

2023-24 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
I	16	17	18	19	20	21
A	23	24	25	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	B	WEEK 1				18
19	WEEK 2				25	
26	WEEK 3		FC			

DECEMBER						
S	M	T	W	T	F	S
	WEEK 3					2
3	WEEK 4					9
10	WEEK 5					16
17	WEEK 6					23
24	WEEK 7					

JANUARY						
S	M	T	W	T	F	S
	WEEK 7					6
GA	WEEK 8					13
14	WEEK 9					20
21	WEEK 10					27
28	WEEK 11					

FEBRUARY						
S	M	T	W	T	F	S
	WEEK 12					3
4	6A/5A Girls and 4A, 3A, 2A/1A Boys Special Districts					10
11	4A/3A/2A/1A Girls and 6A, 5A Boys Special Districts					17
18	19	20	21	State Championships		
25	26	27	28	29		

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

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