

Wisconsin Weight Management Plan

Trackwrestling Information

<https://www.trackwrestling.com/tw/FAQPlan.jsp?planId=139044009>

To view your wrestlers' weight loss plans:

14. View weight loss plan

Click [here](#) for a video on this topic.

1. Click on 'Roster' or 'Alpha Master' in the grey top menu
2. Click on the scale icon next to the wrestler's name
3. The weight loss plan will open in a new window

To create the weigh-in forms, you must enter the meet/invite on your schedule.

17. Add event to season team schedule

To add a dual meet:

Click [here](#) to watch a video on adding a dual meet:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Single Dual Meet' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the opponent from the list or use the 'New Team' to add a new team if it is not already listed and then click [Next]
6. Click on the blue link for a dual and then click 'Edit Dual' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch

NOTE 1 - If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.

NOTE 2 - If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight

classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.

To add an individual tournament or individual matches:

Click [here](#) to watch a video on adding an individual tournament or matches:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for an event and then click 'Edit Event' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the matches live and would like the dashboard available for viewers to watch. This is not necessary if the event is running on Trackwrestling and the host is using electronic bouts.

To add a multi-dual or dual tournament:

Click [here](#) to watch a video on adding a multi-dual or dual tournament:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Dual Tournament / Multi Dual' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for this event and then click 'Edit Event' if changes are necessary.
7. To add participating teams just click on the blue link for this event and then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team and then click [Next]
8. To add each of the duals to the event just click on the blue link for this event and then click 'Duals'. Click the [Add Dual] button, fill out the form and then click [Next].
9. Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.

10. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch.

To create the weigh-in forms:

20. Create weigh in form

****NOTE** - Some of the steps in this process will vary slightly.**

1. Click on the event you wish to create a weigh in form for and then click 'Weigh-Ins'
OR click the blue scale icon next to an event.
2. Click the [Add Weigh In] button
3. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click [Add]
****Note** - hold the CTRL or SHIFT button to select multiple wrestlers
4. Use the drop-downs in the 'Weight' column to change the weight class if necessary and click [Save Form]
5. Click the [Print] button to print the weigh in form to take to the weigh in
****Note**** - You can use CTRL + P to open a print dialogue

To enter weigh-ins following the meet:

21. Enter weights and commit weigh in form

1. Click on the event you wish to enter weights for
2. Click 'Weigh-ins' in the top menu
3. Enter weights in the column under the event date header. You can place a check in the box in the DNP column if a wrestler did not weigh in. Also note there *may be* other columns indicating eligible wrestling weight, eligible wrestling weight class and/or other information.
4. Use the [Save Form] button if you have to leave the page prior to committing the form
5. Click the [Commit] button to verify that all data is correct. You will no longer be able to edit the form after committing it.
6. Click the [Print] button to print the weigh in form
****Note**** - You can use CTRL + P to open a print dialogue