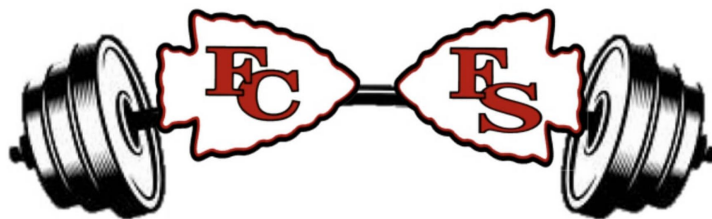


FRIONA POWERLIFTING



2023 SCHEDULE

DATE	EVENT	LOCATION	DAY
January 14	Panhandle Invitational	Panhandle	Saturday
January 19	Dimmitt Invitational	Dimmitt	Thursday
January 28	Dalhart Invitational	Dalhart	Saturday
February 4	Dumas Invitational	Dumas	Saturday
February 18	Amarillo Highland Park	Amarillo	Saturday
March 4	Region 1 Div 3 Girls -REGIONALS	Shamrock	Saturday
March 11	Reg 1 Div 3 Boys-REGIONALS	Sundown	Saturday
March 15-18	THSWPA State:	Frisco	
March 24	THSPA State:	Abilene	Friday

Head Men's Coach: Joshua Portillo

Superintendent: Jimmy Burns

Head Women's Coach: Jaden Oneal

Principal: Erika Montana

Athletic Director:
Jimmy Arias