

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 | | |
| | | 86 | | |
| | | 92 | | |
| | | 98 | | |
| | | 106 | | |
| | | 112 | | |
| | | 119 | | |
| | | 126 | | |
| | | 132 | | |
| | | 140 | | |
| | | 155 | | |
| | | 170 | | |
| | | 195 | | |
| | | 285 | | |

HOST SCHOOL COACH'S SIGNATURE: _____

VISITING SCHOOL COACH'S SIGNATURE: _____

SIGNATURE OF PERSON CONDUCTING WEIGH-IN: _____