



SEEDING CRITERIA WORKSHEET

Wrestler's Name _____

Wrestler's School _____ State _____

Wrestler's Weight Class _____

WINS EQUAL +5 POINTS EACH

LOSSES EQUAL -3 POINTS EACH

Last Years Wins _____ X5 = _____

MINUS

Last Years Losses _____ X3 = _____

Total _____

This Years Wins _____ X5 = _____

MINUS

This Years Losses _____ X3 = _____

Total _____

(ADD TOTALS TOGETHER FOR)

Total for wins and losses _____

Highest placement at last years state tournament: _____

Plus Prestige Points (from chart) _____

TOTAL SEEDING POINTS _____