

ALL PROCEEDS OF THIS TOURNAMENT WILL GO BACK TO OUR QUALIFIERS

GIRLS 1ST - 8TH GRADE HEARTLAND DUAL TEAM QUALIFIER

The *ONLY* Path to the NEUSAW Heartland Girls National Dual

\$20
ENTRY



February 28, 2026 |



Sandhills Global Event Center - Lincoln, NE

Weigh-ins: 11-11:30am •

Wrestling Starts: 12:30pm |

\$20 REGISTRATION FEE

WHAT ARE THE HEARTLAND NATIONAL DUALS?

- ▶ One of the largest interstate **girls dual tournaments** in the country
- ▶ Nebraska fields **3 teams** competing against states from across the U.S.

WHY A DUAL TEAM QUALIFIER?

- ▶ **No weight classes or age-based** exclusions
- ▶ Best wrestler earns the spot



WHO CAN COMPETE?

- ▶ **Girls 1st-8th grade** with a Nebraska USA Wrestling membership



WHAT IF MY DAUGHTER CAN'T ATTEND?

- ▶ Placements go through **6th place at each weight**
- ▶ Alternates used if a qualifier can't go



WHAT MAKES THIS EVENT SPECIAL?

- ▶ **Toughest** In-State Girls Tournament
- ▶ **Streaming** coverage
- ▶ Girls from across Nebraska
- ▶ **NEW: 19** weight classes

IS THIS THE RIGHT TOURNAMENT FOR MY DAUGHTER?

- ▶ **Great** for wrestlers wanting to compete with state's best
- ▶ Talk with family & coaches to decide if it's a good fit

All tournament proceeds go back to the girls that make the team



Heartland National Duals

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