

SECTION XI WRESTLING
2019-2020 Regional Weight Certifications
DIVISION I/II
Saturday, November 23rd, 2019

	@ Pat. Medford Leagues 1 & 3	#		@ Miller Place League 5, 6 & 7	#
9:00	Patchogue Medford		9:00	Miller Place	
9:30	William Floyd		9:30	Sayville	
10:00	Brentwood		10:00	Mount Sinai	
10:30			10:30	John Glenn	
11:00	Copiague		11:00	Hampton Bays Shoreham	
11:30	Huntington		11:30	Comsewogue	
12:00	Longwood		12:00	Kings Park East Hampton	
12:30	Central Islip		12:30	Hauppauge	
1:00	Smithtown West		1:00	Rocky Point	
1:30	Newfield		1:30	Harborfields West Babylon	
2:00	Northport		2:00	Islip	
2:30	Lindenhurst		2:30	Westhampton	
3:00	HHH East		3:00	Amityville	
3:30	Sachem East		3:30	ESM HHH West	
4:00			4:00	Bayport	
	@ Walt Whitman Leagues 2, 4 & 8	#			
9:00	Walt Whitman				
9:30	Center Moriches Port Jefferson				
10:00	Deer Park				
10:30	Ward Melville				
11:00	Connetquot				
11:30	Centereach Mattituck				
12:00	Sachem North				
12:30	North Babylon Southampton				
1:00	West Islip				
1:30	Babylon/Riverhead				
2:00	Commack				
2:30	Bayshore				
3:00	East Islip				
3:30	Smithtown East				
4:00	Bellport				

FAILED HYDRATION STATE & APPEALS

Must be made to the Regional Assessor on the following dates:

Division I/II – Sunday, November 24th – Failed Hydration – Comsewogue 10am-12pm

Division I/II – Monday, November 25th – Make-Up (by appointment only) – Bayshore HS 7pm and

Tuesday November 26th - Appeals (by appointments only) – Bayshore HS 7pm

You must e-mail Peter White pwatc@verizon.net to make an appointment.

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Assessment Procedures

1. Teams will arrive at their scheduled time. Each team must have **“Individual Profile Forms”** of all athletes to be assessed listed in alphabetical order with personal information filled out for each athlete prior to arrival. Coaches are to check forms for proper information.
2. The coach and team will be greeted in a staging area. At this point, the coach will hand the greeter all **“Individual Profile Forms.”** The greeter will confirm all personal information on the forms is completed as the male athletes dress down to shorts and the female athletes dress down to shorts and halter. Nude weigh-ins are not allowed. The greeter will take attendance by distributing the forms to the appropriate athletes, and then take them into the assessment area. **No Coaches or School personnel are permitted in any of the assessment areas.** Coaches and other school personnel are to wait in the staging area with the team’s belongings and may not discuss assessment or requests results of any assessors.
3. Athletes will be first tested for hydration with a Digital Refractometer (NYSPHSAA protocol will be followed). Those passing the test for hydration will have their form initialled by the Assessor and proceed to the certified scale for weight check.
Those who do not pass the test of hydration **will not proceed with certification** and will return to the staging area. The assessor will keep their individual profile form. Athletes are to be reminded: **An Athlete caught cheating on the hydration test will be ineligible to compete in wrestling for the entire season. The signed Parent Consent Form is to be kept on file in Athletic Directors office.**
4. The Assessor at the scale will record the athlete’s weight; initial the form, and the athlete will proceed to the skin fold test.
5. The athletes will proceed to the skin fold station where the Assessor will then conduct the skin fold test as per NYSPHSAA protocol, record the data on the form and initial the form.
6. When all “Individual Profile Forms” for the team are completed, the Assessor will bring them to the Data Input Area, where an assessor will input the data into the NYS Website (www.nysphsaa.org) by team. Results will be e-mailed to athletic directors. No coaches, athletes or school personnel may wait for results. All trams and coaches must leave the Assessment Site immediately. Coaches will receive results on the Track Wrestling website within a couple of hours.
7. **Appeals/Failed Hydration - a coach or school official (not a parent) must accompany all wrestlers participating in an appeal/failed hydration of their weight certification to the re-certification site.**

NOTE: *Assessors may not assess any athlete in a program that the assessor has any affiliation with (example - work at the school or live in the school district). They may test at their school, just not those athletes. The site administrator should have no affiliation with any of the schools at the site.*