



2024/2025 Girls Weightlifting Schedule

- OCTOBER -

Monday, October 7 th	Official first day of practice!!
Wednesday, October 16 th	Mock Meet [HOME → in weightroom]
Thursday, October 24 th	Coyote Preseason Inv. @ Cypress Creek
Saturday, October 26 th	Salute to Service Inv. @ Freedom (Orlando)
Wednesday, October 30 th	vs. Land O'Lakes [HOME → in weightroom]

- NOVEMBER -

Wednesday, November 6 th	@ Zephyrhills
Wednesday, November 13 th	vs. WChapel + Pasco [HOME → in weightroom]
Wednesday, November 20 th	@ CCreek + Wiregrass
Thursday, November 21 st	Buffalo Invitational @ The Villages

- DECEMBER -

Friday, December 6 th	Disparti - Kemp Law Group Inv. @ River Ridge
Saturday, December 14 th	Power of Christmas Invitational @ Suwanee
Thursday, December 19 th	5th Annual Beauty & The Beast!! [HOME] (Senior Night)

- JANUARY -

Wednesday, January 8 th	SAC Conference @ CCreek
Saturday, January 18 th	Ariana Pizarro Invitational @ Lake Wales
Saturday, January 25 th	Districts Home @ Sunlake

- FEBRUARY -

Saturday, Feb. 1 st	REGIONALS @ St. Cloud
Fri./Sat., Feb. 14 th - 15 th	STATE MEET @ RP Funding Center in Lakeland

