

2022 Long Island Pre-Season Wrestling Tournament Presented
by Longwood Wrestling Program
Pre-Season High School Folk-Style Tournament

When: Saturday, October 29, 2022

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

Who: Grades 7th-12th - No Walk-Ins

Not exclusive to NY or Long Island. We welcome CT, RI, NJ & PA.

Weigh-ins: All weigh-ins will take place on-site the morning of the tournament. Saturday morning from 7:30am-9:00am. Wrestlers must be within 3lbs of their weight class.

Fee: \$40.00

- VENMO @Longwood_Wrestling - Include wrestler name & phone number in the comments)
- cash or check to “Longwood Wrestling Booster Club” upon arrival.

Registration: Online by October 28th at 6pm

www.wrestlingtournaments.com/events/2022-long-island-pre-season-wrestling-tournament

Time: Wrestling will begin promptly at 9:30am. Mats will be open at 8:00am for warm-up. A warm-up mat will be available throughout the day.

Weight Classes:

85, 92, 102, 110, 118, 125, 133, 141, 149, 157, 165, 174, 190, 215, 285 (we reserve the right to combine weight classes based on attendance) Boys and Girls Divisions (may be combined based on attendance)

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: [skin check form](#)

Competition: Folkstyle, Championship Bracket, Double elimination

NYS HS rules (Headgear suggested)

Periods: 1 ½, 1 ½, 1 ½ with 1 min SV, two :30 sec tiebreakers and one :30 UTB Awards: 1st through 4th place (1st place will get a Championship T-Shirt, 2nd-4th will receive a medal)

Tournament Directors: Elrich Bowlay-Williams, Emman Sarwari and Chris Meehan Questions to elrich.bowlay@longwoodcsd.org or call Coach Sarwari (631) 338-1143 Admission: \$5.00 admission for all spectators. Coaches and children under 5 are free.

There will be an on-site food concession.