

## **2019 St. Paul's Powerlifting Schedule**

Saturday, January 19<sup>th</sup>- Pope John Paul II High School Invitational Meet

Saturday, February 23<sup>rd</sup>- South Regional Championship @ Pope John Paul II High School

Friday, March 15<sup>th</sup>- LHSPLA State Powerlifting Championships @ Rapides Parish Coliseum, Alexandria, La