



# COUGAR STRONG POWERLIFTING SCHEDULE



## COUGAR SEASON 2024-2025

DAY	DATE	GROUP	MEET	SITE
<b>DECEMBER</b>	<b>18th</b>	<b>BOY/GIRL</b>	<b>RIO HONDO ROOKIE MEET</b>	<b>RIO HONDO WEIGHT ROOM</b>
<b>JANUARY</b>				
<b>THURSDAY</b>	<b>16th</b>	<b>BOY/GIRL</b>	<b>RIO HONDO TRI-MEET</b>	<b>RIO HONDO WEIGHT ROOM</b>
<b>THURSDAY</b>	<b>23rd</b>	<b>BOY/GIRL</b>	<b>HIDALGO INVITATIONAL</b>	<b>HIDALGO JR.HIGH</b>
<b>THURSDAY</b>	<b>30th</b>	<b>BOY/GIRL</b>	<b>LA FERIA TRI-MEET</b>	<b>LA FERIA</b>
<b>FEBRUARY</b>				
<b>THURSDAY</b>	<b>6TH</b>	<b>BOY/GIRL</b>	<b>RIO HONDO INVITATIONAL</b>	<b>RIO HONDO</b>
<b>THURSDAY</b>	<b>13th</b>	<b>GIRLS</b>	<b>LA FERIA LAST QUALIFIER</b>	<b>LA FERIA</b>
<b>THURSDAY</b>	<b>20th</b>	<b>BOYS</b>	<b>LAST RIDE TO REGIONALS</b>	<b>VALLEY VIEW</b>

## Cougar POWERLIFTING POST SEASON SCHEDULE

DAY	DATE	GROUP	MEET	SITE
<b>FEBRUARY</b>				
<b>MONDAY</b>	<b>24TH</b>	<b>GIRLS</b>	<b>REGION 5 DIV. 4 REGIONALS</b>	<b>BERT OGDEN ARENA</b>
<b>March</b>				
<b>THURSDAY</b>	<b>5-6</b>	<b>BOYS</b>	<b>REGION 5 DIV. 4 REGIONALS</b>	<b>JK NORTHWAY Kingsville</b>
<b>Wednesday</b>	<b>12TH</b>	<b>GIRLS</b>	<b>STATE MEET</b>	<b>BERT OGDEN</b>
<b>THUR-FRI.</b>	<b>20-21</b>	<b>BOYS</b>	<b>STATE MEET</b>	<b>ABILENE TAYLOR EXPO</b>

**HEAD COACH – MAURICIO VILLEGAS**  
**ASSISTANT COACH- SOFIA GARCIA**  
**SUPERINTENDENT – JOSEPH VILLARREAL**  
**PRINCIPAL – YADIRA FLORES**  
**ATHLETIC DIRECTOR- ISRAEL GRACIA**