

This is an update for the upcoming season.....

- No dual meets will be allowed. Tri and quad meets will still be allowed with 5 lifters per school. All judges will need to be certified.
- No meets need to be registered on the boy's side. Just let me know if you are hosting a meet.
- We discussed excessive weight loss. We have noticed in the last couple of years some lifters losing a lot of weight between meets. We do not condone athletes doing this.

IMPORTANT

State Meet Dates:

DIVISION 2 and DIVISION 3 WILL LIFT ON FRIDAY MARCH 24.

DIVISION 1 and DIVISION 4 WILL LIFT ON SATURDAY MARCH 25.

If you have any questions, please let me know.

PLEASE MAKE SURE YOU GET YOUR DUES PAID (POSTMARKED) BEFORE JANUARY 23!!!