

Schools Weigh In Schedule for District III Tournament **2019**

Friday

AA Weigh-ins: Arena

8:45 AM - Skin Checks, Scales available to Check Weights

9:00 AM - Weigh-ins & Skin Checks by weight class (2 scales per room, 4 rooms)

Locker Room 1 - Scales 1 & 2 - Weights - 106, 113, 120, 126

Locker Room 2 - Scales 3 & 4 - Weights - 132, 138, 145, 152

Locker Room 3 - Scales 5 & 6 - Weights - 160, 170, 182

Locker Room 4 - Scales 7 & 8 - Weights - 195, 220, 285

AAA Weigh-ins: Arena

12:45 PM - Skin Checks, Scales available to Check Weights

1:00 PM - Weigh-ins & Skin Checks by weight class (2 scales per room, 4 rooms)

Locker Room 1 - Scales 1 & 2 - Weights - 106, 113, 120, 126

Locker Room 2 - Scales 3 & 4 - Weights - 132, 138, 145, 152

Locker Room 3 - Scales 5 & 6 - Weights - 160, 170, 182

Locker Room 4 - Scales 7 & 8 - Weights - 195, 220, 285

Saturday

AA & AAA Weigh-ins: Arena

8:45 AM - Skin Checks, Scales available to Check Weights

9:00 AM - Weigh-ins & Skin Checks by weight class (2 scales per room, 4 rooms)

Locker Room 1 - Scales 1 & 2 - Weights - 106, 113, 120, 126

Locker Room 2 - Scales 3 & 4 - Weights - 132, 138, 145, 152

Locker Room 3 - Scales 5 & 6 - Weights - 160, 170, 182

Locker Room 4 - Scales 7 & 8 - Weights - 195, 220, 285

Schools Weigh In Procedure

NO FOOD OR DRINKS ARE ALLOWED in the weigh in rooms until all weigh ins are completed.

All wrestlers weigh ins are in the Hershey Park Arena on Friday and Saturday. ONLY the wrestlers (no coaches - there is not room) will go to the appropriate room for weigh ins.

The wrestlers will report to their appropriate weigh in room. The hallway will be closed off at each end and will be considered part of the weigh in area. The wrestlers must have their skin checks completed in the weigh in room, there will be female doctors/trainers helping with skin checks, therefore they must wear their singlet for skin checks.

The weight master will announce when skin checks are over and call the wrestlers by weight into the room. Wrestlers shall wear appropriate apparel for weigh ins. The wrestler should tell the Weigh Master his Name and School. The wrestler will then be weighed in, he may step off the scale and immediately back on once. If he did not make weight, the Weigh Master will check his weight, only one time, on the other scale that is in the same room. If he does not make weight on that scale, one weigh master shall continue with weigh ins and the other weigh master shall take the wrestler to another weigh in room (3 other rooms total) and check the wrestlers weight on any scale in the room, once. The wrestler may not leave the site of the weigh master, may not use the bathroom, eat or drink, or do anything to loose weight, if he does, he is disqualified from the tournament. When the weigh in for him is complete, the weigh master will return to the weigh in room with the wrestler. After the wrestlers weigh in is complete, record the wrestlers actual weight on the weigh in sheet.