

District V Seeding Points Sheet 2026

Wrestler:

School:

Gr:

Wt:

DO NOT SEND THIS SHEET—Transfer Points to “District Entry Form” You should bring this sheet with you in case questions arise.

Criteria 1: Winning percentage of this season’s varsity dual meet bouts and tournaments. Note: **Wrestler must have 10 matches to score total amount.** If wrestler has less than 10 matches subtract 10 pts for every match under the 10-match minimum.

Example 1: Record 16-5 Wining pct. $16/21 * 100\% = 76.19\% = 76.19$ pts

Example 2: Record 4-2 Total matches equals 6 (4 under minimum of 10) Winning Pct. = $66.67\% - 4(10) = 26.67$ pts

Record	Wins	Losses	Won/Lost %	Criteria 1 Pts
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Criteria 2: Prestige points—The highest place finish from last year’s state tournament. Note: Wrestlers from other states will count only half of the earned prestige points.

State 1 st 100	Regional 1 st	60	District 1 st	30	Section 1 st	20
State 2 nd 95	Regional 2 nd	55	District 2 nd	25	Section 2 nd	15
State 3 rd 90	Regional 3 rd	50	District 3 rd	20	Section 3 rd	10
State 4 th 85	Regional 4 th	45	District 4 th	15	Section 4 th	5
State 5 th 80	Regional 5 th	40	District 5 th	10		
State 6 th 75	Regional 6 th	35	District 6 th	5		
State 7 th 70	Regional 7 th	30	District 7-	3		
State 8 th 65						

Highest Place	Criteria 2 Pts
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Criteria 3: Competition points. Bonus points are awarded for competing against last year’s place winners during this year’s dual meets and tournament bouts. **NOTE:** Victories over wrestlers from other states and prep place winners will count only half.

Sectional place winners in District 1-AAA, 3-AAA, and 7-AAA are to be considered district places. District place winners in 1-AAA, 3-AAA, and 7-AAA are to be considered regional places.

	W	L		W	L		W	L		Section 1 st	10	3
State 1 st	50	10	Regional 1 st	30	7	District 1 st	15	4	Section 1 st	10	3	
State 2 nd	48	10	Regional 2 nd	27	5	District 2 nd	12	4	Section 2 nd	7	2	
State 3 rd	45	8	Regional 3 rd	25	5	District 3 rd	10	3	Section 3 rd	5	1	
State 4 th	42	8	Regional 4 th	22	5	District 4 th	7	3	Section 4 th	2	1	
State 5 th	40	7	Regional 5 th	20	4	District 5 th	5	1				
State 6 th	38	7	Regional 6 th	17	4	District 6 th	2	1				
State 7 th	35	7	Regional 7 th	15	4	District 7-	2	1				
State 8 th	32	7										

Name	School	Caliber	Won/Lost	Points
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Use Back if Necessary OR attached matches from Trackwrestling

Criteria 3 Pts

Crit.1+ Crit.2+ Crit.3 = **Total Points**

Criteria 4: Unforeseen Circumstances - If a coach has a case for his wrestler because of an injury, the wrestler's coach may make a case for the wrestler and why he deserves special treatment. After the case is presented, head coaches will vote on whether to give said wrestler special treatment.

Seeding Notes:

- A coach **MUST** challenge another wrestler with higher seed points if the wrestler below has beaten the wrestler above him head-to-head the majority of the times they've wrestled during that given season. Regardless of points, the wrestler who won the majority of the head-to-head matches will jump above the other wrestler in seeding. If the wrestlers split matches, then the seeding reverts back to points. Challenges occur bottom to top.