



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Memo #5

November 13, 2025

Good morning, from the UNI Dome, Head Wrestling Coaches, AD's, & Asst. AD's –
Just a few final reminders as we are just a few days from the season officially starting on Monday, November 17.

1. TrackWrestling

I have had a few schools reaching out stating they are struggling to access their TrackWrestling OPC. For all local district access to their TW account, you will need to contact TrackWrestling directly, support@trackwrestling.com. I have also included some various TW tutorials to troubleshoot some of the basic functions and issues you may run into if new.

- [TrackWrestling Season Team Video \(Matt Shannon\)](#)
- [Add Wrestlers to the Roster](#)
- [Import Roster from the Previous Season](#)
- [Pay for OPC Access for my School](#)
- [Add an Event to the Schedule](#)
- [Create a weigh-in form](#)
- [Enter weights and commit a weigh-in sheet](#)
- [Change a committed weight-in sheet](#)
- If issues or questions, can also submit a ticket to the TW support team at <https://support.trackwrestling.com/s/>

2. Body Composition Assessments & Appeals

As a reminder, anyone conducting body composition assessments for your program must be registered with IHSAA prior to conducting these assessments [Wrestling: Body Composition Assessor Registration | IHSAA](#). Assessors will be unable to access TW OPC until they have completed their annual registration. Be prepared for assessments, know the rules, read the [Body Composition Assessment Packet for Schools](#) to increase your knowledge of the process.

- All participants must have a body composition assessment completed and entered by the assessor on the OPC of the TrackWrestling system before they can compete.
- If your assessor has any difficulties, have them contact Kim Mechura (kmechura@iahsaa.org) for assistance.
- [Body Composition Assessment Appeal Request](#) must be submitted & approved prior to appeal being conducted.
 - Parameters must be followed, as this is an appeal of the accuracy of the assessment, not a chance to lose weight and re-take the assessment.

3. Online Rules Meetings

A quick reminder that the required 2025-26 wrestling rules meeting must be completed by **Monday, December 1, 2025**. Access to this is through Bound, as in past years.

4. 2026 District Tournament Sites & Assignments

District sites and assignments will be approved by the IHSAA Board of Control at its November 21 meeting. These will be posted on our website by the end of the business day on the 21st.

5. Classifications

Classifications will be final after next week's board meeting so please do one final check to ensure accuracy and last chance to add or dissolve an established cooperative sharing agreement. [Classifications: Wrestling | IHSAA](#)

Thanks, and do not hesitate to reach out if you've got further questions.



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