



# Power Lifting

## 2019 Honey Grove Warrior Powerlifting Invitational Meets

1/12/19 - Sulphur Springs High School Invitational Boys and Girls

2/9/19 - Honey Grove High School Iron Warrior Classic Boys and Girls

2/15/19 - Commerce High School Raising the Bar (Girls)

2/16/19 - Commerce High School Raising the Bar (Boys)

### Regionals

3/2/19 - Chico High School (Girls)

3/6/19 - Saginaw High School 2pm (Boys)

### State

3/15/19 @ Extraco Center, Waco (Girls)

3/23/19 @ Taylor County Expo Center, Abilene (Boys)

Coaches: Colten Lennon, Scott Ball, John Flowers

AD: Glen Schuelke