

2026 MIDSOUTH NATIONALS



DUALS

CHAMPIONSHIP

**ELEMENTARY BOYS
MIDDLE SCHOOL BOYS
MIDDLE SCHOOL GIRLS
CLUB**



March 20-22, 2026



Divisions, Grades, and weight Classes :

Elementary K-6:

50, 55, 60, 66, 72, 80, 88, 96, 106, 115, 125, 135, 145, 160, 185 max

Middle School Boys: 6-8

75, 82, 90, 98, 106, 114, 122, 130, 138, 145, 155, 170, 185, 215, 250 max

Middle School Girls: 6-8

75, 84, 93, 100, 107, 114, 121, 128, 135, 145, 155, 180, and 225 max

- No more than three (3) wrestlers may come from other schools/clubs that make up this team
- all must reside in the same AAU Sports District in the 2025-2026 school year.
- 3 Coach's per team on the bench; Must have current AAU Coach's Card
- Each Team is required to supply 1 table worker for each match

Weigh Ins:

Friday March 19 10am -12 noon

On Site: Buck Van Huss Dome

Entry Fee:

\$700 per Team



- Team Placement 1st thru 6th Place
- Team OW Award: 1 for each Team
- Individual Medals for each member of Top 6 Teams



Friday: Elementary Division

Weigh-ins: 1-3 PM Tribe Sports Complex

Wrestling to begin at 5 pm

Format:

- **4 pools of 4 Round Robin**
- **3 rounds per pool**
- **2 Mats per pool (16 teams total)**
- **Top 2 Teams from Each Pool - Advance to a GOLD MEDAL Bracket**
- **Place 8 Team Bracket - (3 rounds)**
- **Pool 3rd and 4th Place advance to Silver Bracket**
- **same format as Gold**

Weigh-ins Middle School: 6-7:30 PM

Saturday: Middle School Wrestling

