



Oregon School Activities Association

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To: Athletic Directors and Head Wrestling Coaches
From: Kelly Foster, Assistant Executive Director
Subject: First Contest Date Requirements and Additional Reminders

Below are reminders related to your TrackWrestling responsibilities prior to the first contest date on December 4. Please review these and take any necessary actions to ensure that your school is in compliance. If you have any questions, please feel free to contact me at kellyf@osaa.org or 503-682-6722 ext. 233.

Most questions related to TrackWrestling can be answered by visiting one of the links below –

- [TrackWrestling Season Overview](#) (video)
- [TrackWrestling OPC/Season Management](#)
- [TrackWrestling Video Topics](#)

2025-26 Season Updates

Updates to the Oregon Wrestling Weight Monitoring Program:

- 2lb Growth Allowance will be added to each weight class on **December 25** (rather than during Week 6) - *Part V of the OWWMP Handbook*.
- Athletes who require a Physician's Clearance Form (sub 7% body fat for males and sub 12% body fat for females at the time of initial assessment) will now be allowed to use the growth allowance granted in Part V of the OWWMP Handbook to achieve a lower minimum wrestling weight class.

EX. A male wrestler assessed at 106.9lbs with a bf below 7% will now be able to access the 106lb weight class once the 2lb growth allowance kicks in.

- Schools will now be required to input weigh-ins directly into the online Optimal Performance Calculator (OPC) within 48 hours following the competition or prior to the next contest, whichever comes first.
- Out of state competition clarification: Clarifying which weight classes to use when wrestling in a state with weight classes that are different from Oregon's.

Athletes may compete at the eligible weight class based on their weigh-in and their season-long weight loss plan. The season-long weight loss plan will determine which weight classes and minimum weight a wrestler may participate at each week.

Varsity Season Schedule

Your home varsity season schedule is required to be entered into your TrackWrestling account prior to the first contest date (December 4). This includes all dual meets and tournaments that you will host. Once you post your event and invite participating schools your event will be populated on their schedule page automatically. Events you are attending will be populated on your schedule page automatically if the host has invited you. If you do not see an event that you believe you are invited to then contact the host school for verification, do not add it to your schedule.

If the event ends up being duplicated on your page because you have entered it and the host has entered it, then DELETE the one you created to avoid results issues after the fact.

Special District Tournaments and the OSAA State Championships events at all classification levels will be added to your schedule by mid-December. Please DELETE these events if you have added them to your schedule to avoid duplication.

Entering Schedules Video Help:

- [Add an Event to the Schedule](#) - Add dual meets & tournaments to the schedule

Tournaments and Stat Program

Starting this year all OSAA member schools have unlimited use of TrackWrestling to conduct tournaments at all levels and access to the Stat program at no cost. These features combined with the Weight Management tools available to all schools now create a comprehensive package hosted on a single platform using one username and password.

OSAA policy requires that all Varsity results be entered into TrackWrestling during the season. All Varsity tournaments that you are hosting are required to be ordered on TrackWrestling prior to the event. Host sites choosing to not use the free access to TrackWrestling to conduct their tournament are encouraged to order the tournament now so that results may be entered after the event concludes by hand.



If you are hosting a tournament click this icon once you have added it to your schedule to order the event – complete this before your event begins – you will receive an invoice but will not be charged for the event.

Host schools failing to enter all Varsity results for participating schools are subject to penalties outlined in Rule 5 of the OSAA Handbook.

- [Videos for the season and statistics program](#)
- [How to create a stats report \(with video\)](#)
- [Import Results from a Trackwrestling Tournament](#) - Import results from a Trackwrestling event.

Required Weigh-in Reports

Prior to any weigh-in during the regular season each school **is required** to provide a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date. Each wrestler's actual weight and weight class of participation that day will be recorded on the school's roster and submitted to the represented school's Athletic Director directly after the conclusion of the event.

The school's Athletic Director is responsible to verify that the season long weight loss plan for any wrestler who has failed to qualify at one of their eligible weight classes for an event has been modified prior to any future competition

Schools are required to input weigh-ins following a contest directly into the online Optimal Performance Calculator (OPC) within 48 hour or prior to the next contest, whichever comes first. No athlete will be permitted to show up on two weigh-in sheets at the same time.

- [Create a weigh-in form](#) - Steps to create a weigh-in sheet
- [Enter weights and commit a weigh-in sheet](#) - Steps to add weights and commit a weigh-in sheet.

Updating your Roster – Linking to a TW Profile

Select "Roster" in the menu bar and click the wrestler's name. By adding the birth date and email address you will be able to create and link to a TrackWrestling profile for that wrestler. This will allow the public access to the cumulative match history of the wrestler when viewing tournaments online. Below is an example of a wrestler who has been linked to their TrackWrestling profile.

Name	Eligible	TW Profile
Tanner Sauer		Tanner Sauer

- [Link Wrestlers to Their Trackwrestling Profiles](#) - Linking wrestlers to their Trackwrestling profiles.

Corrections to names on your Team Roster

If you have a wrestler listed on your roster whose name is not spelled correctly or should be modified in anyway please let me know. Corrections made at events during the year are temporary and do not fix the actual issue in the master database. Just email me the correction and I will address it so the change is permanent.

Petition to Raise Minimum Weight Class Process

Part VI (A) (3c) – Oregon Wrestling Weight Monitoring Program Regulation requires that if a wrestler's weigh-in does not qualify the wrestler for the highest eligible weight class listed on their season long weight loss plan for that given week, and they participate, the wrestler's lowest eligible weight class for the season shall be immediately re-certified up one weight class. In these cases, prior to any future competition each member school is responsible to manually raise the wrestler's lowest eligible weight class within the schools TrackWrestling OPC account.

In some situations, a wrestler may want to raise their lowest eligible weight class because they know they will never participate within the weight class listed on their weight loss plan. Since eligible weight classes listed for each week are directly tied to the lowest eligible weight class for the season – changing this weight class allows the wrestler more flexibility during the following weeks to compete at higher weight classes.

- [How to Raise a Wrestler's Minimum Weight Class](#)

NWCA Nutrition Program

The NWCA sport nutrition component has been provided by MySportsDietitian.Com (MSD). Please know that some of the best wrestling knowledgeable sports nutritionists around the nation stand behind this MSD system. This component allows wrestlers to design a customized diet that honors their weight loss/gain/maintenance plan (as established by the OPC).

The system is very easy to use and it will help all wrestlers maximize their performance through proper nutrition/hydration.

The common goal of this effort is to distance amateur wrestling from the unhealthy weight loss stigma that many parents and coaches of other sports still have about our sport. We want to take the focus off of unhealthy weight loss and instead, place it on healthy nutrition/hydration.

Visit the following link to set-up your team account today - <https://mysportsd.com/apply-form-direct-nwca.php>.