

**SAMPLE**

**CIF SEEDING POINTS WORKSHEET**

**NAME OF SCHOOL:** Hard Knocks High School

\*Go to [cifsds.org](http://cifsds.org) for specific instructions

Name of Wrestler (First Last - Grade)	Tournaments Wrestled in this Season							Placement in Tournaments this Season and Seeding Points for that Place							TOTAL			
	Mira Mesa	ECI	Doc Buchanan	Jim Londos	Holtville	Mt. Miguel			Mira Mesa	ECI	Doc Buchanan	Jim Londos	Holtville	Mt. Miguel		0	0	0
	Quality of Competition Points																	
	5	8	10	5	6	5												
108 <b>John Doe - 11</b>								3rd	0	0	6th	4th	2nd					
	5	0	10	0	6	5			7	0	0	0	6	8			47	
115 <b>Joe Pinner - 12</b>								5th	6th	8th	3rd	3rd	4th					
	0	8	10	5	6	0			0	4	6	7	8	0			54	
122 <b>Jordan Burroughs - 12</b>								1st	1st	1st	1st	1st	1st					
	5	8	10	0	6	0			10	16	20	0	12	0			87	

**DIRECTIONS:** Using this sample as a reference to 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. Click on the box next to weight class and type the name and grade level 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 2018. 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 tournaments your team attended.

**Step 4: Select the FOUR best 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. Type in "0" for the point value if it is NOT one of his FOUR best tournaments.

**Step 5: Individual Placement of Tournaments:** To the right of the gray box, type the PLACEMENT that the wrestler earned at each of his listed tournaments. 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. Also, use "0" if a wrestler placed but it is not one of his FOUR best tournaments.

**Step 6: 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." (NOTE: If you highlight the entire row of boxes for a wrestler (including the box for the total) and then click on the symbol for SUM (Σ), the computer will do the math for you.

**Step 7: Save your work before printing.** Email a copy to your CIF divisional tournament director before the deadline.