



2019 Highland Park Powerlifting

1-12-19	Panhandle
1-19-19	Lefors
2-9-19	Friona
2-14-19	Borger
2-23-19	Highland Park
3-1-19	Girls Regional Seagraves
3-9-19	Boys Regional Sundown
3-15/16-19	Girls State Waco
3-23-19	Boys State Abilene

Head Coach: Ralph Shemwell