VERMONT STATE WRESTLING

WEIGH-IN SHEET

Team: _____

EVENT_____ DATE_____

EXACT WEIGHT MUST BE RECORDED FOR BOTH Honor and Shoulder.

MAKE 3 COPIES: 1 FOR HOME COACH, 1 FOR OPPOSING COACH AND 1 FOR THE SCORE TABLE.

COACHES, KEEP THESE SHEETS ON FILE.

Coach_____ Opposing Coach or Official _____

Weight Class	Wrestler	Actual Weight	+ 3 lbs	Cert. Weight	Weight Class	Wrestler	Actual Weight	+ 3 lbs	Cert. Weight
106					152				
113					160				
120					170				
126					182				
132					195				
138					220				
145					285				