



Girls Only Regional Weight Verification Form



This form will be used in place of the weigh-in cards for the Girls Only Regional.

Girls Only Regional: Please complete this form (TYPE) and EMAIL it to Karen Leinaar: karenleinaar@gmail.com

A copy of your Master Eligibility & Alpha Master must still be supplied to Karen Leinaar by your AD.

By submitting this form electronically, I/we are CONFIRMING that ALL information is accurate and approved by our school administration.

School: _____ H.Coach: _____ -> Cell: _____ Admin: _____

Table with 8 columns: WT, Wrestler, Grade, Alpha, "Scratch" Date, Today's Weight, WIN, LOSS. Row 1: 125, Pat Smith (SAMPLE), 10, 125, 1-10-22, 125, 10, 10.

Instruction on the back of this form

Girls Only Regional Weight Verification Form

Schools MUST supply this form to Tournament Management for the **Girls Only Individual Regionals**. Once the Individual tournaments begin, your wrestler's win/loss record will be updated via TrackWrestling as the wrestler's progress through the post season.

For the Individual Tournaments, a weigh-in form will be generated by TrackWrestling that will list all competitors by weight class. This form (Weigh-In Card / Weigh-In Form) is not used for the actual weigh-in and inspection process.

- **Alpha:**
 - This is the lowest allowed weight class a wrestler may compete as determined by the wrestler's alpha assessment.
 - For the Girls Only Regional, wrestlers that compete in the **100-pound weight class** should list the lowest allowed weight their wrestler could actually weigh. The reason being is that the alphas will only go down to the 103 pounds weight class currently and would not reflect the 100-pound weight class.

- **"Scratch" Date:**
 - This is the date your wrestler made "scratch" weight for the weight they intend to compete at for this event.
 - If this event is the first that a wrestler intends to make "scratch" for a specific weight, please indicate by including "THIS EVENT" in the space provided on the form.
 - For the Girls Only Regional, wrestlers that compete in the **100-pound weight class** should list the date their wrestler made a weight that would indicate they made "scratch" at 100 pounds.

- **Today's Weight:**
 - This is the allowed weight the wrestler is intending to compete at for this event.

- **WIN:**
 - **Girls Only Regionals:**
 - The TOTAL matches WON this year at ANY level by the wrestler, regardless of weight class or gender.

- **LOSS:**
 - **Girls Only Regionals:**
 - The TOTAL matches LOST this year at ANY level by the wrestler, regardless of weight class or gender.