

2021-22 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	16
17	18	19	20	21	22	23
I	A	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
14	B	WEEK 1				20
21	WEEK 2				27	
28	WEEK 3					

DECEMBER						
S	M	T	W	T	F	S
			FC			
5	WEEK 4				11	
12	WEEK 5				18	
19	WEEK 6				25	
26	WEEK 7					

JANUARY						
S	M	T	W	T	F	S
						1
2	WEEK 8				8	
GA	WEEK 9				15	
16	WEEK 10				22	
23	WEEK 11				29	
30	31					

FEBRUARY						
S	M	T	W	T	F	S
	WEEK 12				Girls	
6	WEEK 13				5A/4A	
13	WEEK 14				6A,3A, 2A/1A	
20	21	22	23	24	Championships	
27	28					

Key Dates for 2021-22:

- Oct 24, 2021 Assessor Certification Workshop
- Oct 25, 2021 - Program Info to Schools/Coaches
- Nov 15, 2021 - BIA Assessments can begin
- Dec 1, 2021 - First Contest Date
- Jan 9, 2021 - 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 14 week descent period.

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