2017-2018

Girls Weightlifting Schedule

November 8th vs Ridgewood 3:30 Weigh-in

November 15th @ Mitchell 3:30 Weigh-in

November 29th @ River Ridge 2:15 Weigh-in

December 6th vs Anclote, Ridgewood 3:30 Weigh-in

December 13th @ Hudson 3:00 Weigh-in

December 15th @ River Ridge TBA Weigh-in

Desparti Invitational

TBA Conference @River Ridge 1:30 Weigh-in

 3:30 Lifting

January 10th Districts @ River Ridge 2:30 Weigh-in

 4:00 Lifting

January 18th Regionals @ River Ridge 2:00 Weigh-in

 4:00 Lifting