

# Kicking Off Your Season

*Provided by the WIAA, the NWCA, & FloSports*

** FLOWRESTLING**



# IMPORTANT DATES IN THE WIAA SEASON

First assessment date: October 21, 2024

Last assessment date: February 11, 2025 – must be entered online by Noon

Minimum wrestling weight deadline: March 8, 2025

Growth allowance date: December 25, 2024 – 2 lbs.

February 15, 2025 – 1 lb.

## State Series Rounds and Dates:

Girls Regionals Feb. 14, 2025 -- Boys Regionals Feb. 15, 2025

Girls Sectionals Feb. 21, 2025 -- Boys Sectionals Feb. 22, 2025

Individual State – Feb. 27-Mar. 1, 2025

Team Sectionals Feb. 18, 2025 / Team State – Mar. 7-8, 2025

# KICKING OFF YOUR SEASON: YOUR ROSTER

- You will be sent your login directly from TrackWrestling. These logins go out once the WIAA gives the team list to TrackWrestling.

- Always start with importing your roster from last season

  - Video Link: [How to Import Your Roster from last season](#)

- Then add new additions

  - Video Link: [Adding New Wrestlers to your Roster](#)

WIAA RULE - Rosters must be completed by February 15, 2025

# KICKING OFF YOUR SEASON: ASSESSMENTS

Assessor Practice Transactions: [How to Video](#)

Approving or Denying Weight Assessments: [How to Video](#)

Viewing a wrestler's Alpha Master: [How to Video](#)

WIAA RULES ON ADMINISTERING ASSESSMENTS: [WIAA Season Regulations](#)

# KICKING OFF YOUR SEASON: YOUR SCHEDULE

To Add a Dual Meet: [How to Video](#)

To Add an Individual Tournament: [How to Video](#)

To Add a Multi-Dual Event: [How to Video](#)

-Please note: Once you add a team to an event, it shows up on their schedule to “accept.” You can accept events versus adding a second one to avoid duplicate events and results.

WIAA RULE - Schedules must be completed by **November 29, 2024** (First allowed competition)

# KICKING OFF YOUR SEASON: WEIGH-INS

Creating a Weigh-In Sheet: [How to Video](#)

Entering and Committing Weights: [How to Video](#)

WIAA RULE on weigh in entry: [Coach/AD Minimum Weight Information](#)

# KICKING OFF YOUR SEASON: YOUR BENEFITS

**-LIVE Dual Meet scoring is FREE on TrackWrestling: [How to Video](#)**

**-All OPC Subscribers are also NWCA Members!**

**-Please go to [NWCAonline.com](http://NWCAonline.com),  
navigate to MEMBERSHIP in the top right and explore  
our members-only portal.**

**GOOD LUCK this season!**