



Dear Wrestling Coaches and Athletic Directors-

We have made it to the post season! Congratulations on a wonderful season so far. We are excited for our Regional Qualifying meets this week and State next week!

1) Last reminder to check your seeding criteria for your athletes on your season team roster page! This is what is used for helping seed the upcoming regionals and IGHSAU State Wrestling Championships! To check your information:

1. Log onto your season team page on TrackWrestling using your credentials.
2. Go to the 'Roster' section of your season team page.
3. Click on the name of the athlete you want to check.
4. Click on 'Seed Criteria' in the red text.
5. You will see drop down boxes for State Qualifier and Place. This is for LAST YEAR ONLY. You will not be able to change this, if it needs changed, please email Matthew Shannon ([mattindee1@gmail.com](mailto:mattindee1@gmail.com)) with the name of the athlete and what needs change. Again, you are only looking at State Qualifier and State Place for last year.

2) Our State Tournament Central is up and running. Please take time to view all the information on this page. You can easily access this at the top of the IGHSAU home page or by clicking this [LINK](#).

3) The Iowa Bankers Scholarship is located on our State Tournament Central page. Please note this scholarship is only for those individuals that qualify for state. There will only be one winner for the 2025 State Tournament. [Scholarship LINK](#).

4) Tickets for the Regional Qualifiers went on sale this morning at 10am. They can be purchased on [BOUND](#). State Tickets will go on sale Saturday February 1st at 10am. You can purchase tickets utilizing this [LINK](#).

5) Uniform Clarification: Section 4, Article 7 states:

All contestants shall weigh-in wearing a legal uniform and suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform, if the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

Please note that the legal uniform must be school-issued/school approved. The weigh-in singlet may differ from

the competition singlet. It is our expectation that the competition singlet be reflective of the school in which the athlete participates.

6) Our State Webinar has been prerecorded and is listed on our State Tournament Central page [HERE](#).

Best of luck at Regional State Qualifying on Friday! If any questions come, please do not hesitate to contact our office.

Sincerely,

Madison Melchert  
Assistant Director