

2010 LSAA Wrestling Tournament Weigh-In Form



Official Weigh-In: Friday, March 19, 2010 from 3:00-4:00PM

Please fill out this form, then fax it to 639-3050 by 9am Wednesday, March 17th. Bring your copy along to the weigh-ins (seed meeting follows in the Physical Fitness Center, 1st floor by the A.D.'s office).

Team Name: _____

Weighed by: _____

Weight Class	Name of Wrestler	Grade	1 st Weight	Weigh-In TIME	Final Weight
85 lbs.					
alternate					
90 lbs.					
alternate					
96 lbs.					
alternate					
102 lbs.					
alternate					
108 lbs.					
alternate					
115 lbs.					
alternate					
122 lbs.					
alternate					
129 lbs.					
alternate					
136 lbs.					
alternate					
144 lbs.					
alternate					
152 lbs.					
alternate					
160 lbs.					
alternate					
168 lbs.					
alternate					
180 lbs.					
alternate					
215 lbs					
alternate					
275 lbs.					
alternate					

Remember that 6th graders MUST stay within their own weight class. 7th and 8th graders may move up only one class. 85 lbs. Wrestlers must weigh 75 minimum; 275 lbs. Class must weigh 215 minimum.