

Oct 2024						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Nov 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Dec 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Jan 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Feb 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Mar 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**Notes:**  
 The number of weeks in a season-long weight loss plan is dependent upon initial assessment date and date of the Special District Tournament.  
 Not all wrestlers will have an 11-week descent period.  
 The final date to complete an initial BIA Assessment is the Sunday prior to the district/league/conference qualifying meet.

**Important Dates:**

**Assessor Certification Workshop**  
 October 20

**Growth Allowance**  
 January 5 – Week 8

**Program Info to Schools/Coaches**  
 October 27

**District Qualifying**  
 4A/3A/2A/1A GIRLS & 6A, 5A BOYS

**BIA Assessments May Begin**  
 November 18 – Week 1

**6A/5A GIRLS & 4A, 3A, 2A/1A BOYS**

**First Contest Date**  
 December 4 – Week 3

**State Championship**  
 February 27 – March 1