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WRESTLING UPDATE
January 19, 2010

Wrestling Fifth in NWCA Poll

Manheim, Pa. - The Golden Gopher Wrestling remained at No. 5 in the National Wrestling Coaches Association (NWCA) top-25 poll when it was released, Jan. 19. Minnesota came in fifth for the second straight week, after spending four weeks at No. 6.

The Gophers were off this week, after a 2-2 performance at the Cliff Keen/NWCA National Duals last week where they beat then No. 17 Missouri and No. 5 Central Michigan. Minnesota first beat Missouri 25-14, before dominating Central Michigan 25-9. The win over CMU moved the Gophers into the No. 5 spot laast week.

The Gophers have been among the top-six all season long, with this week marking their fourth at No. 5. Iowa remains No. 1, where they have been all season, garnering all 11 first place votes. The top four all stayed the same, with Iowa State at No. 2, Ohio State at No. 3 and Oklahoma State at No. 4. Minnesota's (5-4) four losses have all come from teams in the top-four, while three of their wins have come from top-25 teams.

Minnesota earned 231 points, edging No. 6 Cornell by 15 points. The 5-4 Gophers return from their break on Jan. 22 and 23, when the open Big Ten action on the road at Michigan State and Michigan respectively.

Among the Big Ten, Minnesota, Iowa and Ohio State are joined by No. 11 Indiana, No. 13 Penn State, No. 14 Wisconsin, and No. 19 Illinois. Already having met Ohio State, Minnesota will face off this season with each of the Big Ten teams in the poll, including Iowa for a second time.

In the latest InterMat Individual rankings, seven Gophers landed among the best in the nation. Scott Glasser (Bismarck, N.D.), who entered the top-10 last week at No. 8, remained there after the Gophers were off this past week. At 133, Jayson Ness (Bloomington, Minn.) still is the highest ranked Gopher on the team at No. 2, along with No. 2 Dustin Schlatter (Massillion, Ohio) at 165. Zach Sanders (Wabasha, Minn.) and Mike Thorn (St.Michael, Minn.) are next in line, ranked sixth at 125 and 141 respectively. Sonny Yohn (Alamosa, Colo.) stays the same at No. 16 in his third week at 197, while Mario Mason (Moorestown, N.J.) rounds out the ranked Gophers, at No. 18 at 149.

NWCA Rankings - 01/19/10

No.	Team	Prev.	Points	Rec
1.	Iowa (11)	1	275	14-0
2.	Iowa State	2	264	7-2
3.	Ohio State	3	249	11-1
4.	Oklahoma State	4	246	8-1-1
5.	Minnesota	5	231	5-4
6.	Cornell	7	216	3-3
7.	Maryland	8	207	13-3
8.	Lehigh	9	193	11-3
9.	Boise State	6	191	9-2
10.	Oklahoma	10	179	12-1-1
11.	Indiana	12	155	11-0
12.	Central Michigan	11	152	9-2
13.	Penn State	13	144	6-3-1
14.	Wisconsin	14	119	4-6
15.	Missouri	16	115	3-4
16.	Cal Poly	17	107	5-2
17.	Kent State	15	97	11-3
18.	Pittsburgh	18	90	11-1-1
19.	Illinois	19	78	5-3
20.	Virginia Tech	20	70	13-3
21.	Edinboro	21	55	5-4
22.	Oregon St.	22	46	13-1
23.	Virginia	24	32	12-3
24.	Arizona State	23	27	7-4
25.	Purdue	NR	20	10-4

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