

# The Grand Slam of Long Island Youth Wrestling

Sign up online for any or all of these great events being run under the same format

**DATES & LOCATIONS:** **Sunday December 8th, 2019**  
**Long Beach High School, 322 Lagoon Dr. West, Lido Beach, NY 11561**

**Sunday December 22<sup>nd</sup>, 2019**  
**Wantagh High School, 3297 Beltagh Avenue Wantagh, NY 11793**

Register at: <https://events.flowrestling.org/event/25f155ea-0bca-c1d2-0e62-2c145ac058c2/summary>

**Sunday December 29<sup>th</sup>, 2019**  
**East Meadow High School, 101 Carman Ave, East Meadow, NY 11554**

**Sunday January 12<sup>th</sup>, 2020**  
**Massapequa High School, 4925 Merrick Road, Massapequa, NY 11758**

**SPLIT SESSIONS:** **Bantam and Intermediate Divisions check-in 7:30 am**  
**Novice and Schoolboy Divisions check-in 11:00 am**

**REGISTRATION:** Each Tournament limited to the first 350 wrestlers to register.  
 Fee for each event is \$35, this does not include the charge for online processing.  
 Online registration only, sign-up deadline is 10pm Thursday prior to the event date.  
 There are no refunds unless you call before the registration closes. No walk-ins.  
**Beginners (rated 1 or 2 by coaches or a 1st or 2nd year wrestler)**  
**Experienced (more than 2yrs exp and/or rated a 3 - 5 by coaches)**  
 For LB, EM & Massapequa Register at: <http://wrestlereg.com/>

**WEIGH-INS:** Coaches & Parents are responsible for submitting an accurate weight when registering online, please use an accurate digital scale and confirm weight with your child's coach. Random weight checks will be done at check-in; any wrestler exceeding a 2-pound allowance within their bracket will be disqualified without a refund. Madison system will be used to determine weight classes.

**RULES:** NYS High School Scholastic rules modified for OT.  
 Headgear and singlet are recommended.  
 Mandatory check-in times (see below).  
 Valid USA Wrestling Card is required for all Coaches and Wrestlers.

Division	Birth Dates	Beginners	Experienced
Bantam	2012 - 2013	Check-in at 7:30 am RR brackets 3 minutes running time	Check-in at 7:30 am RR brackets 1 - 1 -1 (OT 30s RO)
Intermediate	2010 - 2011	Check-in at 7:30 am RR brackets 1 - 1 -1 (OT 30s RO)	Check-in at 7:30 am RR brackets 1 - 1 -1 (OT 30s RO)
Novice 7 <sup>th</sup> graders should go SB	2008 - 2009	Check-in at 11:00 am RR brackets 1 - 1 -1 (OT 30s RO)	Check-in at 11:00 am RR brackets 1.5 - 1 -1 (OT 1m/30s RO)
Schoolboy No 9 <sup>th</sup> grade, JV or Varsity	2006 - 2007	Check-in at 11:00 am RR brackets 1.5 - 1 -1 (OT 1m/30s RO)	Check-in at 11:00 am RR brackets 1.5 - 1 -1 (OT 1m/30s RO)

Tournament Committee reserves the right to modify &/or adjust bout times, weight classes, brackets & divisions.

**ADMISSION:** \$3 Adults, \$2 Children. Parental supervision of children required at all times.  
 Concession stand will be open during the tournament.  
 No food or drinks allowed in the gym.

**CONTACT:** **Long Beach** - Miguel Rodriguez (516) 322-1046 [Lbgladiators@gmail.com](mailto:Lbgladiators@gmail.com)  
**Wantagh** - Ray Hanley (516) 526-8632  
**East Meadow** - Terence Hohlman (516) 242-4774  
**Massapequa** - Mike Liardi (516) 607-3129 or Tara Tarasi (516) 317-4526