GIRLS JUNIOR HIGH/MIDDLE SCHOOL 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
		73		
		82		
		89		
		96		
		102		
		110		
		117		
		126		
		138		
		145		
		155		
		170		
		190		
		235		

HOST SCHOOL COACH'S SIGNATURE: _____

VISITING SCHOOL COACH'S SIGNATURE: _____

SIGNATURE OF PERSON CONDUCTING WEIGH-IN: _____