



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

**CONSECUTIVE DAY WEIGHT ALLOWANCE  
2026 STATE WRESTLING TOURNAMENT**

**Wednesday, February 18**

2-pound growth allowance

**Thursday, February 19**

2-pound growth allowance

**CLASS 3A ONLY:**

+ 1-pound consecutive day allowance (3 total)

**Friday, February 20**

2-pound growth allowance

**CLASS 1A & 2A:**

+ 1-pound consecutive day allowance (3 total)

**CLASS 3A ONLY:**

+ 2-pound consecutive day allowance (4 total)

**Saturday, February 21**

2-pound growth allowance

+ 2-pound consecutive day allowance (4 total)