New York State Public High School Athletic Association

DUAL MEET WEIGH-IN SHEET

EXACT WEIGHT MUST BE RECORDED AT MATSIDE WEIGH-IN
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:

Wt. Allowance _____

Coach _____

Weight	Circle, *, or Highlight 7/8th graders **Wrestler**	Cert Wt	**Matside Wt**	SKIN
102				
110				
118				
126				
132				
138				
145				
152				

Weight	Circle, *, or Highlight 7/8th graders **Wrestler**	Cert Wt	**Matside Wt**	SKIN
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.