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All-American wrestling career closes for Central's Timok

ROANOKE, VIRGINIA — A three-year career in a Central College wrestling uniform ended with a second All-American performance by **Cam Timok (senior, Glen Allen, Va., Hermitage HS)** Saturday at the NCAA Division III Championships.

Timok secured a sixth-place finish at 125 pounds and finished the season with a 25-6 record. With 10 points, Central finishes 33rd in the team standings.

After transferring in from the United States Naval Academy for the 2016-17 school year, Timok instantly made a splash with his first All-American honor. He took fifth place at 133 pounds that season.

A 19-0 start to the 2017-18 season came to a devastating and premature end when an injury knocked him out for the remainder of his junior year.

He returned to the national stage this year by winning the NCAA Division III Lower Midwest Regional. Timok started this weekend with a 2-0 record on Friday before dropping three straight matches on Saturday to place sixth. He lost to the No. 1, No. 3 and No. 6 seeded wrestlers.

“He leaves a tremendous legacy at Central,” coach Eric Van Kley said. “He’ll go down as a two-time All-American who come back from a very challenging season-ending injury to get back on the stand in his home state. He’s had an outstanding career and I’m proud of everything he has accomplished.”

As a team, Central had one of its most successful years under Van Kley. A 13-3 dual record was capped off with a third-place effort at the NCAA Division III Lower Midwest Regional. While only two wrestlers qualified for the national meet, Central had eight wrestlers place in the top eight.

“This was a special season,” Van Kley said. We did some really neat things. We got better as the year went on, had a great finish at regionals and capped it off with an All-American. It’s been a total team effort from top to bottom. I can’t thank our staff and assistants for everything they did to contribute to the success.”

Seven of Central's 10 starters are slated to return in 2019-20. A total of 30 wrestlers on the roster can return.



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