

Weigh-Ins / Weight Allowances

Weigh-Ins

1) Weigh-ins for all wrestlers (male and female) will be held in the La Crosse Center South Hall as follows:

- 7:45 a.m. on Wednesday, December 29
- 8:00 a.m. on Thursday, December 30

Note that this will be for both the Bi-State Classic and the Bi-State Classic Women's Showcase participants.

- 2) Only team personnel and school personnel will be allowed in the weigh-in areas.
- 3) Once a wrestler has weighed in, they will then turn in their temporary pass at the scale and receive their lanyard instead.
- 4) We will use 14 scales for weigh-ins. Schools will be assigned to a scale (see table below) and weigh in by team rather than weight class as done in prior years.

	<u>Scale</u>		<u>Scale</u>		<u>Scale</u>
Adams-Friendship.....	1	Hudson	5	Port Washington.....	10
Aquinas.....	1	Iowa-Grant/Highland.....	5	Prairie du Chien.....	10
Athens.....	1	Ithaca/Weston.....	6	Pulaski.....	10
Auburndale	1	Kickapoo/La Farge/Youth Initiative.....	6	Richland Center.....	11
Baraboo	1	La Crescent-Hokah.....	6	River Valley	11
Bay Port.....	1	La Crosse Logan/Central.....	6	Riverdale	11
Belmont/Platteville	2	Lancaster	6	Royall.....	11
Bloomington Kennedy.....	2	Lewiston-Altura/Rushford Peterson.....	7	Sheboygan Falls.....	11
Boscobel.....	2	Lodi.....	7	South Saint Paul.....	12
Caledonia/Houston	2	Luxemburg-Casco	7	Sparta.....	12
Cannon Falls/Randolph	2	Marshfield	7	Spencer/Columbus Catholic.....	12
Cashton	3	Mauston/Necedah	7	Stanley-Boyd.....	12
Chatfield.....	3	Medford	8	Stoughton	12
Cuba City/Benton/Southwestern.....	3	Middleton	8	Stratford.....	13
D.C. Everest	3	Mineral Point.....	8	Tomah	13
De Soto.....	3	Monroe	8	Verona Area	13
Dodgeville	4	Mount Horeb/Barneveld.....	8	Viroqua	13
Eastview	4	Nekoosa/Assumption.....	9	Wausau West.....	14
Evansville.....	4	New Lisbon.....	9	West Salem/Bangor.....	14
GET/Melrose-Mindoro	4	New Richmond	9	Westby.....	14
Goodhue.....	4	North Crawford/Seneca	9	Winona/Winona-Cotter	14
Hastings.....	5	Oconto Falls	9	Zumbrota-Mazeppa	14
Hillsboro.....	5	Orono.....	10		
Holmen	5	Portage.....	10		

Weight Allowances

- NFHS weight classes will be used.
- For day 1, there will be a two-pound weight allowance, i.e., wrestlers in the 106 lb. weight class can weigh 108 lbs. or less.
- For day 2, there will be an additional one-pound weight allowance, i.e., wrestlers in the 106 lb. weight class can weigh 109 lbs. or less.