

# Oregon Wrestling Weight Monitoring Program

## 2025 to 2026 Season Calendar

Oct 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	

Nov 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						

Dec 2025						
S	M	T	W	T	F	S
			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 2026						
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 2026						
S	M	T	W	T	F	S
			4	5	6	7
1	2	3	11	12	13	14
8	9	10	18	19	20	21
15	16	17	25	26	27	28
22	23	24				

### 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 Saturday prior to the district/league/conference qualifying meet.

### Important Dates:

#### Assessor Certification Workshop

October 26

#### Program Info to Schools/Coaches

November 3

#### BIA Assessments May Begin

November 17 – Week 1

#### First Contest Date

December 3 – Week 3

#### Growth Allowance

December 25 – Week 6

#### District Qualifying

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

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

#### State Championship

February 26 - 28