

HEARTLAND CHAMPIONSHIPS

Hosted by: Master Jack Cochnar
& Master Alyssa (Cochnar) Glandt

Gold Star ATA Martial Arts
402-432-0494
Master Jack Cochnar 402-641-2821
info@goldstarmartialarts.com

Tournament Site:

Lincoln Sports Foundation
7600 N 70th St
Lincoln NE 68517
(On north side of town near I-80;
exit at 56th St)

Registration:

Forms & Sparring \$50
(\$40 for first event if not doing F/S)
Each Additional Event \$20 per event
3rd Family Members - 50% off
(F/S is one event)
+\$5 Tournament Tech Fee per person

*Please pre-register with your school owner. Onsite registration available with late fee.

Admission: Spectator Fee \$10

Children 5 and under Free when accompanied by an adult.

Host Hotels:

***Holiday Inn Express & Suites Lincoln I-80**

2200 Wildcat Drive
\$144.99 plus taxes.
Rate good till March 4th.

***Best Western Plus Lincoln Inn & Suites**

2201 Wildcat Circle
15% off. Call 402-438-0088.

***Quality Inn & Suites**

7333 Husker Circle
Call 402-435-8100 for information.

Ask for Heartland Championships rate.
Limited Availability!



HEARTLAND CHAMPIONSHIPS

Saturday, April 4, 2026

- 7:00 am Registration Opens
- 8:00 am Mandatory Black Belt Meeting (Ages 18 & up) & Adult Black Belt Staging**
- 8:30 am Line Up & Opening Ceremony
- 8:45 am Adult Black Belt Competition begins

Staging – ATA Tigers & Special Abilities

- C/X directly after Traditional

- 10:15 am All ATA Tigers
- 11:00 am All Special Abilities

Staging – Champion - C/X directly after Traditional

- 10:45 am 8 & Under Champion
- 11:15 am 9-10 Champion
- 11:45 am 11-12 Champion
- 12:15 pm 13-14 Champion
- 12:45 pm 15-17 Champion
- 1:15 pm Adult Color Belts Champion

Staging – Recreational - C/X directly after Traditional

- 1:45 pm 8 & Under Recreational
- 2:00 pm 9-10 Recreational
- 2:15 pm 11-12 Recreational
- 2:30 pm 13-14 Recreational
- 2:45 pm 15-17 Recreational
- 3:00 pm Adult Color Belts Recreational

Staging – Team Sparring & Combat

- 2:00 pm Bantam (10 & under)
- 2:10 pm Rookies (12 & under)
- 2:20 pm Junior Varsity (14 & under)
- 2:30 pm Varsity (17 & under)
- 2:45 pm Adults – Elites (18 & up); Premier (30 & up); Legends (40 & up); Executives (50 & up)

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

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 in Champion Rings.

