

2025 NYS Freestyle

Championships: Long Island

Warm-Up Tournament

When: April 27, 2025 Tournament will start at 12pm, wrestling will be staggered based upon your wrestler's division and weight (everyone)

Where: Longwood HS, 100 County Rte 24, Middle Island, NY 11953

What: Come get some experience before you head to Freestyle and Greco States. 4 mats 1 Gym

Who: wrestlers 14-18 years old, Long Island, NYC, Upstate, NJ, CT, RI, PA, anywhere, our last tournament had over 600 wrestlers, 100 of them were all league wrestl

How: Register at www.wrestlingtournaments.com/events/841 Registration Closes April 26th

Why: Prove you're the best on the island or come beat the best on the Island!

Divisions and Weight Classes: must make scratch weight no exceptions

2009-2010: 87, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 220, 285

2007-2008: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 220, 285

Limited space!! We are only accepting 16 kids per weight. Max 301 wrestlers

Awards: 1st-6th will receive medals, Podium pictures, winner will get bracket and special prize.

Entry Fee: \$60

Spectator fee: \$5 cash or \$7 card. Coaches and children under 5 are free

Weigh ins: April 27th from 8-10am or staggered based upon weight/division

Rules: Freestyle

Bout Time: (2009-2010) Two 2 minute periods with :30 break

(2007-2008) Two 3 minute periods with :30 break

Concession stand and wrestling gear: food and drinks will be sold.

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Uniform: red or blue Singlet or tight fitting clothing, no loose fitting clothing or Jewelry.

Email for any additional information: nolimitswrestlingclub@gmail.com