

2024 3rd Annual Long Island Pre-Season Wrestling Tournament
Presented by Longwood Wrestling Program
“Come prove you’re the best on Long Island or beat the best from Long Island”

When: **Sunday, October 27, 2024**

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

Who: **Open to ALL Wrestlers., We welcome New Jersey, Pennsylvania, Connecticut, Rhode Island, ETC**
Our last tournament had over 350 wrestlers from 4 different states & 6 NY sections were represented.

What: **10 full mats of wrestling officiated by Suffolk’s best refs. We will be using the 3 point Takedown!**

Registration cost: Before September 31st **\$50**. After October 1st **\$60**

Sign up at <https://wrestlingtournaments.com/events/626>

Division and Weight Classes

(High School Varsity) 18 and under: Boys: 94, 101, 108, 116, 124, 131 138, 145, 152, 160, 170, 190, 215, 285. This is a one division varsity level tournament

Weigh-ins and start times: Weigh in and start times information is available on wrestlingtournaments.com. There will be a warm up mat available all day. No weight allowance. Weigh-ins will take place ten minutes before your bracket begins. Start times are staggered by weight class. All information will be at www.wrestlingtournaments.com.

Competition: Folkstyle, Championship Bracket, Double elimination

NYS HS rules Periods: 2 2 2 with 1 min SV, two :30 sec TBs and one :30 sec UTB;
Wrestlebacks will be 1-2-2.

Awards: 1st-3rd place

1st: will receive a **CUSTOM SINGLET**, Championship T-Shirt, Medal

2nd Finalist T shirt and Medal

3rd Medal

Tournament Directors: Brenden Nunziata, Emman Sarwari Questions to
brenden.nunziata@longwoodcsd.org or text Coach Sarwari (631) 338-1143

Admission: \$5.00 for all spectators. Coaches and children under 5 are free. Coaches will receive free food.

There will be an on-site food concession. Wrestling gear and clothing will be sold!