**South Carolina High School Female Speed & Strength Meet**

**Saturday, February 27, 2016**

**AC Flora High School**

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**Events: Pro-Agility Shuttle, Clean, Squat, Bench Press**

**Entry: $10 per athlete: Awards for Top 3 in each weight class**

**Females will be divided into the following Weight Classes:**

* Less than 110 lbs.
* 111-130 lbs.
* 131-150 lbs.
* 151-180 lbs.
* 180 lbs. and up

**Registration due by: February 15th**

**Contact: Coach Kurtz or Coach Moore AC Flora High School to sign up**

**Email:** [**KurtzMicah@gmail.com**](mailto:KurtzMicah@gmail.com) **or patti.moore@richlandone.org**