



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

435 Main Avenue South, Renton, WA 98057
 (425) 687-8585 FAX (425) 687-9476 Web Page address wiaa.com

Junior High Wrestling Weight List for Matches

School _____ vs Opponent _____

At _____ Date of Match _____

Weigh-in Time & Date _____ Signature of Weigh-in Official _____

WEIGHT		ACTUAL	
CLASS	NAME	WEIGHT	DR. MINIMUM
<u>RECOMMENDATIONS</u>			

64-75			
70-82			
87			
92			
97			
103			
112			
119			
125			
130			
135			
140			
145			
152			
160			
171			
189			
215			
over 215			