

Winter Springs Boys Weightlifting Schedule 2011

January 31st - First day of Practice

Practices will be Monday thru Friday starting at 2:45 pm and going until 4:30pm

February 23rd 4:00pm- Winter Springs Vs. Hagerty and Lake Brantley at Lake Brantley

March 2nd 4:00pm- Winter Springs Vs. Seminole and Lake Howell, at Seminole

March 9th 4:00pm- Winter Springs Vs. Lake Mary, at Winter Springs

March 16th 6:00pm - Seminole Athletic Conference Meet, at Lyman

March 17th 6:00pm- Seminole Athletic Conference JV Meet, at Lyman

March 30th 1:00pm- Sectional Meet, at Flagler Palm Coast High School

April 15th TBA- State Meet, at Kissimmee Civic Center

JV meets will be held every Tuesday starting February 6th 4:00pm at Lake Brantley or Seminole

**All Weigh Ins will be held at 7:00am on days of the meets, in the weightroom at Winter Springs High School. Weigh Ins for the Conference will be conducted at Lyman at 3:00pm on the day of the meet. Weigh Ins for the Sectional Meet will be conducted at Flagler Palm Coast at 10:00am on the day of the meet. Weigh Ins for the State Meet will be determined at a later date. JV weigh ins will be conducted at Practice, the Monday before each meet.

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