

Southeast High School Lady Noles Weightlifting Team 2020 Schedule



Day	Date	Location	Weigh-ins
Thursday	November 5 th <i>{preseason}</i>	@ Southeast High School <i>(all lifters)</i>	3:15 pm
Thursday	November 12 th	@ Bayshore High School <i>(var. & j.v.)</i>	3:30 pm
Thursday	November 19 th	@ SE Vs. Braden River H. S. <i>(var. & j.v.)</i>	3:15 pm
Thursday	December 3 rd	@ Palmetto High School <i>(var. & j.v.)</i>	3:30 pm
Thursday	December 10 th	@ SE Vs. Riverview H. S. <i>(var. & j.v.)</i>	3:30 pm
Friday	January 8 th	@ SE Vs. Manatee H. S. <i>(var. & j.v.)</i>	3:30 pm
Tuesday	January 12 th	@ Lakewood Ranch H. S. <i>(var. & j.v.)</i>	3:30 pm

Districts

Friday	January 22 nd	@ Port Charlotte High School <i>(top 2 lifters)</i>	8:30 am
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Regions

Friday	January 29 th	@ Port Charlotte High School	8:30 am
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States

Thursday	February 11 th	Arnold High School <i>(Panama City Beach)</i>	8:00 am
Friday	February 12 th	Arnold High School <i>(Panama City Beach)</i>	8:00 am
Saturday	February 13 th	Arnold High School <i>(Panama City Beach)</i>	8:00 am

Weight Classes *(can lift 2 ladies in each weight class for points, others can lift exhibition for no points)*

101 lbs.	154 lbs.
110 lbs.	169 lbs.
119 lbs.	183 lbs.
129 lbs.	199 lbs.
139 lbs.	Unlimited