



# 2023-2024 Girls Weightlifting Schedule



<b><u>DATE</u></b>	<b><u>Opponent</u></b>	<b><u>Time</u></b>	<b><u>Dismiss</u></b>
Wed Oct 25 <sup>th</sup>	Preseason Lift-Off (Intersquad)	4:00 pm	N/a
Wed Nov 1 <sup>st</sup>	@ Altha (vs. Altha vs. Blountstown vs. Chipley vs. Sneads)	2:00 pm EST	12:15 pm
Wed Nov 8 <sup>th</sup>	vs. Blountstown	3:00 pm	N/a
Wed Nov 15 <sup>th</sup>	@ Wewahitchka	4:30 pm EST	2:15 pm
Wed Nov 29 <sup>th</sup>	@ Blountstown	3:00 pm EST	1:30 pm
Wed Dec 6 <sup>th</sup>	vs. Wewahitchka	4:30 pm EST	N/a
Sat Dec 16 <sup>th</sup>	Power of Christmas @ Suwannee	10:00 am	N/a
Tues Jan 9 <sup>th</sup>	vs. North Bay Haven vs. Taylor Co.	3:30 pm	N/a
Wed Jan 17 <sup>th</sup>	vs. Chiles	3:30	N/a
Jan 24 <sup>th</sup> – 27 <sup>th</sup>	Districts @Suwannee (weigh-in at 3:00 pm)	5:00 pm	1:00 pm
Feb 1 <sup>st</sup> - 3 <sup>rd</sup>	Regionals	TBD	TBD
Feb 16 <sup>th</sup> – 17 <sup>th</sup>	State Meet (Lakeland)	TBD	

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