Regular Season “suggested” Wrestling and Weigh in times:

**Two team Dual:**

**Option #1**

Using two mats - Frosh and JV start at 5:30 PM and varsity starts at 7:00 PM; weigh ins start at 4:30 PM for all levels.

**Option #2**

Using 1 mat - Frosh starts 5:00 PM, JV starts 6:00 PM and varsity starts 7:00 PM; weigh ins start at 4:00 PM for all levels.

**Three team multi dual:**

Wrestling starts at 4:00 PM; weigh ins start at 3:00 PM

**Four team multi dual:**

Two mats - wrestling starts at 4:00 PM; weigh ins start at 3:00 PM

**Five or more team multi dual:**

Two mats - wrestling can start anytime between 12:00 PM and 3:00 PM; weigh ins are 1 hour prior to wrestling start time.