



Pensacola Catholic High School

Weightlifting Schedule

Spring 2024

Date	Opponent	Location	Time
January			
31	Pine Forest	Home	4pm
February			
7	Escambia	Home/Virtual	4pm
21	Baker Invitational	Away	All Day
28	Northview	Home/Virtual	4pm
March			
13	West Florida	Away	4pm
21	Pensacola High	Away	4pm
27-29	Districts @ Baker	Away	All Day
April			
4-5	Regional Tournament @ Port St. Joe	Away	All Day
19-20	State Meet in Lakeland	Away	All Day

Head Coach: Kerry McDowell

Principal: Sister Kierstin Martin
 Athletic Director: Richard LaBounty