

NAME OF SCHOOL

San Pasqual High School

\*See below for instructions\*

Name of Wrestler	Tournaments Wrestled in this Season								Placement in Tournaments this Season and Seeding Points for that Place								TOTAL SEEDING POINTS
	Mira Mesa	ECI	TOC	Londos Duals	San Pasqual	South Bay			Mira Mesa	ECI	TOC	Londos Duals	San Pasqual	South Bay			
	Quality of Competition Points																
	5	6	7	5	5	4											
<b>108</b> <b>John Smith</b>										4th	N	T	2nd				<b>37</b>
		6	7	5	5					6	N	T	8				
<b>115</b> <b>Dan Gable</b>									1st	2nd	3rd	0	2nd	N			<b>60</b>
	5	6	7	0	5	4			10	10	9	0	8	N			
<b>122</b> <b>Jordan Burroughs</b>									1st	1st	1st	T	1st	1st			<b>69</b>
	5	6	7	5	5	4			10	12	14	T	10	7			

**DIRECTIONS:** Using the sample as a reference, complete the “Seeding Points Worksheet” by following each step.

**Step 1: School and Wrestlers:** Click on the yellow box and type in the name of your school. Double-click on the weight class and type the name of each wrestler in the box with the corresponding weight.

**Step 2: Tournaments Wrestled:** Click on a box under “Tournaments Wrestled in this Season” and type in the name of a tournament that your varsity team attended during the season. After you press ENTER, the text will format correctly. Also, the tournament name will automatically appear in the “Placement in Tournaments” columns.

**Step 3: Quality of Competition:** To complete this section, you must have the current point values for each tournament. These point values are included in the “Wrestling Seeding Criteria” packet that you will receive in February after the Points Meeting. Please do NOT try to complete this using the point values from last year or any other previous year. Using the correct points, type the value beneath each of the individual tournaments your team attended.

**Step 4: Tournaments Attended by Individual Wrestlers:** For “Quality of Competition Points,” type the point value in the box underneath the tournament and to the right of the wrestler ONLY if the wrestler attended the tournament. Leave the tournament box BLANK if the wrestler DID NOT attend the tournament.

**Step 5: Individual Placement of Tournaments:** To the right of the gray box, type the place that the wrestler earned at each tournament that he attended. PLEASE NOTE: Use N for “did NOT place”; use T for “Team Tournament” (no individual placement awarded); and leave it BLANK if the wrestler did not attend the tournament. Directly below each listed placement, type in the correct point value for placement at that tournament. **Note:** Follow the directions listed at the top of the “Wrestling Seeding Criteria” packet (you will receive this after the Points Meeting) for **tournaments that award ties.**

**Step 6: Determine which FOUR tournaments** you will use for each wrestler. For each tournament, add the “Quality of Competition” points and the “Placement in Tournaments” points. As an example, John Smith placed 4<sup>th</sup> at ECI. So he gets 6 points for “Quality of Competition” and an additional 6 points for placing 4<sup>th</sup>. Thus, John Smith earned 12 points for ECI. Please note that the four tournaments that you use may vary from one wrestler to the next. Also, the placement points used MUST MATCH the same four tournaments used from the “Quality of Competition” section. To avoid any confusion, shade the boxes of ALL tournaments that ARE NOT BEING USED for each wrestler. [To shade a box, click on the desired box, and then click on the “paint can” or “colored” icon in the format toolbox at the top. Use either gray or yellow for shading.]

**Step 7: Total Seeding Points:** Once you have determined the FOUR best tournaments to use for each wrestler, add the points (Quality + Placement) of the FOUR tournaments and type the total in the column labeled “Total Seeding Points.”

**Step 8: Save your work before printing.** Email copies to both your CIF divisional tournament director as well as the CIF office before the deadline.