

Frankston Powerlifting Schedule

January 9 th , 2025	Winona Powerlifting TRI-Meet
January 25 th , 2025	Van Invitational Powerlifting Meet
February 1 st , 2025	Elkhart Invitational Powerlifting Meet
February 6 th , 2025	Winona Invitational Powerlifting Meet
February 20 th , 2025	Winona Last Chance Powerlifting Meet
February 28 th , 2025	Girls Regional Meet
March 1 st or 8 th , 2025	Boys Regional Meet
March 21 st , 2025	Boys State Powerlifting Meet
TBA	Girls State Powerlifting Meet

Head Coach: Brody Cunningham

Asst. Coach: Nathan White