

7th Annual MCPS Wrestling Weight Certification Schedule

Date: October 31, 2009
Location: Blake High School
 300 Norwood Road
 Silver Spring, Maryland 20905
Phone: 301-879-1333

Schedule of Schools:

Time	Schools
9:00 – 9:30 a.m.	Blake, Walter Johnson
9:30 – 10:00 a.m.	Clarksburg, Paint Branch, Watkins Mill
10:15 – 10:45 a.m.	Northwest, Wootton
10:45 – 11:15 a.m.	B-CC, Blair, Churchill
11:30 – 12:00 p.m.	Magruder, Gaithersburg
12:00 – 12:30 p.m.	Richard Montgomery, Seneca Valley, Wheaton
12:45 – 1:15 p.m.	Walt Whitman, Poolesville
1:15 – 1:45 p.m.	Damascus, Einstein, Rockville
2:00 – 2:30 p.m.	Sherwood, Springbrook
2:30 – 3:00 p.m.	Kennedy, Northwood, Quince Orchard

Reminders & Information for Parents

- *Wrestlers must wear **gym shorts** and **t-shirts** to be certified*
- *Wrestlers must be properly hydrated in order to have a valid body fat analysis*
- *Wrestlers must bring their signed parent permission form*
- *Wrestlers will receive the weight certification card at the sign-in desk*
- *Unless the school has otherwise made transportation arrangements, transportation is provided by the wrestler's parents*
- *Wrestlers must bring their student ID*