



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:

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
94					
100					
107					
114					
120					
126					
132					
138					

Weight	Circle, *, or Highlight 7/8th graders	Wrestler	Cert Wt	Weight	SKIN
145					
152					
165					
185					
235					

7th / 8th grade: Minimum weights are as follows: In Excess of: 86 for 94, 91 for 100, 180 for 235.