



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 below 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	Wrestler	AM	PM
96			
103			
112			
119			
125			
130			
135			
140			

Weight	Wrestler	AM	PM
145			
152			
160			
171			
189			
215			
285			

Minimum weights are as follows: ***In Excess of***: 88 for 96, 93 for 103, 180 for 215, 210 for 285