

The Jeff Blatnick New York State Olympic Style Wrestling Championships

May 3-5, 2024



SPONSORED BY:



The Jeff Blatnick New York State Olympic Style Wrestling Championships
Men: Youth (8U, 10U, 12U, 14U), 16U, & Junior Freestyle & Greco
&
Women: Youth (8U, 10U, 12U, 14U), 16U & Junior Freestyle

Online Registration

ONLINE REGISTRATION ONLY

Online registration is available at **(to be posted)** until **8:00am Friday, May 3**. Registration fee is Youth \$64 (one style) and \$65 (two styles); 16U and Junior \$65 (one style) and \$90 (two styles).

The official waiver will be completed electronically when registering online.

USAW Full Athlete Membership is required and are obtained and updated on the USAWMembership.com website.

Friday, May 3, 2024 – Registration, Weigh-ins, & Youth Freestyle

8:00am	Registration Ends
12:00 noon – 1:00 pm	Weigh-ins – Youth Freestyle (both Men & Women)
2:45pm	Rules Clinic
3:00pm	Youth Freestyle Preliminaries to Finals
6:00pm – 7:00pm	Weigh-ins – 16U & Junior (both Men & Women)

**** All athletes must be present at the BEGINNING of weigh-ins.****

****Any exceptions MUST be prearranged with the Tournament Director prior to the close of Registration. ****

Saturday, May 4, 2024 – 16U, Junior Freestyle & Youth Greco

8:00 am	Building opens
8:15 am – 8:30 am	Last chance weigh-ins for 16U/Jr Freestyle and Youth Greco ONLY (no changes can be made from registered weight)
8:45 am	Coaches meeting
9:00 am	Rules Clinic
9:15 am	Opening Ceremonies
9:30 am – Conclusion	16U Men and 16U/Jr Women Freestyle Preliminaries to Finals
10:30 am – Conclusion	Youth Greco
3:30 pm – Conclusion	Junior Men Freestyle Preliminaries to Finals
12:30pm – 1:00pm	Weigh-ins for 16U/Jr Greco Roman ONLY participants

Sunday, May 5, 2024 – 16U & Junior Greco Roman

8:00 am	Building opens
8:15 am – 8:30 am	Last chance weigh-ins for Greco (no changes can be made from registered weight)
9:00 am to Conclusion	Greco Roman Preliminaries to Finals

The tournament committee reserves the right to make changes in the above schedule prior to the end of each session by announcement and by posting the change at the wall chart.

2024 - USA MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
8U	Born 2016-2017	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40 lbs, 43 lbs, 45 lbs, 49 lbs, 53 lbs, 56 lbs, 62 lbs, 70 lbs, 85 lbs
10U	Born 2014-2015	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	49 lbs, 53 lbs, 56 lbs, 59 lbs, 63 lbs, 67 lbs, 71 lbs, 77 lbs, 84 lbs, 93 lbs, 105 lbs, 120 lbs
12U	Born 2012-2013	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	58 lbs, 63 lbs, 67 lbs, 70 lbs, 74 lbs, 78 lbs, 82 lbs, 86 lbs, 92 lbs, 98 lbs, 108 lbs, 117 lbs, 135 lbs, 160 lbs
14U	Born 2010-2011	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	71 lbs, 77 lbs, 83 lbs, 87 lbs, 92 lbs, 97 lbs, 102 lbs, 106 lbs, 110 lbs, 114 lbs, 119 lbs, 125 lbs, 130 lbs, 136 lbs, 149 lbs, 165 lbs, 187 lbs, 250 lbs
16U	Born 2008-2009	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods	88 lbs, 94 lbs, 100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs
USA Junior	* Born 9/1/2004 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods	100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs

2024 - USA WOMEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTLE/GRECO MATCH TIME LIMITS	FOLKSTYLE MATCH TIME LIMITS	WEIGHT CLASSES
8U	Born 2016-2017	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	40 lbs, 43 lbs, 46 lbs, 50 lbs, 55 lbs, 62 lbs, 68 lbs, 74 lbs, 85 lbs
10U	Born 2014-2015	Two two-minute periods with 30 second rest between periods	Championship and Consolation: 3 one-minute periods	45 lbs, 49 lbs, 53 lbs, 57 lbs, 62 lbs, 67 lbs, 73 lbs, 80 lbs, 90 lbs, 100 lbs, 113 lbs
12U	Born 2012-2013	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	55 lbs, 59 lbs, 64 lbs, 69 lbs, 75 lbs, 81 lbs, 87 lbs, 94 lbs, 102 lbs, 112 lbs, 126 lbs, 140 lbs
14U	Born 2010-2011	Two two-minute periods with 30 second rest between periods	Championship: 1 one-minute and 2 1:30 periods; Consolation: 3 one-minute periods	71 lbs, 76 lbs, 81 lbs, 84 lbs, 87 lbs, 90 lbs, 93 lbs, 97 lbs, 102 lbs, 108 lbs, 115 lbs, 121 lbs, 127 lbs, 143 lbs, 163 lbs, 183 lbs
16U	Born 2008-2009	Two two-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods	88 lbs, 94 lbs, 100 lbs, 106 lbs, 112 lbs, 118 lbs, 124 lbs, 130 lbs, 136 lbs, 142 lbs, 148 lbs, 155 lbs, 170 lbs, 190 lbs, 235 lbs
USA Junior	** Born 9/1/2004 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Championship: 3 two-minute periods; Consolation: 1 one minute and 2 two-minute periods	95 lbs, 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 235 lbs



HOTEL RATE INFORMATION
 The Jeff Blatnick New York State Olympic Style Wrestling Championships
May 3-5, 2024
VisitBinghamton.org

<i>Hotel</i>	<i>Double</i>	<i>Triple</i>	<i>Quad</i>	<i>Amenities</i>	<i>Distance</i>
Comfort Inn 607-724-3297 1000 Front Street, Binghamton, NY www.choicehotels.com/hotel/ny302	\$139.00 Single or Double	\$139.00		Complimentary deluxe continental breakfast, fitness facility, outdoor pool & picnic area, free wireless internet. Newly renovated.	1/2 Mile
DoubleTree Binghamton 607-722-7575 225 Water Street, Binghamton, NY www.binghamton.doubletree.com	\$149.00 Single or Double	\$159.00	\$169.00	Complimentary continental breakfast, indoor pool, restaurant & lounge on premises, close to shopping and restaurants. \$210.00 Suite	3 Miles
Hampton Inn/Binghamton Johnson City 607-729-9125 630 Field Street, Johnson City, NY 13790 http://hamptoninn3.hilton.com/en/hotels/new-york/hampton-inn-binghamton-johnson-city-BGMNYHX/index.html	\$169.00 Single or Double	\$169.00	\$169.00	Full hot breakfast, fitness facility, indoor pool, high speed & wi-fi internet. Enter through Wegman's parking lot. Will hold group rooms until 3 weeks prior to arrival, after that rate will be based on availability	5 Miles
Holiday Inn Binghamton 607-722-1212 2-8 Hawley Street, Binghamton, NY www.holidayinnbinghamton.com	\$139.00 Single or Double	\$139.00	\$139.00	Indoor pool, fitness facility, high speed wireless internet, full-service restaurant & lounge, room service. Call for a contract for quoted rate.	3 Miles
Holiday Inn Express Hotel & Suites 607-348-0088 3615 Vestal Parkway East, Vestal, Vestal, NY 13850 www.hiebinghamtonu.com	\$129.00 Single \$139.00 Double	\$149.00		PLEASE USE THIS LINK FOR RESERVATIONS: https://www.ihg.com/holidayinnexpress/hotels/us/en/find-hotels/select-roomrate?fromRedirect=true&qSrt=sB&qLta=99801505&icdv=99801505&qSIH=BGMNY&qCiD=04&qCiMy=042023&qCoD=07&qCoMy=042023&qGrpCd=OSW&setPMCookies=true&qSHBrC=EX&qDest=3615%20Vestal%20Parkway%20East,%20Vestal,%20NY,%20US&srb_u=1 These rates will available until 1 week before. Which means the rate will no longer be available starting on 4/27/2023.	7 miles
La Quinta Inn 607-770-9333 569 Harry L. Drive, Johnson City NY www.lq.com	\$99.00 Single or Double	\$99.00	\$99.00	Complimentary deluxe continental breakfast, 35,000 sq. feet health club access, free high-speed internet, pillow top mattresses, & lounge.	5 Miles
Quality Inn & Suites 607-729-6371 4105 Vestal Parkway East, Vestal, NY www.choicehotels.com	\$118.00 Single or Double			Accommodations/Features: Complimentary Deluxe Hot Breakfast Buffet Daily. Microwaves/ Refrigerators in Every Room, Community Kitchen, Outdoor BBQ Area, Free High Speed Wireless Internet Access, Guest Laundry on Premise, Business Center, Fitness Room, Seasonal Outdoor Heated Pool, On-Site Tavern Serving American Pub Fare & A Japanese Style Steakhouse and Sushi Restaurant	7 Miles
Red Roof Inn Binghamton North 607-773-8111 650 Old Front Street, Binghamton, NY 13905 https://www.redroof.com/property/Binghamton/NY/13905/-/RR1416/	\$99.00 Single or Double			Fitness facility, high speed & wi-fi internet, adjacent to Oakdale Mall and restaurants. No cots available.	1 Mile

NOTE: All prices subject to 13% Sales tax

16U (CADET) / JUNIOR - GENERAL INFORMATION

1. **ONLINE REGISTRATION ONLY**
 - a. Online registration is available at **(to be posted)** until **8:00am Friday, May 3rd**. 16U & Junior registration is \$65 (per style) and \$90 (two styles). Youth registration is \$64 for one style and \$65 for both styles.
 - b. The official waiver will be completed electronically when registering online.
 - c. USAW Full Athlete Membership is required and are obtained and updated on the USAWMembership.com website.
2. **COACHING:** Floor pass will be required to be on the floor and coach. **ONLY** coaches with a Current USA Wrestling Coach's membership card and a USAW Bronze certification may purchase a floor pass for the weekend. Coach's Membership cards can be obtained at: USAWMembership.com along with the Safe Sport Certification and a background check. More coaching floor pass information will be provided in a separate document.
3. **ELIGIBILITY:** Registration through the USAWMembership.com website will require an updated USAW Membership. Secondary sports accident insurance is provided as a benefit of membership. **Wrestlers who will be turning 18 between September 1, 2023 and August 31, 2024 must have completed Safe sport Training found on NY-USAW.org**
4. **16U (CADET)/JUNIOR NATIONAL TEAMS:** Top 3 place winners in both styles at each weight class automatically qualify. Other spots on the team may open. A **mandatory \$400 deposit must be made following By May 18, 2024, to secure your position on the team.**
5. **INDIVIDUAL AWARDS:** 16U (Cadet)/Junior top 6 place winners in each weight class will receive specially designed medal.
6. **RULES:** The rules of the UWW, with current USAW modifications, will govern the event and the competition.
7. **UNIFORMS:** Red and Blue singlets, or reversible red/blue singlet with briefs, and wrestling shoes are required. The use of headgear is permitted and encouraged.
8. **INJURIES:** In the event of injury or illness, no contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.
9. **SKIN CHECKS:** Rashes of any kind may disqualify a wrestler without a currently dated note (within 5 days) from a physician describing the location and type of any rash, treatment and stating that it is not contagious through contact. The Chief Medical Officer has full authority, without appeal, in determining the eligibility of an athlete to compete.
10. **16U (CADET) & JUNIOR SCHOLARSHIP AWARDS:** The Mary Ann Lange Award for outstanding 16U (Cadet) / Junior Freestyle Wrestler and the Jules D'Agostino Award for outstanding Greco-Roman Wrestler.
11. **WEIGH-INS: All athletes must be present at the beginning of weigh-ins.** Athletes competing in both styles of the Youth, 16U (Cadet) or Junior Divisions will weigh in only once for both events. This is contingent on the athlete actively competing in the first of the two styles scheduled. Athletes competing in one style must weigh-in for that style. **(This rule may be modified. Contestants should check with their NYS Regional representatives prior to registering for this event.)**
12. **EVENT DIRECTORS:**
State Chairman &:
Tournament Director: Kris Harrington – kharrington141@gmail.com, (585) 738-3906
State Freestyle Coach: Louis Cucchiara – lcucchiara39@gmail.com, (585) 261-4493
State Greco Coach: Jessy Williams – jessywil27@gmail.com, (607) 221-1541
Fargo Administrator: Jennifer Myrdal – NYSUSAWrestling@gmail.com (717) 26-7182

Online Registration, will be posted on: <http://www.ny-usaw.org>

***** USA WRESTLING RULES *****

WEIGHT CUTTING: The use of hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics and laxatives for rapid weight reduction purposes is prohibited for all USA Wrestling events. The use of vapor-impermeable clothing (i.e., plastic sweats) for the specific purpose of rapid weight reduction is prohibited. Any method that raises the athlete's body temperature for the specific purpose of rapid weight reduction is prohibited.

Violation of these rules at USAW sanctioned events shall cause the individual(s) in question to be suspended from the competition. The Tournament Committee for the specific event will address each case. The decision of the tournament committee shall be final.

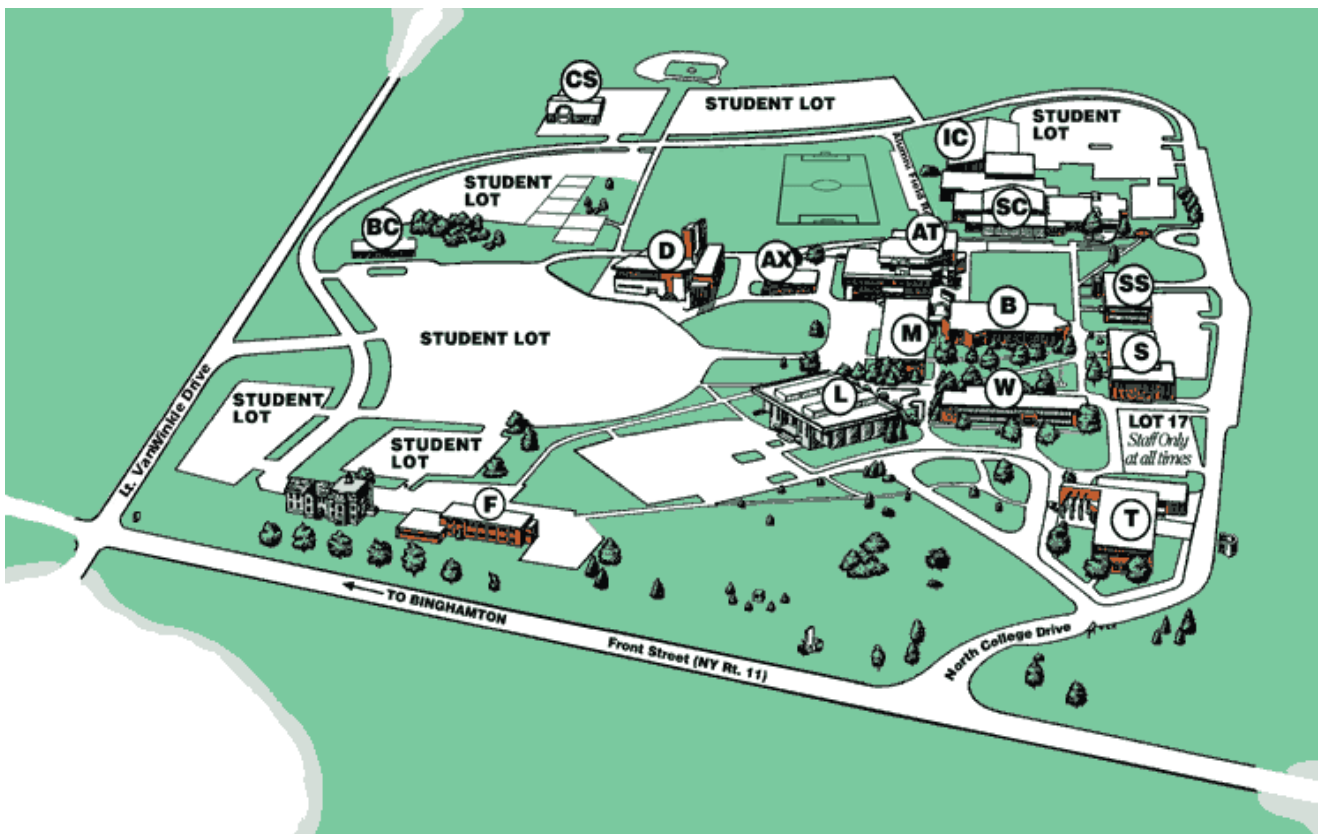
A second violation will result in the suspension of the individual(s) from any USAW sanctioned event/activities for one calendar year from the time of suspension.

Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as athletes, which are listed above.

** Complete rule is printed in the current USAW Rulebook and posted at weigh-in.*



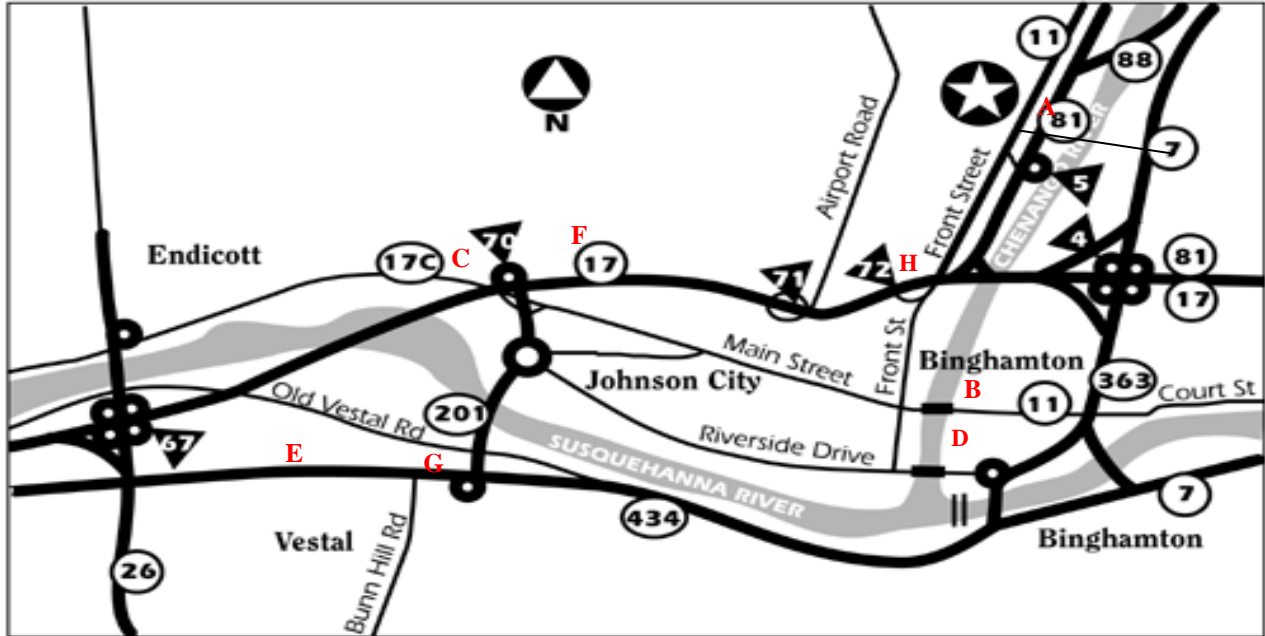
SUNY BROOME CAMPUS



Directions to SUNY Broome & Accommodations

LEGEND:

A – Comfort Inn	B – DoubleTree Binghamton
C – Hampton Inn Johnson City	D – Holiday Inn Binghamton
E – Holiday Inn Express	F – LaQuinta Inn
G – Quality Inn & Suites - Vestal	H – Red Roof Inn Binghamton North



From east of Binghamton (Approximately 2 ½ hours from Albany):
Take I-88 West to I-81 South to Exit 5 turn right onto Front Street. Turn left onto the North Campus Drive.

From west of Binghamton (Approximately 3 hours from Rochester; 4 ½ hours from Buffalo):
Follow Route 17 East to Interstate 81 North to Exit 5 turn right onto Front Street. Turn left onto the North Campus Drive.

From north of Binghamton (Approximately 1 ½ hours from Syracuse):
Take I-81 South to Exit 5 turn right onto Front Street. Turn left onto the North Campus Drive.

From south of Binghamton (Approximately 1 ½ hours from Scranton):
Take I-81 North to Exit 5 turn right onto Front Street. Turn left onto the North Campus Drive.