



# 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 below 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 \_\_\_\_\_

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