

2025 Mary Ann Lange Youth Folkstyle Wrestling Tournament

Presented by Longwood Wrestling Program

“Come prove you’re the best on Long Island or beat the best from Long Island”

When: Saturday March 22nd

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

Who: Wrestlers in grades kindergarten-6th grade. We welcome New Jersey, Pennsylvania, Connecticut, Rhode Island, ETC Our last tournament had over 600 wrestlers from 4 different states & 6 NY sections were represented. You can wrestle up a division but NOT DOWN! Double bracketing is allowed contact Coach Sarwari

What: 10 full mats of wrestling officiated by Suffolk's best refs. We will be using the 3 point Takedown! Singlet or shorts and t-shirt. Gear sold on site.

Registration cost: \$60 Registration closes on Friday March 21st at 4pm. No walkins!

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

Division and Weight Classes (by birth year) double bracketing is allowed contact Coach Sarwari

2013/2014: 70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 140, 150, 160, 175, 200

2015/2016: 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 140

2017/2018: 40, 45, 50, 55, 60, 70, 85

2019/2020: 35, 40, 45, 50, 55, 60, 70

We reserve the right to combine smaller weight classes.

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. This information will be texted to you as we get closer to event. All weigh ins on day of competition.

Competition: Folkstyle, Championship Bracket, Double elimination
All matches will be 1:1:1

Awards: **1st place:** T shirt, Drawstring bag, and Medal **2nd place/3rd place:** Medal. T shirts will be handed out to the wrestler with most pins in least time and most points scored in each division.

Tournament Directors: Brenden Nunziata, Emman Sarwari Questions to brenden.nunziata@longwoodcsd.org or Coach Sarwari emman.sarwari@longwoodcsd.org

Admission: \$7.00 for spectators cash, apple pay, debit card, credit card.. Coaches & children under 6 are free. There will be an on-site food concession. Wrestling gear and clothing will be sold! **Coaches please come check with Coach Sarwari for a coaching band. They're FREE!**

