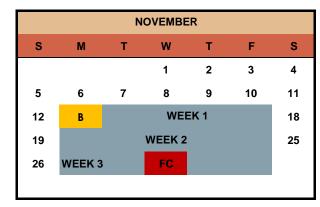
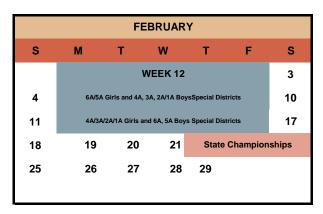
## 2023-24 Oregon Wrestling Weight Monitoring Program Season Calendar





DECEMBER										
s	M	т	w	т	F	S				
		2								
3		WEEK 4								
10			WEEK 5			16				
17		23								
24			WEEK 7							

JANUARY									
s	M	Т	w	т	F	s			
	WEEK 7								
GA		13							
14		20							
21		27							
28			WEEK 1	1					



Key Dates for 2023-24:

Oct 15, 2023 Assessor Certification Workshop Oct 24, 2023 - Program Info to Schools/Coaches Nov 14, 2022 - BIA Assessments can begin Nov 29, 2023 - First Contest Date Jan 7, 2024 - Growth Allowance

A B FC GA 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 inial BIA assessment is the Saturday prior to the district/league/conference qualifying meet.