

# **FORT WALTON BEACH LADY VIKINGS WEIGHTLIFTING 2019-2020 SCHEDULE**

<b>LOCATIO N</b>	<b>DATE</b>	<b>EVENT</b>	<b>TIME</b>	<b>NOTES</b>
<b>Crestview</b>	<b>11/06/2019</b>	<b>Dual @ Crestview</b>	<b>Weigh in: 3:00 pm Meet Start: 3:30 pm</b>	
<b>Fort Walton Beach</b>	<b>11/13/2019</b>	<b>Home Dual vs. Niceville</b>	<b>Weigh in: 2:45 pm Meet Start: 3:00 pm</b>	
<b>Choctaw</b>	<b>11/20/2019</b>	<b>Dual @ Choctaw</b>	<b>Weigh in: 2:45 pm Meet Start: 3:00 pm</b>	
<b>THANKSGIVING BREAK RUNS FROM MONDAY NOVEMBER 25<sup>th</sup>, THROUGH FRIDAY NOVEMBER 29<sup>th</sup> WORKOUTS TIME TO BE DETERMINED</b>				
<b>Fort Walton Beach</b>	<b>12/04/2019</b>	<b>Home Dual vs. Choctaw</b>	<b>Weigh in: 2:45 pm Meet Start: 3:00 pm</b>	
<b>Fort Walton Beach</b>	<b>12/11/2019</b>	<b>Home Tri vs. Crestview and Navarre</b>	<b>Weigh in: 3:00 pm Meet Start: 3:30 pm</b>	
<b><u>FINAL EXAM WEEK PRACTICE SCHEDULE TBD</u></b>				
<b>HOLIDAY BREAK BEGINS FRIDAY DECEMBER 20<sup>th</sup> AND RUNS THROUGH MONDAY JANUARY 6<sup>TH</sup> WORKOUT TIMES TO BE DETERMINED</b>				
<b>Crestview</b>	<b>01/09/2020</b>	<b>Crestview, South Walton, Baker, Freeport</b>	<b>Weigh in: 2:30 pm Meet Start: 3:00 pm</b>	
<b>Navarre</b>	<b>01/17/2020</b>	<b>Navarre Invitational</b>	<b>Weigh in: 8:00 am Meet Start: 11:00 am</b>	

<b>DISTRICT</b>	<b>01/24/2020</b>	<b>FWB DISTRICT CHAMPIONSHIP</b>	<b>Weigh in: 8:00 am Meet Start: 11:00 am</b>
<b>REGIONAL</b>	<b>01/31/2020 or 02/01/2020</b>	<b>TBA</b>	<b>Weigh in: :00 Meet Start: :00</b>
<b>STATE</b>	<b>02/13/2020 or 02/14/2020</b>	<b>@ Arnold High School</b>	<b>Weigh in: TBA Meet Start: TBA</b>

**\*Please note all times and opponents are subject to change. Please keep in communication with Coach Pulliam. We look forward to the season. GO VIKINGS!**

