

2026 Long Island Folkstyle Wrestling Championship

“Mary Ann Lange Tournament”

Presented by Longwood Wrestling Booster Club

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

When: Sunday March 22nd

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

Divisions: 2008-2009. 2010-2011. 2012-2013. 2014-2015. **Competition:** Brackets

Division: Born After 2016 **Competition:** Warzone Style

Who: Wrestlers in grades kindergarten-12th. We welcome Nassau, New Jersey, Pennsylvania, Connecticut, Rhode Island, ETC Our last tournament had over 700 wrestlers from 4 different states & 6 NY sections were represented. So thankful for everyone who has made us the biggest off season tournament in NYS.

What: 10 full mats of wrestling. Singlet/shorts and t-shirt. Gear & clothing sold on site.

Registration cost: \$60 Use coupon code: **liw2026** for \$15 off expires february 28th

<https://www.wrestlingtournaments.com/events/1093> **Warzone- Born on or after 2016**

<https://www.wrestlingtournaments.com/events/1181> **Brackets- Born 2008-2015**

Weigh-ins and start times: Weigh in and start time estimates will be available on wrestlingtournaments.com and you will be texted the night before competition with your exact time! There will be a warm up mat available all day. No weight allowance. Weigh-ins will take place 15 minutes before your bracket begins. Start times are staggered by weight class and division. Day will start at 8am.

Awards: Medals to top 6. Custom award for all champions!

Tournament Directors: brenden.nunziata@longwoodcsd.org or emman.sarwari@longwoodcsd.org contact us if you have any questions.

Admission: \$10 cash/card. Coaches&children under 5 are free. There will be an on-site food concession. Coaches come check with Coach Sarwari for a coaching band. They’re FREE and will get you a meal. We will have a Trainers on site!

Other notes: We give full refunds! Can’t make it, then take your money back!

Looking to double or triple bracket, Please contact coach Sarwari. \$Discount

Signing up more than one child, Please contact coach Sarwari. \$Discount

No having to drive over to weigh in a day early and no satellite weigh ins.

We have been the biggest tournament in NYS for 7th/8th graders and Freshman/Sophomore.

Home of the unofficial “L.I. Modified & Freshman/Sophomore Championships”

More time in between your bouts.

Full mats and real refs. No half mats or HS athletes officiating your kids.

Also we have the best concession stand food on the island.

Please sign up early, we will make the registration list public. For example last year i had 8 heavyweights contact me that no heavyweights had signed up. We give refunds just sign up!