



2021

Heartland USA Middle School National Duals

Mid America Center; Council Bluffs, Iowa

April 16th – 18th

This year's team will take some work to decide on and won't be easy because of the lack of head to head and even the lack of wrestling this season. We will look as much as possible to past results and current year results.

Team Information: There will be 2 teams participating. Wrestlers will need to be in 7th – 8th grade to be given a form.

To be a part of the pool of applicants you will need to fill out the following form and return it to the awards table or email it to Matt Njos within 48 hours of the completion of the MN/USA State Tournament. The 2 competitively selected teams will be evaluated by a team of coaches. **An email/phone call will be given within about one to two weeks to notify you of your selection for one of the teams. If you don't receive a phone call in that time frame that would mean the team has been filled.** There are 20 kids per team 17 weights and 3 alternates.

The cost per wrestler is \$225. This includes: national team singlet, national team t-shirts, national team shorts, national team sweatshirt/jacket and a meal after weigh ins Friday night.

Each participant is required to stay with a parent or with a chaperone during the event weekend.

Weight Classes: 75, 80, 85, 90, 95 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275

Hotel Information: (call right away to get a room under – TEAM MINNESOTA)

Hampton Inn @ Ameristar
2204 River Rd.
Council Bluffs, IA 51501
PHONE: 712-328-2500

Holiday Inn Council Bluffs @ Ameristar
2202 River Rd.
Council Bluffs, IA 51501
PHONE: 712-322-5050

For more information contact:

Matt Njos at: [mnjos@yahoo.com](mailto:mnjios@yahoo.com) or 612.481.7634

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Please fill out the following form and return it to the awards table or email it to Matt Njos. Please do so within 48 hours of completion of the MN/USA State tournament, to be included in the pool of applicants that may be selected to participate in this MINNESOTA State team event. The decision will be based on your placement or participation in the last year.

TURN IN REGISTRATION FORM TODAY

WE WILL NEED A BIRTH CERT., REPORT CARD & PAYMENT ONCE YOU ARE ON THE TEAM

(PLEASE PRINT CLEARLY AND FILL OUT COMPLETELY)

Name: _____ Club: _____

Parent(s) Name(s) _____

Phone #1 _____ Phone #2 _____

E-mail (Very Important) _____

USA Card # _____ Grade _____

Please enter the age group and weight wrestled at the MN/USA or MN HS state tournament.

Age Group: _____ Weight: _____

Since weight classes are different at state than this tournament please circle

THE LOWEST WEIGHT you can wrestle at the duals. There are 20 kids per team 17 weights and 3 alternates.

Weight Classes: 75, 80, 85, 90, 95 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275

SORRY, BUT THIS YEAR BECAUSE OF THE QUICK TURNAROUND WE WILL BE DOING CLOTHING BY WEIGHT AND NOT ALLOWING EVERYONE TO SELECT THE SIZE THEY GET. WE WILL USE THE PAST YEARS SIZES BY EACH WEIGHT TO DETERMINE WHO GETS WHAT SIZES THIS YEAR.

COST IS \$225.00

All sizes are final you will not be able to exchange for different sizes but you can swap with other kids. Singlets are ordered for this tournament 4 to 5 weeks in advance by weight class.

PARENT or FAN Apparel E-mail will be sent with link to purchase.

Hotel: ALL PARTICIPANTS ARE REQUIRED TO STAY WITH THEIR PARENT(S) OR WITH A CHAPERONE