

Weigh-In Schedule

General Information

Weight Classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

We will have a total of three (6) scales, each manned with one (1) operator on the first weigh-in. Medical checks will begin 15 minutes prior to each scheduled weigh-in. Weight classes will be assigned to specific scales and weight must be made on that scale. Weigh-in times will be scheduled by team. Scales will be re-certified the week of the Duals and available at the Hampton Coliseum at 2:30 p.m. on Thursday for weight checks. **Only 24 wrestlers per team** are permitted to weigh-in each day and all weight classes must make scratch plus one (1) pound. One (1) additional pound will be given on Saturday's weigh-in for consecutive competition rule. Thus as an example, **Friday will be 106 +1 (107) and Saturday will be 106 + 2 (108).** (NOTE: An additional scratch weight of +1 pound may be allowed Friday only for a specific Division if a team in that Division is competing Thursday night – all teams in that Division will be given a 24-hr notice.) If a wrestler does not make weight, they will go to a designated holding area until the team finishes weighing-in. No form of dehydration will be allowed in the holding area, nor will they be allowed to leave the weigh-in room at any time during their team's weigh-ins. The wrestler will then be permitted a second chance to weigh-in on the scale of his choice immediately after the completion of his teams weigh-in.

Additional Notes:

- Due to NFHS interpretations, consecutive weight allowance on Friday may only be provided to the specific Division in which the team is competing at the VA Duals.
- If a wrestler only weighs-in at the second weigh-in, they are only allowed the first weigh-in allowance (scratch + 1 lb).
- Weight Class Eligibility: At the second weigh-in, a wrestler cannot declare a weight class below the original weight class they qualified for on Friday.
- VHSL coaches please remember to keep your individual wrestler(s) weight loss schedules in mind. If you have an early week competition next week (e.g. Monday/Tuesday), the extra pound on Friday could affect their eligible weight class.
- Non-Virginia coaches, state growth allowances vary and VHSL is +1 lb until January 24th. NFHS requires all inter-State competition to follow the host State's growth allowance rules.

If you cannot make your scheduled time, call Bill Grubbs at 757-207-1518 or John Swartz at 757-650-4424, in advance.

SATURDAY

6:45 AM Weigh-In room open. Scales available for weight checks.

7:30 AM **Skin Checks. National High School Division Consolations Teams (8 Teams). American High School Consolations Round 2 (8 Teams). National High School Division Gold Bracket (4 Teams).**

8:00 AM 1st Weigh-in Schedule (6 Scales, 6 Operators, 1 Medic)

National High School Teams (Consolations) (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:00 am	St. Mary's Ryken	8:12 am	Lafayette
	Brooke Point		Kings Fork
8:06 am	Northern Lebanon	8:18 am	Benedictine
	St. Anthony's		Western Branch

American High School Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:24 am	Eastern View	8:36 am	
	Westfield		Oscar Smith
8:30 am	Grassfield	8:42 am	First Colonial
	Hayfield		Currituck County

9:00 AM Skin Checks. All remaining American High School Teams: Champ Semi-finals (4 Teams) and Loser-Loser (2 Teams). National High School Division Champ Semi-Finals (4 Teams).

9:30 AM

1st Weigh-in Schedule (6 Scales, 6 Operators, 1 Medic)

American High School Teams (Champ Semi-Finals) (4) & Loser-Loser (2)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
9:30 am	Great Bridge	9:42 am Loser-Loser	BYE
	Butler		Mills Godwin
9:36 am	Hempfield		
	Skyline		

National High School Teams (Champ Semi-Finals) (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
9:48 am	Lake Highland	9:54 am	St. Augustine
	New Kent		Nazareth

11:30 AM

Skin Checks. **Black & Blue High School Division (All Teams).**

12:00 PM

1st Weigh-in Schedule (6 Scales, 6 Operators, 1 Medic)

Black & Blue High School Teams (12)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
12:00 pm	Kellam	12:18 pm	Landstown
	Staunton River		Spotsylvania
12:06 pm	Nansemond River	12:24 pm	
	Cox		
12:12 pm	Powhatan	12:30 pm	
	Ocean Lakes		