

# BARTRAM TRAIL HIGH SCHOOL

## GIRLS WEIGHTLIFTING

### 2023-24 SCHEDULE

DATE	DAY	OPPONENT	LIFT TIME
<b>November</b>			
1	Wed	@ St Augustine	4:30pm
8	Wed	@ Pedro Menendez / PV	5:00pm
15	Wed	@Oakleaf	4:30pm
22	Wed	Thanksgiving Break	
29	Wed	Nease [BT Wgt Room]	5:00pm
<b>DECEMBER</b>			
6		OPEN	
13	Wed	<b>SJC Championship [SAHS]</b>	Weigh In 2p Lift at 4pm
20	Wed	OPEN	
Dec. 22 to Jan 3		<i>HOLIDAY BREAK – PRACTICE SCHEDULE</i>	10 am
<b>JANUARY</b>			
3	Wed	OPEN	
10	Wed	@ Flagler Palm Coast	4:30pm
17	Wed	Creekside [Senior Night] BT	5:30 pm
27	Sat	DISTRICT 3- 3A FINAL Creekside HS	WI = 9am Lift = 11am
<b>FEBRUARY</b>			
3	Sat	3A REGION 1 FINAL Flagler Palm Coast	WI=7am Lift= 9am
16-17	Fri / Sat.	FHSAA CLASS 3A GIRLS STATE WEIGHTLIFTING FINAL Lakeland, FL	TBD

