



2011 Long Island Wrestling Association Ken Lesser Memorial



Summer Heat Folkstyle Tournament Saturday - July 30, 2011

Location: Hofstra University PFC **Directions:** Meadowbrook Pkwy to exit M4. West on Hempstead Tpke. Hofstra will be about ¾ of a mile on your right. Ask for the PFC (old gymnasium).
Hempstead, NY 11549

9-12th, 8th grade that have wrestled varsity this past season (Grade in Sept. 2011) and Open

Divisions:

Eligibility: Those entering 9-12th Grade or 8th if past varsity experience this past season. **Graduated seniors must compete in Open Division.**

USAW Card A USA Wrestling competitors card is required. A one time event card may be purchased for \$10 .

Registration &

Registration fee: \$30

Cost:

No Pre-registrations

<http://longislandwrestling.org>

Cash Only at the Door

Mandatory Weigh-ins: **HS Division:** 7:30 - 8:30 AM **(9-12th - 8th grade if varsity 2010)**
Open Division: 8:00 - 8:30 AM

Skin Check: **Athletes must be prepared and must submit to a skin disease screening prior to weigh-in. 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 doctors note on the official HS form stating the condition and that it is not active and not contagious. Doctors form can be found here: http://nysphsaa.org/sports/pdf/wrest_SkinForm.pdf**

Competition: Folkstyle, Championship Bracket, wrestleback to 3rd from quarters - Losers get at least 2 matches if possible
NYS HS Rules, Headgear Suggested, 1½-1½-1½ , 1 min. SV, two-30 sec. Crit. TB, one-30 sec. UTB
HS Division: Start Wrestling approximately 10:00AM - **Open Division:** approximately 9:00AM

Weight Classes: **HS:** 99, 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288
Open: Madison Weights

Weight Classes May Be Combined to Promote Wrestling at the Discretion of the Tournament Director

Awards: 1st - 4th Place

Food Concession: There will be a food concession on-site

<p>Contact: <u>Tournament Directors</u> Scott Arnel - (516) 624-8113 Steve Meehan - (631) 567-2337</p>
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