



Harmony Weightlifting



"Home of the Longhorns"

2021-2022 Girls Weightlifting Schedule

Weigh-in and Lifting times are subject to change

Nov. 17 th Wed.	STC,	HHS	3:00	4:00
Nov. 20 th Sat.	STC,	SCHS	TBD	TBD
Thanksgiving Break Training Nov.		HHS	8:00-10:30	
Dec. 1 st Wed.	STC,	SCHS	3:00	5:00
Dec. 8 th Wed.	STC,	SCHS	3:00	4:00
Dec. 11 th Sat.	STC, LW,	LWHS	8:00	10:00
Dec. 15 th Wed.	STC,	SCHS	3:00	4:00
Winter Break Training Dec.		HHS	8:00-10:30	
Jan. 5 th Wed.	STC,	HHS	3:00	4:00
Jan. 12 th Wed.	JV OBC	SCHS	3:00	4:00
Jan. 14 th Fri.	OBC Championship	HHS	3:30-5	5:30
Jan. 22 nd Sat	District Championship	HHS	TBD	TBD
Jan. 29 th Sat.	Regional Championship	SCHS	TBD	TBD
Feb. 11-13 th	FHSAA State Finals	TBD	TBD	TBD

“IRONWORKS”