

# IOWA GIRLS HIGH SCHOOL ATHLETIC UNION

## **EMERGENCY IGHSAU WRESTLING WEIGHT EXCHANGE FORM** **TO BE USED ONLY IN THE EVENT THE NWCA-OPC COMPUTER** **GENERATED WEIGH-IN FORM IS NOT AVAILABLE**

If this form is used, the coach using it must enter the information into the TrackWrestling-OPC the day after the meet and this form must be emailed to the IGHSAU at [kylee@ighsau.org](mailto:kylee@ighsau.org) the day after the meet.

Complete School Name \_\_\_\_\_

<b>WEIGHT CLASS</b>	<b>NAME OF CONTESTANT</b>	<b>ACTUAL SCALE WEIGHT</b>	<b>GRADE</b>
106			
113			
120			
126			
132			
138			
144			
150			
157			
165			
175			
190			
215			
285			

Signature of the Coach Using This Form: \_\_\_\_\_

Signature of Administrator Conducting Weigh Ins or Opposing Coach: \_\_\_\_\_

Meet Date: \_\_\_\_\_