

From: Jason Bryant jason@bryantwrestling.com

Subject: COLLEGE WRESTLING: Northern Iowa's win over Nebraska highlights holiday dual meet action as first Top 25 of 2025 released

Date: January 7, 2025 at 11:59 AM

To: lanny@wrestlingusa.com

JB

[View this email in your browser](#)



Northern Iowa's win over Nebraska highlights holiday dual meet action as first Top 25 of 2025 released

Manheim, Pennsylvania – Northern Iowa jumped three spots to No. 7 after Sunday's 24-9 win over then-No. 4 Nebraska in the most recent NWCA Division I Men's Wrestling Coaches Poll released on Tuesday.

The Panthers (4-0) ranking is the highest the program has seen since it was ranked fifth to end the 2013-14 season. They'll defend the ranking, and the No. 1 Mid-Major ranking this weekend inside the UNI-Dome in Cedar Falls at the NWCA/USMC Multi-Division National Dual Meet Championships presented by A Better Way Athletics, Capitol Construction, and Defense Soap.

The only other Top 10 team in action since before Christmas was fifth-ranked Ohio State, which rolled past Oregon State 40-3 in Columbus. The Buckeyes (5-0) moved up a spot to No. 4 this week. Nebraska slid five spots to No. 9 this week, allowing NC State (6-0) and Minnesota (4-0)

to each slide up one spot.

In other ranked action, No. 12 Cornell (2-1) beat then-No. 19 Missouri 26-12, No. 18 Pittsburgh topped Division II Pitt-Johnstown 32-8 and No. 22 West Virginia beat Princeton 27-12.

The full conference schedule from the Big Ten and ACC kicks off this weekend, while 14 Division I teams will compete at the National Duals, which returns to the UNI-Dome with a focus on Mid-Major programs (non-Power 4 schools).

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 January 7, 2025

Rank	Team (First)	Record	Points	Conf.	Previous
1	Penn State (16)	(6-0)	400	Big Ten	1
2	Iowa	(6-0)	382	Big Ten	2
3	Oklahoma State	(7-0)	369	Big 12	3
4	Ohio State	(8-0)	346	Big Ten	5
5	NC State	(6-0)	332	ACC	6
6	Minnesota	(4-0)	309	Big Ten	7
7	Northern Iowa	(4-0)	303	Big 12	10
8	Virginia Tech	(3-1)	284	ACC	8
9	Nebraska	(5-1)	274	Big Ten	4
10	Michigan	(3-0)	265	Big Ten	9
11	Illinois	(6-0)	237	Big Ten	11
12	Cornell	(2-1)	230	Ivy League	12
13	Iowa State	(4-3)	200	Big 12	13
14	South Dakota State	(5-2)	190	Big 12	14
15	Stanford	(4-1)	176	ACC	15
16	Rutgers	(8-2)	165	Big Ten	16
17	Little Rock	(7-1)	146	Pac-12	17
18	Pittsburgh	(5-2)	127	ACC	18
19	Lehigh	(1-2)	96	EIWA	20
20	Oklahoma	(6-1)	88	Big 12	21
21	Missouri	(2-6)	80	Big 12	19
22	West Virginia	(7-1)	67	Big 12	22
23	Army West Point	(4-1)	48	EIWA	24
24	Indiana	(4-1)	27	Big Ten	25
25	North Carolina	(4-4)	26	ACC	23

Others Receiving Votes: Northern Colorado 18, Arizona State 7, Utah Valley 3, George Mason 2, Virginia 2, California Baptist 1.

Dropped Out: None

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

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

