
Wrestling Seeding Criteria



The following criteria will be used to determine seeding:

- 1) Results of head-to-head competition this year.
- 2) Best record against common opponents this year.
- 3 a) Returning state champion at weight.
b) Returning state champion at any weight class.
- 4 a) Highest returning state place at weight.
b) Highest returning state place in any class.
- 5 a) Returning region V champion at weight.
b) Returning region V champion at any weight class.
- 6 a) Highest returning region V place winner at weight class.
b) Highest returning region V place winner at any weight class.
- 7) Contestant with best overall record.