

# 2024-25 Oregon Wrestling Weight Monitoring Program Approved BIA Appeal Facilities

## Region 1 – Portland Metro

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 – School of Exercise, Sport, and Health Sciences**  
Corvallis, OR 97331

Approved Assessor: Dr. Jason Penry  
Type: **Inbody 770 Composition Analyzer** or the BOD POD  
Phone: (541) 737 – 3265  
Fax: (541) 737 – 6914  
Hours: By appointment only.  
Cost: \$40 (Cash or Check)  
Directions: [http://oregonstate.edu/cw\\_tools/campusmap/](http://oregonstate.edu/cw_tools/campusmap/)  
Women’s Building (WB on map) – Room 19

## Region 4 – Central Oregon sent email

Name: **Central Oregon Community College Exercise Physiology Lab**  
2600 NW College Way - Bend, OR 97701

Approved Assessor: JT Strang, 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: Blake Densley, EdD, ACSM-EP  
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