

**2022 Long Island Pre-Season Wrestling Tournament**  
**Presented by Longwood Wrestling Program**  
**Pre-Season High School Folk-Style Tournament**

**When:** Saturday, October 29, 2022

**Where:** Longwood High School  
100 Longwood Rd.  
Middle Island, NY 11953

**Who:** Grades 7th-12th - No Walk-Ins

Not exclusive to NY or Long Island. We welcome CT, RI, NJ & PA.

**Weigh-ins:** Thursday, 10/27 at Longwood HS. 5:00pm - 8:00pm.

Satellite weigh-ins are available, however those who do not weigh-in on-site must check their weight Saturday morning from 7:30am-9:00am. Wrestlers must be within 3lbs of their weight class.

Satellite weigh-ins must be submitted by 11:59pm on October 27th.

**Fee:** \$40.00 - VENMO, cash, check to "Longwood Wrestling Booster Club"

**Registration:** Online through VENMO or in-person.

Send **\$40.00** Registration Fee to @Longwood\_Wrestling through Venmo. Include wrestler name/weight class/school/birthdate in the comments)

Or

Pay cash in-person during weigh-ins or morning of the tournament for satellite weigh-ins.

**Time:** Wrestling will begin promptly at 9:30am. Mats will be open at 8:00am for warm-up. A warm-up mat will be available throughout the day.

**Weight Classes:**

85, 92, 102, 110, 118, 125, 133, 141, 149, 157, 165, 174, 190, 215, 285  
(we reserve the right to combine weight classes based on attendance)  
Boys and Girls Divisions (may be combined based on attendance)

**Skin Check:** Athletes must be prepared and must submit to a skin disease screening prior to weigh-ins. The Chief Medical Officer has full authority, without appeal in determining the eligibility of an athlete to compete. Anything questionable must be accompanied by a doctor's note on the official HS form stating the condition and that it is not active and not contagious. Doctor's form can be found here: [skin check form](#)

**Competition:** Folkstyle, Championship Bracket, Double elimination

NYS HS rules (Headgear suggested)

Periods: 1 ½, 1 ½, 1 ½ with 1 min SV, two :30 sec tiebreakers and one :30 UTB

**Awards:** 1st through 4th place (1st place will get a Championship T-Shirt, 2nd-4th will receive a medal)

**Tournament Directors:** Elrich Bowlay-Williams, Emman Sarwari and Chris Meehan

Questions to [elrich.bowlay@longwoodcsd.org](mailto:elrich.bowlay@longwoodcsd.org) or call Coach Sarwari (631) 338-1143

**Admission:** \$5.00 admission for all spectators. Coaches and children under 5 are free.

**There will be an on-site food concession.**