

2025 4th Annual Long Island Pre-Season Wrestling 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 November 2nd

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

Who: Wrestlers in grades 7-12th. We welcome NJ, PA, CT, RI. Our last tournament had over 700 wrestlers from 4 different states & 6 NY sections were represented.

What: 10 full mats of wrestling officiated by Suffolk's best refs.

Registration cost: \$60 Registration closes Saturday November 1st at 4pm!

Sign Up: <https://www.wrestlingtournaments.com/events/949>

Competition: Folkstyle, Championship Bracket, Double elimination. Challenge Matches will be available throughout the day.

HS Varsity: 96, 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 220, 285

Weigh-ins & Start Times: Weigh in and start times information will be 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.

Periods: Championship 2:2:2 Wrestlebacks 1:2:2

Awards: 1st-6th place will receive awards. Both finalist will receive a CUSTOM SINGLET before the finals. 3rd-6th will receive medals.

Tournament Directors: Coach Nunziata brenden.nunziata@longwoodcsd.org
Coach Sarwari emman.sarwari@longwoodcsd.org

Admission: \$5 cash or \$7 for apple pay, debit card, credit card, etc. Coaches & children under 6 are free.

There will be an on-site food concession. Wrestling gear and clothing will be sold!