



IND District - IND Regional Weight Verification Form



This form will be used in place of the **weigh-in cards** for the **Individual District and Individual Regional**.
A copy of your **Master Eligibility & Alpha Master** must still be supplied to the tournament host by your AD.

Please complete this form (TYPE) and **EMAIL** it to the Individual District Tournament Manager.

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: _____

WT	Wrestler	Grade	Alpha	"Scratch" Date	Today's Weight	WIN	LOSS
135	Pat Smith (SAMPLE)	10	135	1-10-25	135	10	10
106							
106							
113							
113							
120							
120							
126							
126							
132							
132							
138							
138							
144							
144							
150							
150							
157							
157							
165							
165							
175							
175							
190							
190							
215							
215							
285							
285							

Instructions on the back of this form

IND District – IND Regional Weight Verification Form

Schools MUST supply this form to Tournament Management for **Individual Districts** and the **Individual Regionals**.

A different form will be used for the Girls Only Individual District and Girls Only Individual Regional.

Once the Individual tournaments begin, your wrestler's win/loss record will be updated via TrackWrestling as the wrestlers progress through the postseason.

For the Individual Tournaments, TrackWrestling will generate a weigh-in form that lists 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.
- **"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.
- **Today's Weight:**
 - This is the allowed weight the wrestler intends to compete at for this event.
- **WIN:**
 - Individual Districts:
 - The TOTAL matches WON this year at the VARSITY level by the wrestler, regardless of weight class.
- **LOSS:**
 - Individual Districts:
 - The TOTAL matches LOST this year at the VARSITY level by the wrestler, regardless of weight class.