



LEHMAN LOBOS

2023 POWERLIFTING SCHEDULE

DATE	LOCATION	MEET	TIME
Sat. January 7 th	Lehman High School	Lehman Kick-Off Meet **	9am
Sat. January 14 th	Seguin High School	Seguin Matador Invitational ***	9am
Sat. January 21 st	Johnson High School	Johnson Jaguar Invitational **/**	9am
Week of January 23 – 28 th	NA	OPEN	NA
Sat. February 4 th	Lehman High School	Lehman Lobos Invitational ***	9am
Sat. February 11 th	Johnson High School	Johnson Jaguars Invitational 2 **/**	9am
Sat. February 18 th	Del Valle High School	Del Valle Cardinals Girls LCQ **/**	9am
Thur. February 23 rd	Texas Strength Systems	Texas Strength Systems Boys LCQ **/**	6pm
Sat. March 4 th	Elgin High School	Girl's Regionals Meet ***	TBA
Sat. March 11 th	Cleburne High School	Boy's Regionals Meet ***	TBA
Sat. March 18 th	Coamerica Center – Frisco, TX	Girl's State Meet ***	TBA
Sat. March 25 th	Taylor County Expo Center – Abilene, TX	Boy's State Meet ***	TBA

*Not all lifters will compete in each meet ----

(Meets are restricted to 12 girls and 12 boys per team)

**Most likely non-varsity athletes (not top 12)

***Most likely varsity only athletes (top 12 ladies and guys)

The top ½ will work and assist with our first meet. The bottom ½ will lift at our January 8th meet. Then we will flip flop for our February 12th meet with top ½ lifting and bottom ½ assisting. Helping set up and break down is non-negotiable for everyone on the team and will result in not competing at the next meet if missed.

Updated 11/10/2022