

Oregon Wrestling Weight Monitoring Program Season Long Weight Loss Plan

Test Wrestler - Oregon Test HS

Initial weight: **141.4 lbs** Weight loss per week: **2.12 lbs**

Minimum weight class: **126** Minimum weight: **123.76**

Final date: **02/21/2022**

Projected weights reflect a weight loss of 1.5% of body weight at the time of initial assessment each week.

Date	Week	Actual Eligible Weight	Eligible Weight Class	Actual Weight
		141.40	145	11/17 141.40
		141.40	145, 152	Date: Wt.:
		139.28	145, 152	Date: Wt.:
12/06/2021	Week 3	137.16	138, 145	Date: Wt.:
12/13/2021	Week 4	135.04	138, 145	Date: Wt.:
12/20/2021			138, 145	Date: Wt.:
12/27/2021			132, 138	Date: Wt.:
01/03/2022	Week 7	128.67	132, 138	Date: Wt.:
2lb Growth Allowance - 1/9/2022				
01/10/2022	Week 8	126.55	126, 132	Date: Wt.:
01/17/2022	Week 9	123.76	126, 132	Date: Wt.:
01/24/2022	Week 10	123.76	126, 132	Date: Wt.:
01/31/2022	Week 11	123.76	126, 132	Date: Wt.:
02/07/2022	Week 12	123.76	126, 132	Date: Wt.:
02/14/2022	Week 13	123.76	126, 132	Date: Wt.:
02/21/2022	Week 14	123.76	126, 132	Date: Wt.:

The projected weight determines the eligible weight classes for the wrestler each week. If the wrestler participates, he/she must qualify at one of these weight classes during each week of participation in order to reach the lowest eligible weight class listed on the plan.

The wrestler is eligible at the weight classes listed for the week (Sunday to Saturday) that contains the date listed.
In this example the wrestler's eligible weight classes are

The wrestler reaches their minimum wrestling weight in Week 9.
Eligible weight classes will remain the same for the remainder of the season.

This form designates your eligible weight classes for each week of the season. You must qualify at one of these eligible weight classes during each week of participation in order to reach the lowest eligible weight class listed. If you fail to qualify at an eligible weight class on any given week and participate at the higher weight class you will lose the lowest eligible weight class listed for that week.

This season long weight loss plan has been approved by the Oregon Wrestling Weight Monitoring Program following the appeal procedures outlined in the program manual.

All weight loss plans will terminate the week of 2/21/22

The number of weeks a wrestler has to achieve their minimum wrestling weight that determines the minimum weight classes of participation is directly related to the date of initial assessment.

A wrestler assessed in Week 1 will have 14 week weight loss plan compared to a wrestler assessed in Week 4 will have a 10 week weight loss plan.

Note: The date of your Special District Tournament will impact the length of the weight loss plan.