



# OVIEDO HIGH SCHOOL

## GIRLS WEIGHTLIFTING // WINTER 2023-24



DAY	DATE	OPPONENT	LOCATION	TIME
Wednesday	11/1	Lyman	Lyman	4:00 PM
<b>Wednesday</b>	<b>11/8</b>	<b>Winter Springs</b>	<b>Oviedo</b>	<b>4:00 PM</b>
Wednesday	11/15	Lake Brantley	Lake Brantley	4:00 PM
<b>Wednesday</b>	<b>11/29</b>	<b>Hagerty</b>	<b>Oviedo</b>	<b>4:00 PM</b>
Wednesday	12/6	Seminole	Seminole	4:00 PM
Wednesday	12/13	Lake Howell	Lake Howell	4:00 PM
<b>Wednesday</b>	<b>12/20</b>	<b>Lake Mary</b>	<b>Oviedo</b>	<b>2:30 PM</b>
Wednesday	1/11	<i>Seminole Athletic Conference Meet</i>	TBA	TBA
Wednesday	1/24	<i>Class 3A District 5 Meet</i>	Seminole	3:30 PM
Thursday	2/1	<i>Class 3A Region 2 Meet</i>	Lake Brantley	4:30 PM
Friday-Saturday	2/16-2/17	<i>Class 3A State Meet</i>	RP Funding Center (Lakeland)	TBA

### COACHING STAFF:

HEAD COACH: Danny Evans (daniel\_evans@scps.k12.fl.us)

PRINCIPAL: Dr. Trent Daniel · ATHLETIC DIRECTOR: Jen Darty

ASSISTANT PRINCIPAL: Drew Morgan · ASSISTANT ATHLETIC DIRECTOR: Bill Bronga & Phil Enright