



## **Individual Weigh-Ins Procedure: Starting at 8pm**

1. Upon arrival at the Virginia Beach Convention Center know what team you are wrestling for. If you are unsure about your team's name, go to the "troubleshooting" table located in the lobby.
2. Assigned scales for each team will be posted in the convention center
3. Once you locate your assigned scale—go directly to that scale's line to weigh-in

**\* Note- Individual weigh-ins will not begin until 8:00pm. If you attempt to weigh in without your team (7+members) or coach between 6-8pm you will be turned away and slow down the entire weigh-in process for 5000+ athletes competing in the National Duals.**