



“2020 LONG ISLAND WRESTLING CHAMPIONSHIPS”

HOSTED BY THE BLUE WAVE WRESTLING CLUB

****** Top 4 wrestlers in each weight will earn ALL LONG ISLAND honors ******

- Date:** Sunday, March 22, 2020
- Location:** Elwood John Glenn High School ♦ 478 Elwood Road, Elwood, NY
- Requirements:** Wrestlers must have a Current USA Wrestling card
MUST BE A CURRENT NASSAU or SUFFOLK COUNTY RESIDENT
- Divisions:** USA Wrestling 8U, 10U, 12U and 14U divisions/6U Tot Division/High School Division
- Schedule:** **Morning Session:** 6U/8U/10U
 Check-in/weigh-ins: **7:30am-8:30am.** Session begins at 9:00 AM
Afternoon Session: 12U/14U/Highschool
 Check-in/weigh-ins: **11:30am-12:30pm.** Session begins at 1:00 PM
- Weigh-ins:** Coaches & Parents are responsible for submitting an accurate weight when registering online. Please use an accurate digital scale and confirm weight with your child’s coach. Random weight checks will be done at check-in. Madison system will be used for high school division only.
- Format:** **8-Person and 16-Person Brackets** - Scholastic Rules - Periods 1, 1, 1, and overtime, if necessary. Head gear a must. Weight classes may be combined.
- Registration:** **Online Registration at <https://arena.flowrestling.org>.**
 Event fee is \$40. This does not include the \$2.00 online processing. Tournament will be limited to the first 350 wrestlers to register. No walk-ins. Registration closes March 20, 2020 at 8 PM on.

 Direct Link: <https://events.flowrestling.org/event/061d05e8-4cc6-bc74-1f43-2904bf769b96>
- WAIVER:** Participation waiver must be read and agreed to during online registration.
[Online Waiver and Release document](#)
- Awards:** 1st Place – Trophy/2nd to 4th Place - Medals
- Concession:** Food and beverages will be available all day

Divisions	Weight Classes	Match Length
6U (Tot) <i>Born 2014-15</i>	43, 45, 49, 53, 56, 62 lbs	Champ & Consolations: 3 one-minute periods
8U (Bantam) <i>Born 2012-13</i>	43, 45, 49, 53, 56, 62, 70, 85 lbs	Champ & Consolations: 3 one-minute periods
10U (Intermediate) <i>Born 2010-11</i>	49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120 lbs	Champ & Consolations: 3 one-minute periods
12U (Novice) <i>Born 2008-09</i>	58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160 lbs	Champ & Consolations: 3 one-minute periods
14U (Schoolboy) <i>Born 2006-07</i>	71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250 lbs	Champ & Consolations: 3 one-minute periods
High School <i>Born 2002-05</i>	Madison Weights	Champ & Consolations: 3 one-minute periods



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- **Wrestlers MUST have a 2019-20 USA Wrestling Card** (available at <http://www.usawmembership.com>). Cards NOT sold day of tourney. Wrestlers MUST be able to produce USAW Card at check-in.
- All coaches must have a valid 2019-20 USAW Coaches Card to be allowed on the mats. (Security personnel will be posted mat-side and this policy will be *strictly enforced!*)
- All wrestlers must have proof of age with them in case an age is challenged.
- Emergency medical personnel will be on site.
- No refunds will be given.

Please contact Tim Flick (tflick@bluewavewrestling.org) or Tom Giaramita (tom@bluewavewrestling.org) with questions or concerns
