



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: _____

WT	Wrestler	Grade	Alpha	"Scratch" Date	Today's Weight	WIN	LOSS
125	Pat Smith (SAMPLE)	10	125	1-10-23	125	10	10
100							
100							
105							
105							
110							
110							
115							
115							
120							
120							
125							
125							
130							
130							
135							
135							
140							
140							
145							
145							
155							
155							
170							
170							
190							
190							
235							
235							

Instructions 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 106 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 intends 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.