

2022-23 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	14	15
I	17	18	19	20	21	22
A	24	24	26	27	28	29
30	31					

NOVEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	B	WEEK 1				19
20	WEEK 2				26	
27	WEEK 3		FC			

DECEMBER						
S	M	T	W	T	F	S
	WEEK 3					3
4	WEEK 4					10
11	WEEK 5					17
18	WEEK 6					24
25	WEEK 7					

JANUARY						
S	M	T	W	T	F	S
1	WEEK 7					7
GA	WEEK 8					14
15	WEEK 9					21
22	WEEK 10					28
29	WEEK 11					

FEBRUARY						
S	M	T	W	T	F	S
	6A/5A & 4A/3A/2A/1A Girls Special Districts					4
5	5A, 4A Special Districts					11
12	6A, 3A, 2A/1A Special Districts					18
19	20	21	22	23	State Championships	
26	26	28				

Key Dates for 2022-23:

- Oct 16, 2022 Assessor Certification Workshop
- Oct 23, 2023 - Program Info to Schools/Coaches
- Nov 14, 2022 - BIA Assessments can begin
- Nov 30, 2023 - First Contest Date
- Jan 8, 2023 - Growth Allowance

I
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 initial BIA assessment is the Saturday prior to the district/league/conference qualifying meet.