon Bay
Friday, January 19 th	Ariana Pizarro Invitational @ Lake Wales
Saturday, January 27 th	<u>Districts</u> @ Manatee??

- FEBRUARY -

Thurs or Fri or Sat, Feb. 1 st - 3 rd	<u>Regionals</u> @ Charlotte??
Friday + Saturday, Feb. 16 th - 17 th	<u>STATE MEET</u> @ RP Funding Center in Lakeland

