

## 2018-19 Oregon Wrestling Weight Monitoring Program Season Calendar

OCTOBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
I	15	16	17	18	19	20
21	22	23	24	25	26	27
A	29	20	31			

NOVEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	B	WEEK 1				17
18	WEEK 2				24	
25	WEEK 3		FC			

DECEMBER						
S	M	T	W	T	F	S
	WEEK 3					1
2	WEEK 4					8
9	WEEK 5					15
16	WEEK 6					22
23	WEEK 7					

JANUARY						
S	M	T	W	T	F	S
	WEEK 7					5
6	WEEK 8					12
GA	WEEK 9					19
20	WEEK 10					26
27	WEEK 11					

FEBRUARY						
S	M	T	W	T	F	S
					1	2
3	5A, 4A Special Districts					9
10	6A, 3A, 2A/1A Special Districts					16
17	18	19	20	21	State Championships	
24	25	26	27			

**Key Dates for 2018-19:**

- Oct 14, 2018 Assessor Certification Workshop
- Oct 28, 2018 - Program Info to Schools/Coaches
- Nov 12, 2018 - BIA Assessments can begin
- Nov 27, 2018 - First Contest Date
- Jan 13, 2019 - Growth Allowance


**Notes:**

Number of weeks in season long weight loss plan is dependent upon initial assessment date and date of Special District Tournament. Not all wrestlers will have a 11 week descent period.

Final date to complete an initial BIA assessment is the Saturday prior to the district/league/conference qualifying meet.