

3rd Annual #Johnstrong Wrestling Tournament

Randy Hartman, Tournament Director

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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.

- Location:** Mechanicsburg High School – 60 High Street, Mechanicsburg, OH 43044
- Date:** Sunday, August 19th, 2018
- Weigh-ins:** Saturday, August 18th, 2018 7:00–8:00 pm
Sunday, August 19, 2018 8:00–10:00 am
- 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
- Admission:** \$5 Adults / \$1 Kids age 6+ / Kids 5 & under free!



NEW MEDAL DESIGN TO BE GIVEN AWAY TO THE TOP 4 FINISHERS!!

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

Style/Rules:

- All Periods and Restarts Begin from the Neutral Position
- Modified Scholastic 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

*** Did you know that high school sports are the 2nd leading cause of Traumatic Brain Injuries in the US, only behind motor vehicle accidents? A concussion is considered to be a mild Traumatic Brain Injury, and there are between an estimated 1.6 and 3.8 million sports-related concussions reported per year. ***

*** **IMPORTANT INFORMATION FOR COACHES FOR THE 2018-2019 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. Proof of the completed courses need to be emailed to ohioway.concussiontraining1@gmail.com the Friday before any scheduled event to be eligible to coach.

Great Concessions All Day! No Crockpots or Large Coolers Allowed!