



# 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
<b>99</b>				
<b>106</b>				
<b>113</b>				
<b>120</b>				
<b>126</b>				
<b>132</b>				
<b>138</b>				
<b>145</b>				

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

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