

BARTRAM TRAIL HIGH SCHOOL

GIRLS WEIGHTLIFTING

2019-20 SCHEDULE

DATE	DAY	OPPONENT	LIFT TIME
November			
6	Wed	@Oakleaf	5:00pm
13	Wed	@Middleburg / Nease / BT	5:00pm
20	Wed	@ Flagler Palm Coast	5:00pm
DECEMBER			
4	Wed	SJRAC Conference Meet @ Pedro Menendez High	Weigh: 2:30pm Lift: 4:00 pm
11	Wed	Crescent City / BT @Pedro	3:30 pm
18	Wed	Open – Finals Week	NA
Dec. 23 / 24 Jan 2 / 3		HOLIDAY BREAK – PRACTICE SCHEDULE	10 am
JANUARY			
13	Mon	Palatka [Senior Night]	5:30 pm
23	Thur	DISTRICT FINAL @Flagler Palm Coast HS	Weigh in: 2 pm Lift 5:00 pm
FEBRUARY			
1	Sat	REGIONAL FINALS @ Flagler Palm Coast HS	Wgt in: 8:30am Lift: 11:00 am
14-15	Fri / Sat.	FHSAA CLASS 2A GIRLS STATE WEIGHTLIFTING FINAL	TBD Panama City, FL

