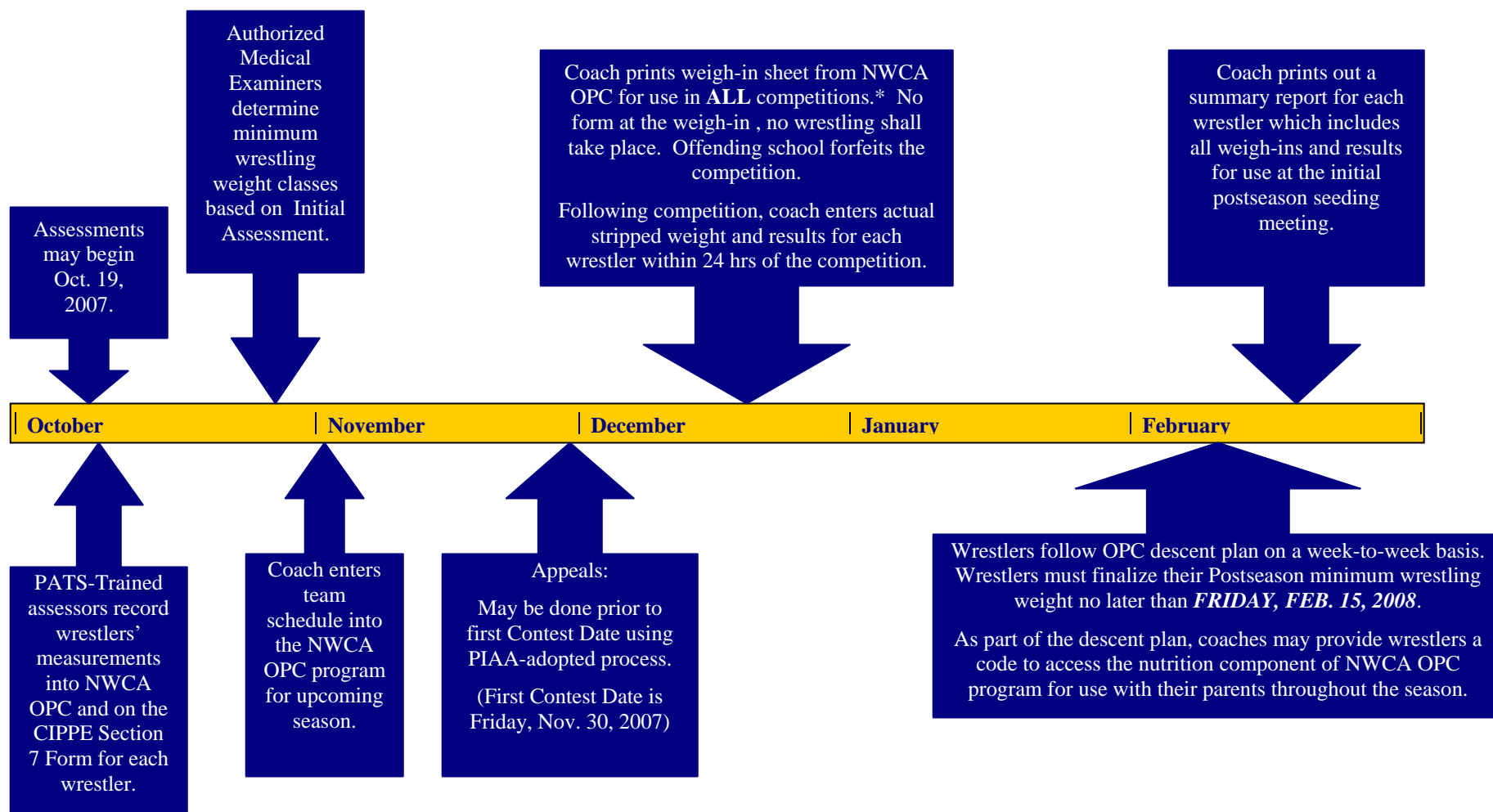


# PIAA Wrestling Weight Control Program Timeline - Simplified and Illustrated

## Timeline Instructions

- The following timeline is intended to serve as a simplified and illustrated summary of the PIAA-adopted wrestling weight control program. It is not intended to replace or supersede language from the PIAA By-Laws, Policies and Procedures, or Rules and Regulations Section of the PIAA Handbook. If there is a discrepancy in the information provided, the PIAA Handbook shall control.
- Please see the NOTE at the bottom of the page for entering weigh-ins properly to the NWCA Optimal Performance Calculator (OPC).



\* **NOTE:** for multiple day individual events, only the first weigh in must be recorded. For ALL other events, duals or multiple dual events, each weigh-in is recorded into the NWCA OPC. Host schools should make every reasonable accommodation to provide a visiting school with online access to print a weigh-in sheet if they arrive to the Contest without one.