

2022-23 Oregon Wrestling Weight Monitoring Program Approved BIA Appeal Facilities

Region 1 – Portland Metro

Name: **Concordia University**
2811 NE Holman Street - Portland, OR 97211
Approved Assessor: Joel Schuldheisz, Ph.D.
Type: BOD POD
Phone: (503) 493-6244 (O) - 503-572-9733 (M)
Fax: (503) 280-8124
Hours: By appointment only
Cost: \$40 (Cash or check)
Directions: <http://www.cu-portland.edu/aboutcu/maps.cfm>

Name: **Multnomah Athletic Club**
1849 SW Salmon St - Portland, OR 97205
Approved Assessor: Greg Neal
Type: BOD POD
Phone: (503) 380 – 3408
Fax:
Hours: Monday through Saturday – days and evenings by appointment
Cost: \$40 (Cash or check)
Directions: <http://www.themac.com/>

Region 2 and 3 – Mid-Willamette Valley and Southern Oregon

Name: **Oregon State University – Nutrition and Exercise Sciences**
Corvallis, OR 97331
Approved Assessor: Dr. Jason Penry
Type: BOD POD, or the Inbody 770 Composition Analyzer
Phone: (541) 737 – 3265
Fax: (541) 737 – 6914
Hours: By appointment only.
Cost: \$40 (Cash or Check)
Directions: http://oregonstate.edu/cw_tools/campusmap/
Women's Building (WB on map) – Room 19

Region 4 – Central Oregon

Name: **Central Oregon Community College Exercise Physiology Lab**
2600 NW College Way - Bend, OR 97701
Approved Assessor: JT Strand, MS
Type: Hydrostatic Weighing and Skin Fold Calipers Test
Phone: (541) 383 – 7768
Fax: (541) 317 – 3061
Hours: Varied times Monday thru Friday By appointment only.
Cost: \$45 (Cash, Check, or VISA/Mastercard) or \$60 for both
Directions: <http://visitors.cocc.edu/Visiting/Directions/default.aspx>

Region 5 – Northeast Oregon

Name: **Boise State University – Human Performance Lab**
1529 Belmont Street - Boise, Idaho 83725

Approved Assessor: Shawn R. Simonson, Ed.D., C.S.C.S., ACSM HFS
Director, Human Performance Laboratory

Type: Hydrostatic Weighing, Bod Pod, and DXA (Dual x-ray Absorptiometry)

Phone: (208) 426 - 3973

Fax: (208) 426 - 1894

Hours: By appointment only.

Cost: \$66 (Cash or Check)

Directions: See <http://www.boisestate.edu/parking/CampusMap.pdf>
We are located in the Norco building on Belmont street