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Iowa Women's Wrestling
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Dias Wins Fargo National Title; 3 Future Hawkeyes Earn All-America Honors

FARGO, N.D. – Incoming University of Iowa wrestler Sterling Dias won a national title at the Junior Nationals Freestyle Championships on Tuesday at the FargoDome. The Hawkeyes had a total of three incoming wrestlers earn All-America honors.

Dias outscored her opponents 51-8 on her way to the title at 100 pounds. The Las Vegas, Nevada, native defeated Ohio's Makannah Craft in the title bout, 9-4.

Calkins finished second at 200 pounds. The Brentwood, California, native lost her title bout to Ohio's Savannah Isaac, 3-2. In her five matches prior to the finals Calkins had only allowed three points.

Ella Schmit finished in 7th after pinning Camryn Brown from Connecticut in 4:31. The Bettendorf, Iowa, native won by fall in five of her eight matches.

Fargo All-Americans

Sterling Dias – 1st place – 100 pounds

Ella Schmit – 7th place – 132 pounds

Sam Calkins – place – 200 pounds

Individual Results

Sterling Dias (100) – National Champion

Def. Brianna Duncan (Texas), 10-0

Def. Janessa Sitowski (Oregon), 11-0

Def. Isabella Bocanegra (Arizona), 6-0

Def. Mia Zuniga (Washington), 10-0

Def. Gigi Bragg (Michigan), 5-4

Def. Makannah Craft (Ohio), 9-4

Ella Schmit (132) – All-American (Seventh Place)

Def. Aubrianna Smith (Oklahoma), Fall 0:55

Def. Luiza Nogueira (California), Fall 4:21

Lost Alicen Dillard (Texas), Fall 5:25

Def. Ciara Riner (West Virginia), 11-0

Def. Alanna Haney (Washington), Fall 5:37

Def. Alissa Caltagirone (Massachusetts), Fall 2:41

Lost Taylor Fierbach-Graveman (South Dakota), 10-7

Def. Camryn Brown (Connecticut), 10-2

Sam Calkins (200) – All-American (Second Place)

Def. Elee Pittman (Kansas), 11-0

Def. Xsaria Puente (Ohio), 10-0

Def. Addison Neumann (Missouri), Fall 1:30

Def. Cheyenne Cruce (Florida), 12-2

Def. Madeline Welch (Texas), 6-1

Lost Savannah Issac (Ohio), 3-2

Tra'Chel Bingham (200)

Lost Brooke Bennett (Missouri), Fall 1:23

Lost Isabelle Huss (Minnesota), Fall 2:02

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