



New York State Public High School Athletic Association
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.

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:

Coach _____

Weight	Circle, *, or Highlight 7/8th graders	Wrestler	Cert Wt	Weight	SKIN
95					
100					
105					
110					
115					
120					
125					
130					

Weight	Circle, *, or Highlight 7/8th graders	Wrestler	Cert Wt	Weight	SKIN
135					
140					
145					
155					
170					
190					
235					

7th / 8th grade: Minimum weights are as follows: In Excess of: 87 for 95, 91 for 100, 180 for 235.