



Dear Wrestling Coaches and Athletic Directors-

As we approach Regional Qualifying meets we wanted to reach out with some reminders.

1) TrackWrestling has updated the state seeding, you will need to check all your athletes' seeding criteria. You can do this by logging into your season team, going into your roster, click on the athlete's name, and hitting 'Seed Criteria.' Please check state qualifiers and state place winners from last year to make sure that reflects appropriately. This is extremely important if your team has any transfers or your team is new. Please e-mail Matt Shannon at mattindee1@gmail.com if something needs to be updated.

2) Please be sure to keep all past weigh-in sheets for the season. If you have not been doing that this season, please be sure to do that from now on.

3) JV wins do not count toward your overall win percentage. Please do not try and use that argument within a regional seeding meeting.

4) If your athlete or coach receives an ejection, please make sure to reach out to Madison Melchert at madison@ighsau.org in the IGHSAU office. She will be able to help you through those steps. You can find ejection information listed on our website using this [LINK](#).

5) The 2lb growth allowance has been made available as of December 16th. Reminder this is available to every wrestler. There is no more requirement to reach scratch weight. The 2lb growth allowance cannot be utilized to compete in a weight class that is lower than your decent plan allows.

6) Regional Meet placements have been released. You can find those listed on our website using the links listed below.

[CLASS 1A](#)

CLASS 2A

7) We have linked our Regional Wrestling Manual to our website [HERE](#) please be sure to read that prior to competition.

8) The State Meet Schedule is linked on our website [HERE](#). Please note that Class 2A will compete in the morning session on Thursday February 6th.

9) You can find information regarding State Wrestling on our State Tournament Central Page [HERE](#).

Best of luck with the rest of the regular season! If any questions come, please do not hesitate to contact our office.

Sincerely,
Madison Melchert
Assistant Director