Benold Powerlifting
2026-2027

DATE	MEET & SITE
Wednesday, December 9 Time TBD	Dual Meet @ Benold M.S. Benold & Forbes
Friday, January 8 Time TBD	GHS Annex Benold, Forbes, Tippit, Wagner
Wednesday, January 27 Time TBD	City Meet @ Wagner M.S. Benold, Forbes, Tippit, Wagner
1-2 more meets: dates TBD	

Lifters will compete in their weight class in bench press and squat at each meet. Highest successful lift of each will be added together to determine place.

Coach: James Hammack
Office Phone: 943-5090 x4369
Principal: Brandon Jayroe
Athletic Director: Jason Dean