

Heartland Championships

Hosted by: Mr. Jack Cochnar &
Miss Alyssa Cochnar
Gold Star Martial Arts
402-826-4555, 402-641-2821

www.goldstarmartialarts.com
heartlandchampionships@gmail.com



HEARTLAND CHAMPIONSHIPS

Crete, NE * Saturday, November 9, 2019

Tournament Site:

Fuhrer Fieldhouse, Doane University
1014 Boswell, Crete, NE 68333
(this address is Doane using GPS)
*Watch for signs on north side of campus.
*Fuhrer Fieldhouse is located on 13th
Street, east of the football field.

**Parking is available in the Fieldhouse
Parking Lot, as well as on 13th Street,
adjacent to the Fieldhouse.**

**Registration: Traditional Forms &
Sparring/One Steps \$45
(\$35 for first event if not doing F/S)
Each Additional Event \$20**

*Please pre-register with your school
owner. Onsite registration available.
*Level 3 Judges (chevrons must be on
uniform) pay only \$35 for Traditional
Forms & Sparring.

Family Discounts:

1st & 2nd family members pay the full
amount for their competition. 3rd, 4th, etc.
family members competing in same
competition as first two family members
pay only \$10 per competition event.

Admission: Spectator Fee \$5

*Children 5 and under Free when
accompanied by an adult.*

Host Hotels (see details on our website):

Holiday Inn Lincoln SW

2500 Tamarin Ridge Rd.
Lincoln, NE 68512
402-421-1893

*20-25 minutes to tournament site
Direct link on our website.

Holiday Inn Express & Suites I-80

2200 Wildcat Drive
Lincoln, NE 68521
402-975-8330

*30 minutes to tournament site
Call for reservations.

**Ask for Gold Star Martial Arts Heartland
Championships rate.**

**Reserve rooms ASAP – Limited
availability!**

7:30 am	Registration Opens
8:30 am	Mandatory Black Belt Meeting (Ages 18 & up)
9:00 am	Line Up & Opening Ceremony
9:15 am	Adult Black Belt Competition Begins (C/X before Trad.)
<u>Staging >Champion (Competitive):</u>	
8:45 am	All Adult Black Belts
9:30 am	Creative & Xtreme for Juniors & Color Belt Adults
11:15 am	8 & Under Champion
11:30 am	All Special Abilities
11:45 am	9-10 Champion
12:15 pm	11-12 Champion
12:45 pm	13-14 Champion
1:15 pm	15-17 Champion
1:45 pm	Adult Color Belts Champion
<u>Staging >Tigers & Recreational (Novice): Note: C/X is done directly after Trad.</u>	
10:45 am	All ATA Tigers
2:15 pm	8 & Under Recreational
2:30 pm	9-10 Recreational
2:45 pm	11-12 Recreational
3:00 pm	13-14 Recreational
3:15 pm	15-17 Recreational
3:30 pm	Adult Color Belts Recreational
<u>Staging >Team Sparring & Combat:</u>	
2:00 pm	Rookies (12 & under)
2:20 pm	Junior Varsity (14 & under)
2:50 pm	Varsity (17 & under)
3:20 pm	Adults – Elites (18-39) & Legends (40 & up)

Please allow plus or minus 1 hour from staging time. Actual times will vary depending on judge and ring availability.

RECREATIONAL (Novice) DIVISIONS available for Color Belts, as well as Black Belts. Recreational division rules will apply.

Divisions: Divisions will be set up per ATA guidelines. Divisions may be combined or split based on the number of competitors in each division.

Rules and Equipment: ATA Rules will be strictly enforced. ATA approved sparring gear, chest protector, face shield, mouth guard, and protective cups for males are required for sparring. ATA approved uniform, traditional weapons, including complete equipment for combat weapons sparring is required. Black Belts will be in uniform or dress suit throughout the tournament. Please consult your instructor for more information on ATA tournament rules. This is an ATA Sanctioned Regional Tournament and Top Ten Points will be awarded.

We are excited to provide you with a quality tournament and look forward to seeing you!