



# 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, 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.

SIGNATURE:

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Wt. Allowance \_\_\_\_\_

Coach \_\_\_\_\_ Athletic Director or School Representative \* \_\_\_\_\_

\* - The school rep. must be the person who actually conducts the weigh-in. They cannot be a member of the school's wrestling staff.

Weight	Circle, *, or Highlight 7/8 <sup>th</sup> graders Wrestler	Cert Wt	AM	PM	S K I N
102					
110					
118					
126					
132					
138					
145					
152					

Weight	Circle, *, or Highlight 7/8 <sup>th</sup> graders Wrestler	Cert Wt	AM	PM	S K I N
160					
172					
189					
215					
285					

7th / 8th grade: Minimum weights are as follows: In Excess of: 94 for 102, 100 for 110 180 for 215, 210 for 285.