



## 2026 Red Oak High School Powerlifting Schedule

### Girls Powerlifting:

1/17 at Mabank High School

1/22 at Burluson High School

2/19 at Centennial High School

Regional Meet:        Equipped Feb 28<sup>th</sup> / Unequipped March 3rd at Royce City High School

State Meet:            March 18th-21st at Edinburg High School

### Boys Powerlifting:

1/17 at Mabank High School

2/21 at Mabank High School

2/26 at Joshua High School

Regional Meet:        Unequipped March 13<sup>th</sup> / Equipped March 14<sup>th</sup> at Joshua High School

State Meet:            March 25th-28th at Abilene Expo Center

Powerlifting Coaches: Jacob Pierson and Jensen Jackson

Athletic Director: Chris Anderson

Principal: Brett Haugh

Superintendent: Brenda Sanford