



## **Heartland USA Elementary National Duals 2009**

April 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> at Midland Lutheran College in Fremont, Nebraska.

This is a USA event and you must have a USA wrestling card. Cards will be available at the event for \$35.

Team entry fee is **\$600** for the first team and **\$500** for each additional team.

The weight classes for the event are as follows: **50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, and 140**. Each team is limited to 20 wrestlers per team and must be listed on your roster. All wrestlers on a team must be from the same state. Grade verification (report card or official letter from elementary school authority) will be required for all wrestlers. **This event is for 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders**. A wrestler can not be in this event if he or she is 14 years old or older. Please be prepared to show proof of age if challenged. Each team is allowed 4 coaches. From your coaching staff, you must provide table help for each dual. There will be an official score keeper, time/score clock keeper and a bopper. These duties should be divided between the 2 dual teams competing.

### **Address of Venue**

Midland Lutheran College, 900 N. Clarkson St. Fremont, NE 68025

### **Event Dates and times**

April 9<sup>th</sup> Thursday: Weighins from **5:00pm to 8:00 pm**

April 10<sup>th</sup> Friday: Doors open at **9:00am** and wrestling begins at **10:00am**  
(We will wrestle in pools to determine the bracketing for Saturday)

April 11<sup>th</sup> Saturday: Doors open at **8:00am** and wrestling begins at **9:00am**  
(Championship brackets will be wrestled to completion)

### **Team Awards**

There will be awards for the top 6 teams in the Gold championship pool. Then 4 awards for the top 4 teams in the Silver pool and 2 awards in the Bronze pool.

### **Individual Awards**

All wrestlers will receive an event medal based on their team place in the tournament. There will be one wrestler chosen from each weight class as All-Americans. Awards will be given to each All-American. There will be 2 MVP awards given to each that placed in the top 6 of the gold pool and 1 MVP award given to the rest of the teams in the tournament. Your coaching staff must decide which wrestlers on your team get the MVP awards. We will not have extra MVP awards available.

## **Rules of Engagement**

- 1) National Federation High School Rules
- 2) 45 minute rest between matches not in effect
- 3) Must make weight in singlet/ skin ailment must have doctors release
- 4) Time periods are: 1 ½ minute (all 3 periods)

## **Team entry fee and roster**

Make checks payable to Nebraska USA Wrestling, P.O. Box 1, Oakland, NE., 68045. You can email me your roster at [alphasurveying@qwestoffice.net](mailto:alphasurveying@qwestoffice.net)

## **Adult pass and student pass**

Adult pass is \$8.00 and student pass is \$5.00. If child is not in school yet they are free.

## **Hotel information**

Go to <http://fdcvb.org/Sleep/index.htm> and you will find info on all the hotels in Fremont, Nebraska. Let them know you are in town for Heartland Elementary National Duals for special pricing on rooms.

## **Contact info**

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