**GIRL’S WEIGHTLIFTING SCHEDULE 2023**

**NOVEMBER:**

Pine Forest at EHS- Tuesday 14th at 4pm

Washington at EHS- Tuesday 28th at 4pm

West Florida (virtual meet) Thursday 30th at 3:30pm

**DECEMBER:**

Gulf Breeze (virtual meet) Thursday 7th at 3:30pm

**JANUARY:**

PHS at EHS- Thursday 11th at 4pm

**DISTRICT MEET**

Thursday, January 25th at 7:30 Ft Walton high school