This document is provided free of charge by Horton Press. You may view, download, and share the original. You may not edit, remove, or add information to this document, or redistribute altered versions.

Set up the weight calculator

Revision 2026-10-10

Choose your on-track variance and yearly expiration date for the Optimal Weight Calculator.

The Optimal Weight Calculator, shown as **OWC** in the menu, compares each athlete's weights with a plan and shows who is on track, too light or too heavy.

First-time setup

1. In the side menu, open **My Team**, then select **OWC**.

   The **Set up Optimal Weight Calculator** window opens. Fill in:

   - **Acceptable variance (lbs)**: how many pounds under the plan still counts as on track.
   - **Annual OWC expiration**: the month and day assessments expire each year.

3. Select **Save and continue**.

Change it later

1. Open **Settings**, then **OWC Settings**.
2. Change **On-track variance (lbs)** (the default is 0.4 pounds) or **Annual OWC expiration** (the default is September 1).
3. Select **Save settings**.

New certifications use the new date. Ones already saved don't change. Weight classes are set under **Settings**, then **Season Settings**.

© 2026 Horton Press — All rights reserved
Learn more and see other program tools and resources at **www.hortonpress.com**