

WEIGHT CLASSES

103lbs	112lbs	119lbs	125lbs	130lbs	135lbs
140lbs	145lbs	152lbs	160lbs	171lbs	189lbs
215lbs	285lbs				

Our first hydration/weight test will be on Saturday, Nov. 21st at 8am. If a wrestler fails the hydration test, he can try again (the tentative next date will be Monday, Nov. 23rd after school. (Please read the BIA Assessment Tip Sheet included on the back of this page for help passing the hydration testing—wrestlers need to be drinking water). The computer program creates a weight loss plan for each wrestler according to their body fat and tells wrestlers two weight classes that they can participate in each week (this year a wrestler may weigh in at the heavier of the two weights and still could be bumped up one more weight to wrestle). A wrestler does not have to drop any weight classes even if their plan goes lower than the weight they wish to wrestle. For example, if they want to wrestle 140lbs and their weight loss plan says either 130lbs or 135lbs, then they can choose to still wrestle 140lbs but are frozen at the 140lb weight class or higher for the rest of the year. The computer will only allow wrestlers to drop to a safe weight. Wrestlers may only have to make the weight they will wrestle at the district tournament one time at the end of the season depending on their plan. There will be a 2lb growth allowance this year starting January 11, 2009. This does apply to the minimum eligible weight class on the weight loss plan except for those wrestlers who had less than 7% body fat on their initial assessment. Confusing, I know. ☺

TEAMS

Varsity=	Top wrestler in each weight class
Junior Varsity=	Second top wrestler in each weight class
Exhibition/Novice=	Remaining wrestlers in each weight class
Frosh=	Freshman not on Varsity or JV

These teams can change on a weekly basis due to challenge match results.