



# 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