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Subject: COLLEGE WRESTLING: Northern Iowa heads into National Duals atop first Mid-Major poll of the season
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**NWCA DIVISION I MEN'S
MID-MAJOR COACHES POLL**
JANUARY 7, 2025

1		NORTHERN IOWA
2		CORNELL
3		SOUTH DAKOTA STATE
4		LITTLE ROCK
5		LEHIGH
6		ARMY WEST POINT
7		NORTHERN COLORADO
8		WYOMING
9		UTAH VALLEY
10		GEORGE MASON
11		BINGHAMTON
12		CALIFORNIA BAPTIST
13		OHIO
14		NAVY
15		PENN
16		LOCK HAVEN
17		CAL POLY
18		CAMPBELL
19		NORTHERN ILLINOIS
19		RIDER

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Northern Iowa heads into National Duals atop first Mid-Major poll of the season

Manheim, Pennsylvania – Coming off a resounding home win on Sunday against Nebraska, Northern Iowa comes in ranked No. 1 as the first NWCA Division I Men's Wrestling Mid-Major Poll of the season was released on Tuesday.

The Panthers (4-0) received all five first-place votes and head into this weekend's NWCA/USMC Multi-Division National Dual Meet Championships at the familiar UNI-Dome in Cedar Falls looking to continue the positive momentum. The Multi-Divisional National Duals are presented by A Better Way Athletics, Capitol Construction, and Defense Soap.

Cornell (2-1) is fresh off a win over Missouri. The Big Red are ranked second, ahead of South Dakota State (5-2), Little Rock (7-1) and Lehigh (1-2).

Fourteen Mid-Major programs will compete at the National Duals, including ranked Mid-Majors, Northern Iowa, South Dakota State, Little Rock, Northern Colorado, Wyoming, George Mason, Ohio, Penn and Cal Poly.

Ohio, Penn and Cal Poly.

Big 12 affiliates dominate the poll, with six of the 20 teams coming from the conference. The Mid-American Conference follows with five teams and the EIWA with four. The Ivy League and Pac-12 have two teams each, while the Southern Conference is represented with one.

Methodology: The NWCA Division I Men's Wrestling Mid-Major Coaches Poll is voted on by one coach from Division I wrestling conferences with mid-major representation. Each first-place vote is worth 20 points, 19 points for a second-place vote, 18 for a third-place vote, and so on through to one point for a 20th-place vote. The poll is based on dual meet results and represents schools that are in not full members in all-sports conferences considered the "Power 4/5."

NWCA Division I Men's Wrestling Mid-Major Coaches Poll January 7, 2025

Rank	Team (First)	Record	Points	Conf.	All-Sports
1	Northern Iowa (5)	(4-0)	100	Big 12	Missouri Valley
2	Cornell	(2-1)	94	Ivy League	Ivy League
3	South Dakota State	(5-2)	87	Big 12	Summit
4	Little Rock	(7-1)	85	Pac-12	OVC
5	Lehigh	(1-2)	81	EIWA	Patriot
6	Army West Point	(4-1)	77	EIWA	Patriot
7	Northern Colorado	(5-1)	63	Big 12	Big Sky
8	Wyoming	(2-3)	48	Big 12	Mountain West
9	Utah Valley	(5-4)	43	Big 12	WAC
10	George Mason	(8-0)	42	MAC	Atlantic 10
11	Binghamton	(3-5)	35	EIWA	America East
12	California Baptist	(5-3)	32	Big 12	WAC
13	Ohio	(4-2)	30	MAC	MAC
14	Navy	(2-3)	29	EIWA	Patriot
15	Penn	(1-2)	28	Ivy League	Ivy League
16	Lock Haven	(4-5)	27	MAC	PSAC (D2)
17	Cal Poly	(0-4)	25	Pac-12	Big West
18	Campbell	(1-7)	21	SoCon	CAA
19t	Northern Illinois	(2-1)	14	MAC	MAC
19t	Rider	(2-4)	14	MAC	MAAC

Others Receiving Votes: American 13, Central Michigan 13, Appalachian State 11, Drexel 11, Bucknell 9, North Dakota State 5, Princeton 4, Edinboro 3, The Citadel 3, Columbia 2, CSU Bakersfield 1.

NWCA Division I Men's Wrestling Coaches Poll Publication Dates

Jan. 14, Jan. 21, Jan. 28
Feb. 4, Feb. 11, Feb. 18, Feb. 25

Mid-Major Publication Dates

Jan. 22, Feb. 12, Feb. 26

Questions related to historical polls can be sent to Jason Bryant at jason@bryantwrestling.com

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