

Kicking Off Your Season

Provided by the WIAA, the NWCA, & FloSports

 FLOWRESTLING



IMPORTANT DATES IN THE WIAA SEASON

First assessment date: October 16, 2023

Last assessment date: February 6, 2024 – must be entered online by Noon

Minimum wrestling weight deadline: March 2, 2024

Growth allowance date: December 25, 2023 – 2 lbs.

February 10, 2024 – 1 lb.

State Series Rounds and Dates: Boys – Regionals Feb. 10, 2024

Boys & Girls – Sectionals Feb. 17, 2024

Individual State – Feb. 22-24, 2024

Team Sectionals Feb. 13, 2024 / Team State – Mar. 1-2, 2024

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 10, 2024

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 24, 2023** (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](https://www.nwcaonline.com),
navigate to MEMBERSHIP
in the top right and explore
our members-only portal.**

GOOD LUCK this season!

