



New York State Public High School Athletic Association

DUAL MEET WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED FOR BOTH A.M. AND P.M.

MAKE 3 COPIES: 1 FOR HOME COACH, 1 FOR OPPOSING COACH AND 1 FOR THE SCORE TABLE.

COACHES: KEEP THESE SHEETS ON FILE FOR POST-SEASON WT. VERIFICATIONS.

HOME TEAM: _____ OPPONENT: _____ DATE: _____

All wrestlers listed are eligible to wrestle in this dual meet, they have made weight and have been cleared of any injury or skin rash.

Weight Allowance: _____

SIGNATURE:

SIGNATURE:

Coach _____ Athletic Director or School Representative _____

Weight	Circle, *, or Highlight 7/8th graders Wrestler	Cert Wt	AM	PM
99				
106				
113				
120				
126				
132				
138				
145				

Weight	Circle, *, or Highlight 7/8th graders Wrestler	Cert Wt	AM	PM
152				
160				
170				
182				
195				
220				
285				

7th / 8th grade: Minimum weights are as follows: In Excess of: 91 for 99, 96 for 106, 185 for 220, 210 for 285