



HYDROSTATIC WEIGHING REPORT FORM

HYDRO-STEP 2 04

STEP 2

SUBJECT SHALL FAST 6 HOURS PRIOR TO TEST - DRINK WATER ONLY

PLEASE TYPE OR PRINT IN INK - Hydrostatic Weighing is invalid without approved Hydrostatic Weighing Proposal.

Name: _____ Grade: _____ Test Date: ____/____/____
 School: _____ School ID#: _____ Prev. Min. Wt. _____

WRESTLER SHALL NOT COMPETE until MHSAA approval of Hydrostatic results is received.

NOTE: Subject shall be hydrated (specific gravity less than 1.025) at time of test. **Specific Gravity:** _____

WEIGHT: LBS. ÷ 2.2 = KG X 1000 = GRAMS

SKINFOLD DATA

Triceps	1.	2.	3.	Avg.	BODY FAT
Abdomen	1.	2.	3.	Avg.	
Subscapula	1.	2.	3.	Avg.	
					%

VITAL CAPACITY (Repeat 3 times; Record peak/highest value)

a) _____ ml b) _____ ml c) _____ ml → PEAK ml

RESIDUAL VOLUME: Male (VC x .24) = ml Female (VC x .28) = ml

WATER WEIGHT (Repeat the measurement process to achieve)

1. progressively heavier weight
2. progressively less scale deviation
3. increasing subject comfort
4. < 50 grams scale deviation

Measure 10
record heavier 6

1 g 2 g 3 g 4 g 5 g 6 g

Peak value of g MINUS Apparatus Value g = Water Weight g

TEMPERATURE (Centigrade) H₂O _____ DENSITY H₂O _____

$$Bd = \frac{Wa}{\left(\frac{wa - ww}{Dw} \right) - (RV + 100)} \quad \text{BODY DENSITY} \quad \text{g/cm}^3$$

$$\% BF = \left(\frac{457}{Bd} \right) - 414.2 \quad \text{\% BODY FAT}$$

Evaluator: _____ Phone: _____

Hydrostatic Weighing Facility: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Evaluator's Signature: _____

KEY: VC = Vital Capacity	Ww = Weight Under Water	ml = Milliliter
Wa = Weight in Grams	DW = Density of Water	KG = Kilograms
Bd = Body Density	RV = Residual Volume	g = Grams

Forward to: MHSAA, 1661 Ramblewood Drive, East Lansing, Michigan 48823
Attn: Bill Bupp, Assistant Director - FAX 517-332-4071