

**Ohio State Sport Performance**

**Olentangy Liberty High School**

**Main Weight Room Schedule**

**Fall 2020**

**Monday Aug. 31 - Friday Oct. 30**



<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<i>Main Weight Room</i>				
2:50 PM	<i>Softball</i>		<i>Softball</i>	<i>Cheer</i>	<i>Girls Soccer</i>
3:30 p.m.			<i>Boys/Girls Track and Field</i>	<i>Field Hockey (3:45)</i>	
4:00 p.m.	<i>Boys Cross Country</i>		<i>Boys/Girls Track and Field</i>	<i>Field Hockey</i>	<i>Boys Soccer</i>
4:30 p.m.	<i>Boys Cross Country</i>	<i>Freshmen Football</i>	<i>Girls Cross Country</i>	<i>Field Hockey (4:45)</i>	
5:00 p.m.			<i>Girls Cross Country</i>		
	<i>Auxillary Weight Room</i>				
2:50 PM		<i>Girls Basketball</i>		<i>Girls Basketball</i>	<i>Girls Volleyball</i>
3:30 p.m.	<i>Boys Track/Baseball</i>	<i>Girls Basketball</i>	<i>Baseball</i>	<i>Girls Basketball</i>	<i>Boys Track/Baseball</i>
4:00 p.m.	<i>Boys Track/Baseball</i>		<i>Baseball</i>		<i>Boys Track/Baseball</i>
4:30 p.m.					
5:00 p.m.					
	<i>Turf</i>				
2:50 PM	<i>Softball</i>	<i>Girls Basketball</i>	<i>Softball</i>	<i>Cheer/Girls Basketball</i>	<i>Girls Volleyball</i>
3:30 p.m.		<i>Girls Basketball</i>	<i>Girls Track and Field</i>	<i>Field Hockey (3:45)</i>	<i>Baseball</i>
4:00 p.m.	<i>Boys Cross Country/Baseball</i>		<i>Baseball</i>		<i>Boys Soccer</i>
4:30 p.m.		<i>Freshmen Football</i>	<i>Girls Cross Country</i>		
5:00 p.m.					