

Weigh-Ins / Weight Allowances - Girls

Weigh-Ins

- 1) Weigh-ins for all wrestlers will be held in the La Crosse Center South Hall as follows:
 - 3:00 p.m. on Thursday, December 28
 - 6:15 p.m. on Friday, December 29
- 2) Only team personnel and school personnel will be allowed in the weigh-in areas.
- 3) Once a wrestler has weighed in on the first day of competition, they will turn in their temporary pass at the scale and receive their lanyard instead.
- 4) We will use 12 scales for weigh-ins. Schools will be assigned to a scale and weigh in by team rather than weight class.

	<u>Scale</u>		<u>Scale</u>		<u>Scale</u>
Adams-Friendship.....	1	Holmen	5	Oconto Falls	9
Aquinas.....	1	Homestead	5	Pulaski	9
Auburndale	1	Hudson	5	Richland Center.....	9
Badger	1	Hutchinson/Buffalo Lake-Hector-Stewart ..	5	River Valley	9
Bay Port.....	1	Ithaca/Weston.....	5	South Saint Paul.....	9
Belleville/Monticello/New Glarus.....	2	Kickapoo/La Farge/Youth Initiative	6	Southern Door	10
Belmont/Platteville	2	La Crosse Logan/Central.....	6	Sparta	10
Bloomington Kennedy.....	2	Lancaster	6	Spencer/Columbus Catholic/Granton	10
Boscobel/Wazeka-Steuben	2	Lewiston-Altura/Rushford Peterson	6	Stanley-Boyd	10
Brillion	2	Lodi.....	6	Stevens Point	10
Cannon Falls/Randolph	3	Luxemburg-Casco	7	Stoughton	11
Chatfield.....	3	Marshfield	7	Tomah	11
Darlington/Black Hawk.....	3	Mauston/Necedah	7	Verona	11
D.C. Everest	3	Mineral Point.....	7	Viroqua	11
De Soto.....	3	Monroe	7	Wausau	11
Dodgeville	4	Mount Horeb/Barneveld.....	8	Wausau West	12
Eastview	4	Neenah	8	West Salem/Bangor.....	12
Eau Claire North	4	Nekoosa/Assumption/Port Edwards	8	Westby.....	12
Fennimore.....	4	New Richmond	8	Wrightstown.....	12
Grand Meadow/LeRoy-Ostrander/Southland ..	4	North Crawford/Seneca	8	Zumbrota-Mazeppa	12

Weight Allowances

- NFHS weight classes will be used.
- For day 1, there will be a two-pound weight allowance, i.e., wrestlers in the 100 lb. weight class can weigh 102 lbs. or less.
- For day 2, there will be an additional one-pound weight allowance, i.e., wrestlers in the 100 lb. weight class can weigh 103 lbs. or less.