



2024 Hofstra Wrestling

Ken Lesser Memorial Summer Heat Clinic & Folkstyle Tournament

Sunday, July 21st, 2024



Location: David S. Mack Sports & Exhibition
Complex- Hofstra University
Hempstead, NY 11549

Directions: Meadowbrook Pkwy to exit M4. West on
Hempstead Tpke. Hofstra will be about ¼ of a mile on
your right. Ask for the David S. Mack Sports Complex
(new arena next to the PFC).

Divisions: *Open to wrestlers of all ages and ability. Wrestlers are bracketed strictly by weight class.*
With the exception of all graduated seniors and older will compete in the open division which will be bracketed
separately using Madison Weights.

Mandatory Weigh-Ins *All Divisions: Sunday 7:30-8:30 a.m. (If you did not do early weigh ins)*
Early Weigh ins Saturday night 6-8pm \$20 fee

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: [NYSPHSAA Skin Form](#)

Competition: *Folkstyle, Championship Bracket, double elimination, semifinal losers wrestle for third and fourth,*
losers prior to semis can wrestle back to fifth
NYS HS rules with college out of bounds (headgear suggested)
Periods: 1 ½, 1 ½, 1 ½ with 1 min SV, two :30 sec tiebreakers and one :30 UTB
All Divisions: Start at approximately 9:30 a.m.

Weight Classes: 85, 90, 95, 102, 109, 116, 123, 129, 135, 141, 148, 155, 163, 173, 185, 198, 223, 288
Boys and Girls Divisions. ** May need to combine boys and girls divisions if not enough entries.
*We reserve the right to combine weight classes based on attendance.

Open Division: Madison Weights

Awards: First through fourth place medals

Food Concession: There will be food concessions on-site

Contact: Tournament Directors Aeriell Clem- twinboys425@gmail.com Harry Coffin
(516) 232-4999 508-951-6502

Registration & Cost: *Early Bird Fee \$45* **Must register before July 1st**
Team Rate (10+ Wrestlers) \$40
REGISTRATION after July 1st \$50 **Registration closes on Wednesday, July 17th**
Team Rate (10+ Wrestlers) \$45

ALL TEAM REGISTRATION, CONTACT Ernest James @ 631-561-8460 / ernest.q.james@hofstra.edu

Registration closes at 300 wrestlers **ABSOLUTELY NO WALK-INS!!!**

NO CHANGING WEIGHT CLASSES AFTER July 17th without \$10 fee (No USA Card Needed)

Registration Link: <https://nyway.sportngin.com/register/form/984657946>

There will be a clinic by the Hofstra Wrestling staff & wrestlers prior to the start of the tournament

Spectator Entry: Coaches Passes- \$20.00 \$10 Adults Children & Students \$5

****ALL PROCEEDS GO TO SUPPORT HOFSTRA WRESTLING****