

2023 Long Island Pre-Season Wrestling Tournament

Presented by Longwood Wrestling Program

Pre-Season High School Folk-Style Tournament

When: Sunday, October 29, 2023

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

Who: Wrestlers Grades 7th-12th. We welcome Connecticut, Rhode Island, New Jersey, Pennsylvania, anyone. Last year we had over 200 participants from NJ, CT and NY (represented by sections 1, 8, 9, 11, PSAL, and CHSAA) . Come prove you're the best on Long Island or beat the best from Long Island!

Weight Classes: 106, 113, 120, 126, 132 138, 144, 150, 157, 165, 175, 190, 215, 285 (we reserve the right to combine weight classes based on attendance) Boys and Girls Divisions (may be combined based on attendance)

Weigh-ins: All weigh-ins will take place on-site the morning of the tournament. Weigh-in times will be staggered by weight. Must make scratch weight.

Registration: \$50 Online by October 28th at 6pm

www.wrestlingtournaments.com/events/392

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

Competition: Folkstyle, Championship Bracket, Double elimination

NYS HS rules Periods: 2 2 2 with 1 min SV, two :30 sec tiebreakers and one :30 UTB

Awards: 1st-3rd place (1st place will get a Championship T-Shirt, 2nd-3rd will receive a medal)

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: <http://longislandwrestling.org/scwca/forms/SkinForm%202022-23.pdf>

Tournament Directors: Brenden Nunziata, Emman Sarwari Questions to

brenden.nunziata@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.