



NORTH DAKOTA DUAL TEAM QUALIFIER TOURNAMENT Friday, February 23

ELEMENTARY WEIGHTS

Must be in 1st -6th
grade and younger
than 14.

50, 55, 60, 65, 70,
75, 80, 85, 90, 95,
100, 105, 112, 120,
130, 140, 160
(17 weights)

MIDDLE SCHOOL WEIGHTS

Must be in 6th-8th
grade and younger
than 16.

75, 80, 85, 90, 95,
102, 110, 117, 125,
132, 140, 150, 160,
175, 195, 220, 275
(17 weights)

WOMEN'S WEIGHTS

Must be in 1st-8th
grade and younger
than 16.

52, 58, 65, 73, 82,
89, 95, 101, 107,
113, 120, 126, 138,
150, 165, 185
(16 weights)

Don't miss your chance to be part of **TEAM ND** at the **Heartland Duals in Council Bluffs, Iowa March 28-30, 2024**. (Please note this is Easter weekend, but we will return late Saturday). North Dakota will be sending two elementary, two middle school and two women's teams. To be selected for the team you must place in the top two of your weight bracket at the qualifier tournament.

**QUALIFIER TOURNAMENT:
FRIDAY, FEBRUARY 23, 2024**

VENUE: BISMARCK EVENT CENTER

REGISTRATION:

https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupid=243923132

**REGISTRATION DEADLINE:
9:00am THURSDAY, FEBRUARY 22**

DOORS OPEN: 3:30pm

WEIGH-IN TIMES: 4-4:30pm

START TIME: 5:00pm

COST: \$20 MUST PAY ONLINE

USA CARD: All wrestlers must have a USA card to register. www.usawmembership.com

ADDITIONAL INFORMATION:

- Because this is a qualifier tournament we ask that you do not attend if you can not go to the dual tournament in Council Bluffs on March 28-30, 2024.
- The fee for each individual to attend Iowa is \$450. This will include transportation by bus from Bismarck, Jamestown, or Fargo. Also included are team entry fees, team gear package, team ND singlet, and Thursday evening meal.
- The \$450 fee needs to be paid Friday evening, but the overall cost can be offset by selling 30 raffle tickets and keeping the \$300.
- Blocks of rooms have been reserved. Hotel accommodations will be shared after the qualifier. Parents are required to book their own room under the block. Please note wrestlers are **required** to stay with parents/guardians.
- The weight you wrestle at the qualifier is the weight you need to make in March for the Heartland Duals. Please plan accordingly.
- Coaches wristbands are **NOT** required for the Qualifier.

Questions/Contact:

- Elementary Director – Justin Racine – 701-720-3933
- Middle School Director – Tom Iverson – 701-426-3130
- Womens Director – Vanessa Lennick – 701-426-6897