



2026 Summer Hofstra Wrestling

Ken Lesser Memorial Summer Heat Clinic & Folkstyle Tournament

Sunday, July 19, 2026



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 and Exhibition Complex

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) **+3lb allowance**
Early Weigh-ins Saturday night from 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: **High School Boys:** 91, 97, 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, HWT (Max 285)
High School Girls: 94, 100, 107, 114, 120, 126, 132, 145, 152, 165, 185, Hwt Max 235
Open Division: Madison Weights

Boys and Girls Divisions *We reserve the right to combine divisions if there are not enough entries. **+3lb. allowance**

Awards: First through fourth place medals

Food Concession: There will be food concessions on-site

Contact: Tournament Directors Aeriell Clem- twinboys425@gmail.com Jamie Franco
(516) 232-4999 (914) 755-1355

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

This is a NYWAY sanctioned event and therefore your wrestler will need to have a current NYWAY membership or purchase the \$7.00 day pass within the online registration. The registration fee does NOT include a processing fee charged by Sports Engine. ALL TEAM REGISTRATION, CONTACT Jamie Franco @ (914) 755-1355 / James.R.Franco@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/912669583> **NO REFUNDS!**

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

Spectator Entry: Coaches Passes \$25 Adults \$10 Children & Students \$5

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