



Ponder Lions

2010 Powerlifting Schedule

Date	Meet	
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16-Jan	Practice Meet - Ponder	Girls & Boys
23-Jan	Wichita Falls Rider	Girls & Boys
6-Feb	Nocona	Girls & Boys
13-Feb	Collinsville	Girls & Boys
20-Feb	Howe	Girls & Boys
26-Feb	Strawn** only if necessary to get someone qualified for regionals	Boys
27-Feb	Girls Regionals - Leonard HS	
13-Mar	Boys Regionals - Ponder HS	
19-Mar	Girls State Meet - Corpus Christi	
20-Mar	Girls State Meet - Corpus Christi	
27-Mar	Boys State Meet - Abilene	