

4<sup>th</sup> Annual #Johnstrong Wrestling Tournament

Randy Hartman, Tournament Director

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Proceeds from this year's #johnstrong tournament will be given to Kam Hughes and family. On June 6th, Kam and his mother were involved in a serious car accident on their way to a wrestling camp. Kam has suffered a severe brain injury and multiple fractures and has undergone multiple surgeries and MRIs.

**Location:** Covington High School – 807 Chestnut St, Covington, OH 45318  
**Date:** Sunday, August 25, 2019  
**Weigh-ins:** Saturday, August 24, 2019 7:00–8:00 pm  
 Sunday, August 25, 2019 8:00–10:00 am  
 \*\*Wrestling Building Located Behind Covington HS\*\*  
**Start Time:** Gates Open at 8:00 am / Wrestling Starts at 11:00 am  
**Entry Fee:** \$20 Entry Fee. (No membership required!)  
**Registration:** All wrestlers can pre-register at [www.trackwrestling.com](http://www.trackwrestling.com)  
**Admission:** \$5 Adults / \$1 Kids age 6+ / Kids 5 & under free!



<u>Division</u>		<u>Age day of event</u>	<u>Weight Classes</u>
D1	<b>[05-06 YEAR OLDS]</b>	40-45-50-55-60-70-HWT	
D2	<b>[07-08 YEAR OLDS]</b>	45-50-55-60-65-70-75-85-HWT	
D3	<b>[09-10 YEAR OLDS]</b>	55-60-65-70-75-80-86-93-100-115-HWT	
D4	<b>[11-12 YEAR OLDS]</b>	65-70-75-80-85-92-100-110-125-140-HWT	
D5	<b>[13-14 YEAR OLDS]</b>	80-85-90-95-100-105-112-119-126-132-138-145-160-180-HWT	
D6	<b>[15-19 YEAR OLDS]</b>	106-113-120-126-132-138-145-152-160-170-182-195-220-285	

\*\*\*GIRLS WEIGHT CLASSES TBD, NUMBERS PERMITTING\*\*\*

**Style/Rules:**

- Modified High School Rules; Overtime is Middle School Rules
- ROUND ROBIN FORMAT – 5 or fewer wrestlers
- Tournament Director Reserves the Right to Combine Weight Classes As Needed
- D1-4 (3) One Minute Periods w/ Sudden Death OT & D5-6 (3) One and a Half Minute Periods w/ Sudden Death OT

On April 15, 2016, Mechanicsburg (OH) High School wrestler and football player, John Samples, was in a life-threatening car accident. His injuries were severe and life changing; he now lives with the effects of a severe Traumatic Brain Injury, and was never able to return to high school sports in the capacity that he was prior to his injuries.

\*\*\***IMPORTANT INFORMATION FOR COACHES FOR THE 2019-2020 SEASON**\*\*\*

The State of Ohio now requires that ALL coaches complete a free concussion training course **and** a free Lindsay's Law course, both of which can be accessed through [www.ohiowaywrestling.com](http://www.ohiowaywrestling.com). Proof of the completed courses need to be emailed to [ohioway.concussiontraining1@gmail.com](mailto:ohioway.concussiontraining1@gmail.com) the Friday before any scheduled event to be eligible to coach.

**Great Concessions All Day! No Crock pots or Large Coolers Allowed!**