

2024 LWHS Powerlifting Schedule

DATE	START TIME	TEAM	SITE
Jan. 11	5:00 PM	Varsity Boys	Bridgeport
Jan. 18	5:00 PM	Girls/JV Boys	Lake Worth
Jan. 25	5:00 PM	Varsity Boys	Argyle
Feb. 1	5:00 PM	Girls/JV Boys	Mineral Wells
Feb. 8	5:00 PM	Varsity Boys	Mineral Wells
Feb. 13	5:00 PM	JV Boys & Girls	Lake Worth
Feb. 15	5:00 PM	Girls LCQ	Weatherford
Feb. 22	5:00 PM	Boys LCQ	Decatur

Coaches:

Boys – Quentin Posey

Girls – Jarry Poth