

### JUNIOR HIGH DUAL MEET WEIGH-IN SHEET

(Please copy and give to your junior high wrestling coach)

This document shall be completed at the weigh-ins and located at the head table prior to the beginning of the match.

HOST SCHOOL \_\_\_\_\_ VISITING SCHOOL \_\_\_\_\_

LEVEL OF COMPETITION \_\_\_\_\_ DATE \_\_\_\_\_

HOST SCHOOL	ACTUAL WEIGHT	WEIGHT CLASS	VISITING SCHOOL	ACTUAL WEIGHT
		80		
		89		
		98		
		106		
		113		
		120		
		126		
		132		
		140		
		150		
		162		
		175		
		200		
		285		

HOST SCHOOL COACH'S SIGNATURE: \_\_\_\_\_

VISITING SCHOOL COACH'S SIGNATURE: \_\_\_\_\_

SIGNATURE OF PERSON CONDUCTING WEIGH-IN: \_\_\_\_\_