



# 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:

SIGNATURE:

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
99					
106					
113					
120					
126					
132					
138					
145					

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