

## 2023-2024 NSAA Weight Management Timeline

Late September/Early October On-line Assessor

**Registration & Training** 

**Opens** 

November 6<sup>th</sup> Athlete Assessments may begin

November 13<sup>th</sup> Practice may begin

November 30<sup>th</sup> First Possible Wrestling Contest

December 25<sup>th</sup> Growth Allowance for all

Wrestlers

February 3<sup>rd</sup> Final Date to Reach Minimum

**Weight Class**