

**From:** Jason Bryant jason@bryantwrestling.com  
**Subject:** COLLEGE WRESTLING: Maryland breaks into Top 25; Illinois climbs to No. 11  
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## Maryland breaks into Top 25; Illinois climbs to No. 11

**Manheim, Pennsylvania** – While one of the nation's premier in-season individual tournaments took place in Las Vegas, there was plenty of dual meet action around the Division I mats as competition resumed after the Thanksgiving Holiday.

Maryland (4-0) entered the NWCA Division I Men's Wrestling Coaches Poll for the first time this season as the new poll was released on Tuesday. Coach Alex Clemens's team was ranked for two weeks last season and climbed as high as No. 22 during the 2022-23 season.

Penn State (2-0) remained the unanimous No. 1 after blasting then-No. 22 Lehigh 36-3 at the PPL Center in Allentown, Pennsylvania. The dual drew 9,769, the largest home crowd in the storied history of Lehigh wrestling. Iowa improved to 6-0 after taking out Army West Point and Princeton at Journeymen Wrestling's Uncivil War in St. Charles, Missouri. The Hawkeyes pulled out a 23-16 win over the Black Knights and a 39-3 win over the Tigers.

The rest of the Top 10 was in Las Vegas, where third-ranked Oklahoma State won the team title at the Cliff Keen Las Vegas Invitational.

Illinois moved up two more spots to No. 11, after defeating Indiana 34-3 prior to the Big Ten's conference championship football game in Indianapolis. Currently, seven of the nation's top 11 teams reside in the Big Ten.

Rutgers picked up a pair of wins to improve to 5-2. The Scarlet Knights beat Lock Haven 34-6 and in-state rival Princeton 32-7. No. 20 Little Rock and No. 21 Oklahoma both beat Central Michigan over the weekend. Little Rock (4-0) won 27-15, while Oklahoma (3-0) won 28-6.

**Methodology:** The NWCA Division I Wrestling Coaches Poll is voted on by two coaches from each Division I wrestling conference. Each first-place vote is worth 25 points, 24 points for a second-place vote, 23 points for a third-place vote, and so on, through to one point for a 25th-place vote. The poll is based on dual meet results.

### **NWCA Division I Men's Wrestling Coaches Poll December 10, 2024**

<b>Rank</b>	<b>Team (First)</b>	<b>Record</b>	<b>Points</b>	<b>Conf.</b>	<b>Previous</b>
1	Penn State (16)	(2-0)	400	Big Ten	1
2	Iowa	(6-0)	380	Big Ten	2
3	Oklahoma State	(4-0)	368	Big 12	3
4	Nebraska	(3-0)	352	Big Ten	4
5	Ohio State	(3-0)	329	Big Ten	5
6	NC State	(5-0)	315	ACC	6
7	Virginia Tech	(3-0)	303	ACC	7
8	Minnesota	(4-0)	302	Big Ten	8
9	Michigan	(3-0)	265	Big Ten	9
10	Northern Iowa	(2-0)	247	Big 12	10
11	Illinois	(6-0)	222	Big Ten	13
12	Cornell	(1-0)	221	Ivy League	11
13	Iowa State	(1-2)	219	Big 12	12
14	South Dakota State	(1-2)	181	Big 12	14
15	Stanford	(4-1)	180	ACC	15
16	Missouri	(1-3)	152	Big 12	16
17	Rutgers	(5-2)	151	Big Ten	17
18	West Virginia	(3-0)	134	Big 12	18
19	Pittsburgh	(2-0)	109	ACC	19
20	Little Rock	(4-0)	99	Pac-12	20
21	Oklahoma	(3-0)	88	Big 12	21
22	Lehigh	(1-2)	68	EIWA	22
23	Oregon State	(1-2)	31	Pac-12	23
24	North Carolina	(3-2)	24	ACC	24
25	Maryland	(4-0)	18	Big Ten	NR

**Others Receiving Votes:** Arizona State 14, Army West Point 11, Northern Colorado 8, Indiana 6, Cal Poly 1, George Mason 1, Virginia 1.

**Dropped Out:** No. 25 Arizona State (3-2).

**NWCA Division I Men's Wrestling Coaches Poll Publication Dates**

Dec. 17, Dec. 23 (MONDAY RELEASE)

Jan. 7, Jan. 14, Jan. 21, Jan. 28

Feb. 4, Feb. 11, Feb. 18, Feb. 25

**Mid-Major Publication Dates**

Jan. 8, Jan. 22, Feb. 12, Feb. 26

Questions related to historical polls can be sent to Jason Bryant at [jason@bryantwrestling.com](mailto:jason@bryantwrestling.com)

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