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NITTANY LION WRESTLERS WIN EIGHTH NCAA TITLE IN LAST NINE YEARS!

Anthony Cassar, Jason Nolf and Bo Nickal win individual titles as Penn State rolls in Pittsburgh

PITTSBURGH, Pa.; March 23, 2019 – The Penn State Nittany Lions, under the guidance of head coach Cael Sanderson, entered the final session of the 2019 NCAA Championships having already clinched their eighth team title in the last nine years. Sanderson's squad left the National Finals and PPG Paints Arena with three individual National Champions. Penn State won the 2019 crown by over 40 points.

Penn State had five NCAA finalists for the fourth straight year and won three titles, beginning at 285 with senior Anthony Cassar (Rocky Hill, N.J.) winning his first. Jason Nolf (Yatesboro, Pa.) and Bo Nickal (Allen, Texas) each won their third straight crowns. The Nittany Lions won the team race with 137.5 points, finishing over 40.0 points ahead of second place Ohio State, which had 96.5. Oklahoma State finished third with 84.0. Penn State was the only team to score over 100.0 points.

Cassar, the No. 2 seed at 285, met No. 1 Derek White of Oklahoma State in the first of Penn State's five national title bouts. The duo battled evenly for the first minute, neutral in the center circle. A stalemate was called at the 1:30 mark with each man battling for control on the NCAA logo and the bout moved below the 1:00 mark of the opening period without a score. Cassar made the first two offensive pushes of the period but White was able to defend each move and the bout moved to the second tied 0-0. White chose down to start the second period and quickly escaped to a 1-0 lead. The duo battled evenly for the next minute with neither man able to break through on offense. Cassar kept close tabs on White and with just 0:10 on the clock, took a single leg that ended in a takedown and four near fall points as the period ended. Leading 6-1, Cassar chose down to start the final period and escaped to a 7-1 lead. He then moved in on a fast low single and took White down once more to open up a 9-1 lead. The Lion then built his riding time up over 1:00 and finished the bout on top to roll to the 10-1 major decision. Cassar ends his fantastic season with a 30-1 record with five falls, two techs and 15 majors. The Lion senior won both the Big Ten Championship and the NCAA Championship in his first trips to the tournaments.

Nolf, the No. 1 seed at 157, took on No. 2 Tyler Berger of Nebraska in his fourth straight NCAA finals match-up. Nolf wasted no time setting up his offense, working the center circle until he turned a low single into a takedown and a 2-0 lead at 2:15. Nolf cut Berger loose and went back to work on his feet. The Lion senior continued to shoot and connected on a high single that he used to take Berger down and to his back for two near fall points. After cutting Berger loose one more time, Nolf notched a third takedown and led 8-2 at the :40 mark. Nolf finished on top and led 8-2 with 1:16 in riding time after one. Nolf chose down to start the second period. Berger was able to control the Lion for the first minute and more. Nolf escaped to a 9-2 lead with 0:30 on the clock and then countered a late Berger shot to end the period. Trailing 9-2, Berger chose down to start the third period and Nolf went to work on top, controlling the action to build his riding time back up over 1:00. The Nittany Lion finished the period on top, rolling up a 1:46 riding time edge, and posted the 10-2 major decision to win his third straight NCAA championship. He became Penn State's third three-time NCAA Champion as well. Nolf ends his season with a 31-0 record with 15 falls, five techs and six majors. He ends his Lion career with a 117-3 record, including 60 pins.

Junior Vincenzo Joseph (Pittsburgh, Pa.), the No. 2 seed at 165, met No. 8 Mekhi Lewis of Virginia Tech in his third straight NCAA title bout. The duo battled evenly for a minute with Lewis taking a first shot and Joseph deftly stepping back from the effort to keep the bout scoreless. The Lion fought off a second Lewis shot as the clock moved below 1:00. The bout moved to the second period in a scoreless tie. Joseph chose down to start the second period and Lewis moved to lock up a cradle off

the whistle. Joseph fought off the move and worked his way to an escape but the Nittany Lion junior trailed 4-1. Joseph tried to finish off a high single as the period ended but Lewis was able to kill the clock and Joseph trailed by three after two. Lewis escape to start the third period and took a 5-1 lead. Joseph pressed on offense and Lewis was able to back away from each of his shots. The Nittany Lion sophomore continued to shoot and Lewis countered a final effort for another takedown, handing Joseph a tough 7-1 loss. Joseph lost at the NCAA tournament for the first time after winning the NCAA title in both 2017 and 2018. He ends his season with a 27-2 record with 14 pins, two techs and four majors.

Junior Mark Hall (Apple Valley, Minn.), the No. 1 seed at 174, took on No. 3 Zahid Valencia of Arizona State in his third straight NCAA title bout. The duo battled evenly for the opening minute with each wrestler low singles but connecting on none. Valencia tried to work in on a single leg that Hall was able to counter, forcing a scramble that ended with the Lion turning in to a takedown and a 2-1 lead at the 1:45 mark. Hall carried that lead late into the period and then fought off one final Valencia shot to lead 2-1 after one. Hall chose down to start the second period and quickly escaped to a 3-1 lead. Valencia connected on a low single, forcing a scramble on the edge of the mat that Hall was able to fight off for a bit before the Sun Devil got the takedown to tie the match at 3-3 with :43 on the clock. Penn State challenged the call but it stood and action continued. The Lion was unable to escape and the match moved to the third period tied 3-3. Valencia chose down to start the third period and quickly escaped to a 4-3 lead. Hall pressed the action, forcing Valencia into a stall with :25 on the clock. The Lion was unable to break through the Sun Devil's defense late and dropped a hard-fought 4-3 decision. Hall, suffering his first loss of the year, ends his season with a 30-1 overall record, with six pins, three techs and five majors.

Nickal, the No. 1 seed at 197, met No. 2 Kollin Moore of Ohio State in the evening's final title bout and the fourth straight NCAA finals match of Nickal. The duo battled evenly for over a minute and the score held at 0-0. Moore took a slight shot at the 1:45 mark but Nickal controlled his shoulders and forced a stalemate at the midway point of the opening period. Nickal took control of Moore's shoulders with :55 on the clock, looking to move behind the Buckeye for a takedown but Moore was able to slide out of trouble. Nickal persisted and notched a slick takedown on the edge of the mat with just seconds left to lead 2-0 after one period. The Lion was unable to break through Moore's defense as the second period moved on and Nickal led 2-1 after two. Nickal chose down to start the third period and quickly escaped to a 3-1 lead. Moore took a quick shot at the :50 mark but Nickal quickly stepped away from it and maintained his 3-1 lead as the clock hit :30. Nickal then locked up a cradle and got the takedown for the bout's final points. Nickal posted the 5-1 victory to win his third straight NCAA title, becoming Penn State's fourth three-time NCAA Champion. Nickal closes out his season with a 30-0 record with 18 pins, three techs and six majors. Nickal ends his Penn State career with a 120-3 record with 59 falls. Nickal was honored as the 2019 NCAA Most Dominant Wrestler.

The Nittany Lions finished the tournament with a 35-11 overall during the tournament, tallying 28.0 bonus points off seven majors, two techs and nine pins. Penn State has now had 26 individuals win a total of 46 national championships, including 23 under Sanderson. Nolf and Nickal leave Penn State as four-time All-Americans, four-time NCAA finalists and three-time NCAA Champions. Nolf ends his Lion career 16th on the all-time wins list with 117 while Nickal leaves with 120 wins, good enough for 13th all-time. Nolf leaves as Penn State's all-time leader in falls with 60 while Nickal leaves in second with 59. The duo each posted identical 19-1 career records in the NCAA tournament. They take with them 237 combined wins, 119 combined pins, 38 combined NCAA tournament victories, eight combined All-America honors, eight combined trips to the NCAA finals and a combined six NCAA individual titles.

True freshman Roman Bravo-Young (Tucson, Ariz.) became yet another Lion All-American with an eighth place finish at 133. Bravo-Young went 4-3 at his first NCAA tournament and ended a superb first season as a Nittany Lion with a 25-7 record. Sophomore Nick Lee (Evansville, Ind.) is now a two-time All-American after his fifth place finish at 141. Lee went 4-2 at nationals with three pins and ends his sophomore campaign with a 31-4 overall record. Redshirt freshman Brady Berge (Mantorville, Minn.) went 2-2 at 149 and bowed out of the tournament on Friday. He ends his first year as an NCAA qualifier with a 20-5 record. Senior Shakur Rasheed (Coram, N.Y.) bowed out of the tournament with a

2-2 mark at 184. Rasheed, a 2018 All-American, went 20-2 in his first season at 184 this year.

Penn State's seven All-Americans tops the field this year as well. The Lions have had five or more All-Americans in all but Sanderson's first season as head coach. Penn State now has 221 All-Americans, including 35 under Sanderson.

Penn State has clinched its eighth NCAA title in the last nine years and its fourth straight, which is Penn State's second four-year title streak within this, Sanderson's 10th year as Penn State's mentor. Penn State has now won nine NCAA titles, also owning a crown from 1953, which is third most in NCAA history.

The Nittany Lions concluded the 2019 dual season with a 14-0 record and won a share of the Big Ten Regular Season (dual meet) title with a 9-0 conference mark. Penn State has now won 59 straight dual meets dating back to the end of the 2014-15 season. The Nittany Lions won the 2019 Big Ten Championship on March 9-10 in Minneapolis, crowning four champions to run away from the rest of the field, winning by 30.0 points.

Penn State Fans are encouraged to follow Penn State wrestling via twitter at @pennstateWREST, on Penn State Wrestling's Facebook page at www.facebook.com/pennstatewrestling and on Instagram at www.instagram.com/pennstatewrest. **This is PENN STATE. WRESTLING lives here.**

2019 NCAA Championships – Top 10 Teams – FINAL:

Saturday, March 23, 2019 – PPG Paints Arena – Pittsburgh, Pa.

- 1: Penn State – 137.5
 - 2: Ohio State – 96.5
 - 3: Oklahoma State – 84.0
 - 4: Iowa – 76.0
 - 5: Michigan – 62.5
 - 6: Missouri – 62.0
 - 7: Cornell – 59.5
 - 8: Minnesota – 53.5
 - 9: Rutgers – 51.5
 - 10: Nebraska -- 51.0
- Attendance: 109,405 (total)

Penn State's individual bout-by-bout agate:

All rankings listed are official tournament seed

133: #10 Roman Bravo-Young, Fr. – All-American

- Rd. 1: #23 Mario Guillen, Ohio – W, 8-2 dec.
Rd. 2: #7 Austin DeSanto, Iowa – L, 2-7 dec.
Cn. 2: #9 Charles Tucker, Cornell – W, 6-3 dec.
Cn. 3: #15 Ben Thornton, Purdue – W, 3-1 dec.
Rd. 12: #4 Micky Phillippi, Pitt – W, 4-3 dec.
Cn. Q: #8 John Erneste, Missouri – L, 0-10 maj. dec.
7th Place: #6 Ethan Lizak, Minnesota – L, 5-8 dec.

Bravo-Young took on No. 23 Mario Guillen in Penn State's first match of the tournament and Bravo-Young's first-ever NCAA tournament bout. Bravo-Young fought off an early Guillen shot and spent the rest of the first period in neutral to go to the second stanza tied 0-0. The Lion freshman chose down to start the second period and quickly escaped to a 1-0 lead. Guillen then took the Lion down, Bravo-Young escaped and the match was tied 2-2 at the 1:20 mark. Bravo-Young took a 4-2 lead with a takedown at the 0:46 mark and finished on top to carry that lead into the third period. Guillen chose

neutral to start the third period and Bravo-Young was able to withstand a solid Guillen effort as the clock moved below 0:30. The Lion then iced the bout with a takedown and two near fall points to post the 8-2 win.

Bravo-Young took on No. 7 Austin DeSanto of Iowa in the second round. DeSanto was able to get an early takedown and led 2-1 after a quick Bravo-Young escape. The duo then battled in the center of the mat for the next minute with neither wrestler able to score. Bravo-Young nearly scored as the first period ended but clock hit zeroes and he trailed by one after one. Bravo-Young chose down to start the second period and worked his way to an escape and a 2-2 tie with 1:11 on the clock. His escape was the only scoring of the second period. DeSanto chose down to start the third period and quickly escaped to a 3-2 lead. Bravo-Young nearly scored at the 1:12 mark but after a long review, no takedown was given and action resumed neutral with the Hawkeye leading by one. Bravo-Young forced a scramble late in the match but DeSanto countered it with seconds left and finished off a 7-2 win with a takedown and near fall points.

The true freshman met No. 9 Charles Tucker of Cornell in his first consolation bout. Bravo-Young stepped back from a solid Tucker single leg at the 1:30 mark in the bout's first flurry. The duo battled evenly in neutral for the rest of a scoreless first period. Bravo-Young chose down to start the second period and was called for potentially dangerous in the bottom position. He then escaped to a 1-1 tie with 1:25 on the clock. The Lion continued to work on offense and notched the bout's first takedown with :05 left in the period to lead 3-1 after two periods. Tucker chose down to start the third period and quickly escaped to a 3-2 score. Bravo-Young connected on another takedown to open up a 5-2 lead with 1:20 left and then controlled the action from the top position until he had over 1:00 in riding time. The Lion posted the 6-3 win to continue on in consolation action. Bravo-Young battled No. 15 Ben Thornton of Purdue in his next consolation bout. Bravo-Young set a fast pace to begin the match but the veteran Boilermaker was able to keep the young Lion at arm's length for the first minute-plus. But Bravo-Young's offense paid off as the Lion turned a high single leg into a takedown and a 2-0 lead just under the 1:00 mark. Bravo-Young finished the period on top and led 2-0 with 0:54 in riding time. Thornton chose down to start the second period and Bravo-Young controlled him long enough to build up a 1:09 time edge before he escaped. Bravo-Young controlled the pace for the rest of the period and led 2-1 with 1:09 in time after two. Bravo-Young chose down to start the third period and steadily worked his way to an escape and a 3-1 lead. The Lion freshman withstood a late Thornton flurry, holding off the Boilermaker's last second shot to grab the 3-1 victory.

Bravo-Young took on No. 4 Micky Phillippi of Pitt in the round of 12 needing one more win to become an All-American as a true freshman. The duo battled through a scoreless opening minute in the center circle. Bravo-Young connected on a single leg at the 1:00 mark but Phillippi was able to slide out of bounds and keep the bout scoreless. The first period ended in a 0-0 tie. Phillippi chose down to start the second period and quickly escaped to a 1-0 lead. The Lion freshman continued to work the middle of the mat and his offense paid off. The Lion freshman gained control of the Panther's ankle and he took Phillippi down for a takedown and a 2-1 lead at the :54 mark. Phillippi quickly escaped to a 2-2 tie. Bravo-Young added a second takedown with :08 on the clock but Phillippi was able to escape to cut the Lion lead to 4-3 after two periods. Bravo-Young chose neutral to start the third period and battled through the first minute in the center circle. The Lion fought off a late Phillippi shot and killed the clock late to post the 4-3 win and become a true freshman All-American. The victory clinched All-America stats and set up a consolation quarterfinal bout against No. 8 John Erneste of Missouri. Erneste took an early lead with takedown and rode Bravo-Young out in the first to lead 2-0 after one. The Tiger chose down to start the second and quickly escaped, then turned in and notched a takedown to lead 5-0 after two periods. Erneste added two more takedowns and a riding time point to post the 10-0 win

Bravo-Young took on No. 6 Ethan Lizak of Minnesota for seventh place. Bravo-Young scored early, taking Lizak down with fast low double to lead 2-1 at the 0:30 mark. Lizak countered a Bravo-Young shot and worked his way into control and a takedown to lead 3-2 at the 2:03 mark. The Nittany Lion freshman worked his way to his feet but could not break free of Lizak's ride. Lizak managed to turn the Lion for four back points but Bravo-Young rolled through and notched a reversal to trail 7-4 after one period. Bravo-Young chose neutral to start the second period. Bravo-Young forced a scramble

that nearly led to a takedown at the 1:00 mark, but Lizak forced a stalemate. Leading 7-4, Lizak chose top to start the third period. Lizak finally got called for a first stall at the 1:21 mark but Bravo-Young was still down 7-4 and the Gopher had over 1:30 in riding time. Lizak gave up a point on another stall but finished the match in control, handing Bravo-Young an 8-5 defeat.

141: #3 Nick Lee, So. – 2X All-American

Rd. 1: #30 Nate Limmex, Purdue – WBF (3:38)
Rd. 2: #19 Sa'Derian Perry, Old Dominion – WBF (3:42)
Qtrs: #22 Max Murin, Iowa – W, 4-1 dec.
Semis: #2 Joey McKenna, Ohio State – L, 3-4 dec.
Con S: #9 Dom Demas, Oklahoma – L, 9-13 dec.
5th Place: #7 Mitch McKee, Minnesota – WBF (3:22)

Lee met No. 30 Nate Limmex of Purdue in his first bout. Lee notched his first takedown seconds into the bout and took an early 2-1 lead. He added one more takedown to lead 4-1 with 1:34 in riding time after one period. Lee chose down to start the second period and quickly reversed Limmex to take a 6-2 lead. He then worked the Boilermaker over to his back and planted his shoulders for the pin at the 3:38 mark.

Lee met No. 19 Sa'Derian Perry of Old Dominion in the second round. The Lion sophomore worked his way into an early takedown to open up a 2-1 lead. He added a quick second takedown and led 4-1 after the opening period. The Nittany Lion ended the bout quickly in the second period, taking Perry to the mat and to his back for nearfall points before finishing off the match by pinning the ODU grappler at the 3:42 mark.

The sophomore met No. 22 Max Murin of Iowa in the first of Penn State's six quarterfinal match-ups. Lee nearly took a lead one minute in on a solid single leg but action moved out of bounds and action continued tied 0-0. The Lion sophomore fought off a solid Murin shot as the clock moved down below the 0:30 mark to keep things scoreless after the opening period. Lee chose down to start the second period and quickly escaped to a 1-0 lead. The sophomore continued to press the action, forcing Murin towards the outside circle as the second period hit the 1:00 mark. With Lee leading 1-0, Murin chose down to start the third period and worked his way to an escape and a 1-1 tie at the 1:20 mark. Lee's continuous offense paid off as he connected on a low single, pulled Murin's other foot in, and took a 3-1 lead with a takedown at the 0:50 mark. Lee then continued to ride Murin and built up over 1:00 in riding time. Lee finished the bout on top and posted the 4-1 victory with 1:19 in riding time. This makes the Nittany Lion sophomore a two-time All-American.

Lee took on No. 2 Joey McKenna of Ohio State in the first of Penn State's six semifinal bouts. The duo, who split bouts this year, battled evenly through the opening ninety seconds. Lee fought off a solid McKenna single leg at the 0:50 mark, forcing a stalemate to keep the bout scoreless. Lee was called for a first stall at the 0:20 mark and the bout moved into the second period scoreless. Lee chose down to start the second period and McKenna controlled the action for the first 0:45. Lee worked his way to his feet and escaped to a 1-0 lead at the 0:55 mark. With Lee leading by one, McKenna chose down to start the third period. Lee controlled the Buckeye long enough to kill the time edge before McKenna escaped to a 1-1 tie. McKenna then rolled around Lee in a scramble for a takedown and took a 3-1 lead with 1:20 on the clock. Lee escaped to a 3-2 deficit at the :55 mark. The Lion sophomore pressured the Buckeye into two stalls, getting the second with 0:05 on the clock to tie the score at 3-3. But McKenna had a 1:29 riding time edge that allowed him to snare a 4-3 win. The loss sends Lee into the consolation semifinals tomorrow morning, still alive for third place.

Lee met No. 9 Dom Demas of Oklahoma in the consolation semifinals. Lee and Demas battled evenly for the opening minute before Demas worked his way through for a takedown and an early 2-0 lead. Lee quickly escaped to a 2-1 score at the 1:30 mark. The Lion sophomore upped his tempo and nearly connected on a high double but Demas was able to back out of bounds and hold on to his one point lead. Demas countered a slight Lee shot after that and took a 4-2 lead with :30 on the clock.

point lead. Demas countered a slight Lee shot after that and took a 4-2 lead with :00 on the clock. Lee was unable to break through Demas' defense as the period ended and trailed 4-2 after one. Lee chose down to start the second and quickly escaped to a 4-3 score. Demas added a third takedown then locked his hands. Lee escaped and trailed 6-5 at the 1:26 mark. Demas added another takedown before the period ended and led 8-5 after two periods. Demas chose down to start the third period and escaped to a 9-5 lead. Lee picked up a takedown and quickly cut Demas loose to trail 10-7 at the 1:15 mark. He notched another takedown to cut his lead to 11-9. The Lion scrambled for tying takedown but Demas countered the last second effort for a score of his own and the Sooner posted the 13-9 win. Lee met No. 7 Mitch McKee of Minnesota in the fifth place bout. Lee opened up the scoring by lifting McKee off the mat for a quick two, then added a second takedown seconds later to lead 4-1 at the 1:30 mark and carried that lead with 1:49 in time into the second period. The Lion chose down to start the second period and quickly escaped to a 5-1 lead. He then worked his way into control of McKee's shoulders and ended the bout early, turning him to his back to get the pin at the 3:22 mark. Lee leaves Pittsburgh as a two-time All-American with his second straight 5th-place finish at 141. He went 4-2 with three pins during the tournament.

149: #12 Brady Berge, Fr. -- DNP

Rd. 1: #21 Khristian Olivas, Fresno State – W, 6-3 dec.
Rd. 2: #5 Matt Kolodzik, Princeton – L, 5-8 dec.
Cn. 2: #27 Tejon Anthony, George Mason – W, 6-2 dec.
Cn. 3: #20 Thomas Thorn, Minnesota – L, 2-4 (sv) dec.

Berge battled No. 21 Khristian Olivas of Fresno State in his first-ever NCAA Championship match-up. Berge took an early 2-0 lead with a swift takedown at the 1:35 mark. He cut Olivas loose and then quickly took the Bulldog down again to lead 4-1 with 0:55 on the clock. Olivas managed an escape and Berge led 4-2 with 1:11 riding time after one. The Lion freshman chose down to start the second and quickly escaped to a 5-2 lead. The score held for the second stanza. Olivas, trailing 5-2, chose down to start the third period but Berge controlled him from the top position, working his riding time edge up near 2:00 before the Bulldog escaped to a 5-3 score. Berge controlled the action from neutral for the third period and, with 1:47 in riding time, posted the strong 6-3 win.

Berge met No. 5 Matt Kolodzik of Princeton in the second round. Kolodzik drew first blood with a quick takedown to open up an early 2-1 lead after Berge escaped right away. The duo battled evenly for the rest of the period and the Lion freshman trailed by one after the opening stanza. Kolodzik chose down to start the second period and quickly escaped to a 3-1 lead. The Princeton senior added a second takedown midway through the period to open up a 5-1 lead and moved his riding time over 1:00. Berge would escape and cut into Kolodzik's lead as the period moved on. Trailing 7-4, Berge forced Kolodzik into a stall to cut the lead to 7-5 but the Tiger was able to wind out the clock and, with a riding time point, down Berge 8-5.

The redshirt freshman took on No. 27 Tejon Anthony of George Mason in his first consolation bout. The duo traded early shots with neither wrestler breaking through to score. Berge worked in on a high single with 1:15 on the clock and then finished off the takedown to lead 2-0 at the :50 mark. He rode Anthony out and led 2-0 with nearly 1:00 in riding time after one period. The Lion freshman escaped to start the second period to open up a 3-0 lead. Neither wrestler threatened for the rest of the second period and Berge carried that lead into the third stanza. Anthony chose down to start the third period and Berge maintained control long enough to build his riding time up over 1:00 before the Mason wrestler escaped to a 3-1 score. Berge slid around Anthony for a clinching takedown at the :25 mark and went on to post the strong 6-2 win with 1:33 in riding time. Berge then met No. 20 Thomas Thorn of Minnesota in his next consolation bout. Berge scored quickly, taking Thorn down for a 2-1 lead in the opening minute. The duo battled evenly for the remainder of the period and Berge led by one after one. Thorn chose down to start the second period and quickly escaped to a 2-2 tie. Berge fought off a solid low single from the Gopher, forcing a stalemate at the 1:11 mark to keep the bout tied 2-2. Berge chose neutral to start the third period. The Lion fought off another Thorn shot, forcing a stalemate at the :41 mark with the match still tied. The match moved into sudden victory tied 2-2.

Thorn worked his way in on a quick single leg and finished off the move to post the 4-2 (sv) win over Berge. The loss ended Berge's tournament. The Lion redshirt freshman went 2-2 at his first NCAA tournament and ended his campaign with a 20-5 record.

157: #1 Jason Nolf, Sr. – 4X All-American

Rd. 1: #33 Ben Anderson, Duke – WBF (0:47)

Rd. 2: #16 John Van Brill, Rutgers – W, 19-4 (TF; 6:47)

Qtrs: #9 Christian Pagdilao, Arizona State – W, 23-6 (TF; 7:00)

Semis: #5 Hayden Hidlay, North Carolina State – W, 3-2 dec.

Finals: #2 Tyler Berger, Nebraska – W, 10-2 maj. dec.

Nolf met No. 33 Ben Anderson of Duke in the first round. The Lion senior wasted no time, taking Anderson down quickly for an early 2-0 lead. He adjusted his position, locked up a cradle, and began his final NCAA tournament with a fast fall, getting the pin at the 0:43 mark.

Nolf took on No. 16 John Van Brill of Rutgers in the second round. Nolf quickly took Van Brill down to open up a quick 2-1 lead, then added a second takedown to lead 4-2 midway through the opening stanza. The Lion tacked on more points, including near fall points, to lead 8-2 after the opening period. Nolf chose down to start the second period and quickly escaped to a 9-2 lead. He tacked on another takedown, then another, and nearly pinned Van Brill at the end of the period. He picked up four near fall points and led 17-3 after two. Van Brill chose down to start the third period and Nolf went to work on top. He built up over 3:00 in riding time before cutting Van Brill loose to a 17-4 lead. He finished off the bout with a final takedown to post the 19-4 technical fall at the 6:47 mark.

The Lion senior faced off against No. 9 Christian Pagdilao of Arizona State in the quarterfinals. Nolf fought off an early Pagdilao shot to force a stalemate mark and then moved in on offense, connecting on a low ankle pick for a takedown and a 2-0 lead at the 1:50 mark. He then cut the Sun Devil loose, added a second takedown and repeated the effort for a third takedown and a 6-3 score with 1:06 on the clock. The Lion senior added one more first period takedown and led 8-3 with over 1:00 in time after the opening period. Nolf chose down to start the second period and quickly escaped to a 9-3 lead. After picking up a point on a dangerous hold call, Nolf countered a Pagdilao shot and turned the Devil for back points to lead 14-3 after two periods. Pagdilao chose down to start the third and Nolf cut him loose only to quickly take him down to lead 16-5. The Lion ended the match in style, picking up a quick takedown, then adding a final one and turning Pagdilao for two near fall points as the bout ended. Nolf posted the 23-6 technical fall at the 7:00 and became Penn State's 11th four-time All-American.

Nolf took on No. 5 Hayden Hidlay of North Carolina State in the semifinals at 157. The bout was a rematch of last year's NCAA title bout, won by Nolf. Nolf wasted no time forcing a scramble, connecting on a single leg. But Hidlay fought the move off and a stalemate was called at the 2:05 mark. The Lion senior continued to work on offense but Hidlay's defense was strong enough to keep Nolf from scoring early. Hidlay connected on a single leg and took Nolf down as the period ended to open up a 2-0 lead as the clock hit 0:00. The call was reversed on review and the bout moved to the second tied 0-0. Nolf chose down to start the second period and quickly escaped to a 1-0 lead. He then immediately took Hidlay down and cut him loose to lead 3-1 at the 1:35 mark. Trailing 3-1, Hidlay chose down to start the third period and escaped to a 3-2 Nolf lead. The Nittany Lion senior controlled the action in neutral as the clock moved below the 0:30 mark. Hidlay then gained control of Nolf's left ankle and tried to steal the match with a late takedown, but Nolf was able to fight off the move and the clock ran out.

For tonight's action, see recap above.

165: #2 Vincenzo Joseph, Jr. – 3X All-American

Rd. 1: #31 Evan DeLong, Clarion – WBF (2:57)
Rd. 2: #18 Connor Flynn, Missouri – W, 8-4 dec.
Qtrs: #7 Isaiah White, Nebraska – W, 3-1 (sv)
Semis: #3 Josh Shields, Arizona State – W, 3-2 dec.
Finals: #8 Mekhi Lewis, Virginia Tech – L, 1-7 dec.

Joseph took on No. 31 Evan DeLong of Clarion. Wrestling in his hometown, the Pittsburgh native took a quick 2-0 lead with a fast takedown in the center circle. He then worked DeLong over to his back for four near fall points and led 6-0 midway through the period. The Lion junior continued to control DeLong and locked up a tilt as the clock wound down. Joseph finished off the move, getting the fall at the 2:57 mark.

Joseph took on No. 18 Connor Flynn of Missouri in the second round. Joseph scrambled his way for a near takedown a minute into the bout but Flynn was able to work his way out of bounds and the match continued scoreless through the second minute of the opening period. The Lion junior took a 2-0 lead with a strong shot at the :40 mark and then finished the period on top to lead by two after the opening period. Joseph chose down to start the second period and worked his way to an escape and a 3-0 lead. He continued to pressure Flynn, forcing the Tiger grappler back out of bounds. Joseph finally got the stall call on Flynn and then took him down as the period ended to lead 5-0 after two. Flynn escaped to start the third period. Joseph notched another takedown after cutting him loose to lead 7-1. With time running out, Joseph pressed for a final takedown for bonus points but slipped through the move and Flynn got a late counter takedown. Joseph, with a riding time point, rolled to the 8-4 win.

The junior battled No. 7 Isaiah White of Nebraska in the quarterfinals. The duo battled through a scoreless opening minute with neither man able to find an opening on offense. The remainder of the first period stayed neutral in the center of the mat until Joseph moved in on a high single with 0:30 on the clock. White was able to defend the effort and the match moved to the second period tied 0-0. White chose down to start the second period and quickly escaped to a 1-0 lead. The rest of the period took place in neutral as well and Joseph trailed 1-0 after two. The Lion junior chose down to start the third period and quickly escaped to a 1-1 tie. Joseph forced White to back away for the entire third period and the bout moved into sudden victory. No stall was called. The Nittany Lion junior took care of business quickly in sudden victory. Joseph moved in on a single leg, adjusted after White defending the shot and muscled the Husker to the mat for the takedown with 0:26 left to post the 3-1 (sv) win. Joseph became Penn State's 29th three-time All-American.

Joseph faced No. 3 Josh Shields of Ohio State in his semifinal match-up. Joseph shot quickly, gaining control of Shields' leg and pulling him down to the mat for a takedown and a 2-0 lead at the 2:35 mark. The Lion maintained control for :23 before Shields escaped to a 2-1 Joseph lead. Joseph controlled the Sun Devil's shoulders and kept the bout moving in neutral as the clock moved below 1:00. Leading 2-1, Joseph chose down to start the second period. The Lion junior worked his way to an escape at the 0:30 mark and led 3-1. The Lion made that lead hold for the remainder of the second period. Trailing 3-1, Shields chose down to start the third period. Joseph maintained control for :20 before the Sun Devil escaped to a 3-2 Joseph lead. Joseph continued to control Shields' upper body, keeping him from mounting any real offense as the clock moved below the 1:00 mark. The duo battled evenly for the last minute and Joseph was able to walk away with the 3-2 victory.

For tonight's action, see recap above.

174: #1 Mark Hall, Jr. – 3X All-American

Rd. 1: #33 Devin Kane, North Carolina – W, 10-2 maj. dec.
Rd. 2: #16 Brandon Womack, Cornell – W, 8-3 dec.
Qtrs: #8 Taylor Lujan, Northern Iowa – W, 5-3 dec.
Semis: #4 Myles Amine, Michigan – W, 2-1 (tb) dec.
Finals: #3 Zebid Valencia, Arizona State – L, 3-4 dec.

Finals: #3 Zainu Valencia, Arizona State – L, 3-4 dec.

Hall faced off against No. 33 Devin Kane of North Carolina in the first round. Hall quickly took Kane down for an early 2-0 lead. He spent the rest of the first period in control and led 2-0 with 2:21 in riding time after the opening period. The Lion junior chose down to start the second period and quickly escaped to a 3-0 lead. He notched another takedown and led 5-0 midway through the period. Hall finished the second period on top and led 5-0 with a clinched riding time point (3:34) after two. Kane chose neutral to start the third period and Hall quickly rolled him to the mat for a takedown and a 7-1 lead. He added another takedown to up his lead to 9-2. The Lion added on a riding time point with a 4:28 edge and rolled to the 10-2 major decision.

Hall faced off against No. 16 Brandon Womack of Cornell in the second round. The Lion junior set the tempo for the first period but was unable to break through Womack's defense until late in the opening period. Hall led 2-0 with a late takedown after the opening three minutes. Hall upped his lead to 3-0 with an escape to start the second period and then added a takedown to lead 5-0 midway through the stanza. The Lion carried the big lead into the third period and finished off the match with a takedown and riding time to roll to an 8-3 win.

The junior took on No. 8 Taylor Lujan of Northern Iowa in the quarterfinals. Hall took Lujan down quickly, turning a fast single into a 2-0 lead less than a minute into the bout. Hall controlled the action from the top position, building up over 1:00 in riding time while trying to turn Lujan for back points. Lujan was able to stay flat and Hall cut him loose to a 2-1 score at the 1:00 mark. Trailing by one, Lujan chose down to start the second stanza and Hall maintained control until he had 1:41 in riding time before cutting him loose to a 2-2 tie. Lujan got in on a single leg that Hall was able to defend and the match moved to the third period tied 2-2 but Hall had 1:41 in riding time. Hall chose down to start the third period and steadily worked his way into control of Lujan for a reversal and a 4-2 lead. The Lion junior maintained control until just seconds remained and, with over 2:00 in riding time, rolled to the 5-3 win. Hall's victory made him Penn State's 30th three-time All-American.

Hall took on No. 4 Myles Amine of Michigan in the semifinals. The duo battled in the center circle for the first minute with neither wrestler creating a scoring opportunity. Amine took a shot with a high single but Hall deftly defended it and forced a stalemate with 1:25 left in the first period. Hall forced a scramble as the first period wound down but Amine was able to work out of bounds and send the bout the second tied 0-0. Amine chose down to start the second period and Hall went to work on top. The Lion junior controlled the Wolverine for 0:37 before Amine escaped to a 1-0 lead. Trailing 1-0, Hall chose down to start the third period and quickly escaped to a 1-1 tie. Amine forced a scramble that nearly ended in a Hall takedown but a stalemate with 0:18 left sent the bout into sudden victory. The sudden victory period was scoreless and action moved into a tie breaker. Hall chose down to start the tiebreaker and quickly escaped to a 2-1 lead. Amine had choice in the next 0:30 session and Hall went to work on top. The Lion junior controlled the Wolverine for the full 0:30 and posted the thrilling 2-1 (tb) win.

For this session's action, see recap above.

184: #2 Shakur Rasheed, Sr. – DNP -- (2018 All-American at 197)

Rd. 1: #31 Kevin Parker, Princeton – W, 11-2 maj. dec.

Rd. 2: #15 Chip Ness, North Carolina – L, 5-8 dec.

Cn. 2: #17 Andrew McNally, Kent State – W, 9-1 maj. dec.

Cn. 3: #26 Dakota Geer, Oklahoma State – L, 2-4 dec.

Rasheed battled No. 31 Kevin Parker of Princeton in the first round. Rasheed wasted no time taking Parker down, using a low single to open up an early 2-0 lead. Rasheed built up over 1:00 in time before turning Parker for two back points. Parker countered with a quick reversal that Rasheed reversed himself and the Lion led 6-2 after a wild scramble. Rasheed carried that lead into the second period and chose down to start it. He quickly reversed Parker to up his lead to 8-2 with over 4:00 in

riding time. The Lion controlled the action on top for the remainder of the period. Parker, down 8-2, chose top to start the third period but Rasheed notched his fourth reversal of the match to open up a 10-2 lead. Another Rasheed rideout gave the Lion a dominating 11-2 major decision with a whopping 6:00 in riding time.

Rasheed took on No. 15 Chip Ness of North Carolina in the second round. Rasheed opened up an early lead with a first period takedown. Ness was able to escape to cut the lead to 2-1 after the opening period. Ness chose down to start the second stanza and Rasheed was able to control the action for over 0:30 before Ness escaped to a 2-2 tie. The Lion senior continued to press the action, however, and finished off the period with a takedown and rideout to lead 4-2 with over 1:00 in riding time after 5:00 of wrestling. Rasheed chose down to start the third period and quickly escaped to a 5-2 lead. Continuing to be aggressive, Rasheed forced a scramble that Ness was able to counter as the clock moved below the 0:30 mark. With Rasheed on offense, Ness was able to work his way into control of the scramble and managed to pick up four near fall points as Rasheed tried to get control of Ness' ankles. The late scrambling move, good for six points, put Ness up 8-5 in a flash and the score held, handing Rasheed his first loss off the season, 8-5.

The senior met No. 17 Andrew McNally of Kent State in his first consolation bout. Rasheed fought off an early McNally shot and worked his way around for a counter takedown and a 2-0 lead at the 2:30 mark. The Lion then controlled McNally for the next minute plus, working his way to lock up a cradle. Rasheed worked McNally over for four back points and led 6-0 with over 2:00 in riding time after one period. The Lion senior chose neutral to start the second period and the full two minutes were contested in neutral. With Rasheed up 6-0, McNally chose down to start the third period and escaped to a 6-1 score. Looking for bonus points late, Rasheed notched one final takedown with just 0:01 on the clock. His gaudy 4:11 of riding time gave him what he needed for the 9-1 major decision. Rasheed took on No. 26 Dakota Geer of Oklahoma State in his next consolation match-up. The duo opened up the bout trading early shots with neither wrestler gaining an advantage. Geer forced a scramble the ended in a stalemate with :20 on the clock and the bout moved to the second period tied 0-0. Geer chose down to start the second period and worked his way to an escape and a 1-0 lead. The Cowboy connected on a low single that forced a scramble in the middle of the mat. Rasheed countered the move and nearly scored himself, but a stalemate was called with 0:16 on the clock. Trailing 1-0, Rasheed chose down to start the third period. The Lion senior worked his way to a reversal and a 2-1 lead at the 1:40 mark. Geer worked his way to an escape with 1:05 left and the match was tied 2-2. Rasheed fought off a Geer shot, forcing a scramble that led to Geer getting two near fall points as the bout ended. The Penn State corner called for a review but the points were confirmed and Rasheed dropped the hard-fought 4-2 decision. Rasheed closed out his tournament with a 2-2 mark, including two majors. He finished the season with a 20-2 record.

197: #1 Bo Nickal, Sr. – 4X All-American

Rd. 1: #32 Ethan Laird, Rider – WBF (2:34)

Rd. 2: #16 Josh Hokit, Fresno State – WBF (2:27)

Qtrs: #8 Nathan Traxler, Stanford – W, 14-4 maj. dec.

Semis: #4 Patrick Brucki, Penn – WBF (4:41)

Finals: #2 Kollin Moore, Ohio State – W, 5-1 dec.

Nickal met No. 32 Ethan Laird of Rider in his first round match-up. Nickal controlled the action from the start. The Lion notched two quick takedowns, turning Laird for four back points after the second takedown to lead 8-1 midway through the opening stanza. The Lion senior then readjusted his position, locked up a cradle and got the fall at the 2:34 mark, ending the match in the first period.

Nickal battled No. 16 Josh Hokit of Fresno State in the second round. Nickal wasted no time in rolling out to a big lead. He took Hokit down right out of the gates to lead 2-1. He then took Hokit down again and nearly pinned the Bulldog early but settled for four back points. Leading 8-2 after cutting Hokit loose, Nickal quickly took the Fresno State grappler down and finished off the match with yet another fast fall, this one at the 2:27 mark.

The Lion senior met No. 8 Nathan Traxler of Stanford in his quarterfinal bout. Nickal took Traxler down quickly and cut him loose right away. The Lion then notched a second takedown and turned the Cardinal for two back points to lead 6-2 with 1:00 on the clock. The Lion senior battled Traxler evenly the rest of the period and led 6-2 with 0:35 in riding time after one. Nickal chose down to start the second period and quickly escaped to a 7-2 lead. Nickal worked a low shot into another takedown and led 9-2 with 1:10 in riding time after two periods. Traxler chose down to start the third period and escaped to a 9-3 score. Nickal continued to move in on offense and added another takedown on the edge of the mat to open up an 11-3 lead. Nickal cut Traxler loose one more time and, with riding time clinched, tacked on one final takedown to roll to the 14-4 major decision. Nickal's win made him Penn State's 12th four-time All-American.

Nickal battled No. 4 Patrick Brucki of Princeton in the semifinals. Nickal moved in on Brucki quickly, tying up action in the center circle. The Lion senior used a quick shot to notch the bout's first takedown at the 2:35 mark and led 2-0 early. He then went to work on top, building up over 1:00 in riding time while looking for a chance to turn the Tiger to his back. Brucki kept Nickal from turning him once on the edge of the mat before Nickal cut him loose to a 2-1 score off a reset. He quickly took the Tiger down again and, after a ride out, led 4-1 after the opening period with 2:04 in riding time. Brucki chose down to start the second period and escaped to a 4-2 score. Nickal then moved in to end things quickly. He took Brucki to the mat and then locked up a cradle. The Lion senior adjusted his hold, worked for about 0:30 and then got the fall at the 4:41 mark.

For this session's action, see recap above.

285: #2 Anthony Cassar, Sr. – All-American

Rd. 1: #31 Antonio Pelusi, Franklin & Marshall – WBF (4:20)

Rd. 2: #15 Tate Orndorff, Utah Valley – W, 10-2 maj. dec.

Qtrs: #7 Trent Hillger, Wisconsin – W, 4-0 dec.

Semis: #3 Gable Steveson, Minnesota – W, 4-3 dec.

Finals: #1 Derek White, Oklahoma State – W, 10-1 maj. dec.

Cassar met No. 31 Antonio Pelusi of Franklin & Marshall in his first-ever NCAA Championship tournament bout. Cassar battled Pelusi evenly for over a minute, taking a couple of shots that the Diplomat was able to step back from. The Lion senior could not break through Pelusi's defense until the final seconds. After forcing Pelusi into a first stall warning, Cassar roared through a high shot at the Diplomat's waist and notched the takedown with just 0:01 on the clock. Leading 2-0, Cassar chose down to start the second period and quickly escaped to a 3-0 lead. The Lion then notched his second takedown to lead 5-0 midway through the second period. Cassar then muscled Pelusi's shoulders over, turning the Diplomat to his back to get the fall at the 4:20 mark.

Cassar met No. 15 Tate Orndorff of Utah Valley in the second round. The Lion battled Orndorff evenly for the bulk of the first period and took a 2-0 lead into the second period with a late takedown. Orndorff chose down to start the second period and quickly escaped to a 2-1 score. But Cassar continued to showcase his offense, tossing Orndorff to the mat for a hard takedown to lead 4-1 at the 1:10 mark. Cassar finished on top to lead 4-1 with nearly 2:00 in riding time after two periods. He chose down to start the third and quickly escaped to a 5-1 lead. He then took Orndorff down once more, upping his lead to 7-1 at the :50 mark. Looking for bonus points, Cassar cut Orndorff loose late and then finished off the bout with a takedown with just 0:04 left. With 2:13 in riding time, Cassar posted the 10-2 major decision.

The senior faced off against No. 7 Trent Hillger of Wisconsin in Penn State's final quarterfinal match-up. The duo battled evenly for the first half of the opening stanza, with neither man finding an offensive opening. The Nittany Lion senior was patient, however, and with under 0:30 on the clock, Cassar blew through a strong double to take Hillger down to lead 2-0 after the opening period. Cassar chose down to start the second period and quickly escaped to a 3-0 lead. He continued to

Cassar chose down to start the second period and quickly escaped to a 1-0 lead. He continued to set the offensive tempo, forcing Hillger into defense while trying to connect on a number of shots. Hillger was able to defend his way through the second period and Cassar led 3-0 after two. Hillger chose down to start the third period and Cassar controlled the Badger well into the stanza. As the clock moved below 1:00 and Cassar's riding time moved over 1:00, the Lion continued to dominate action from the top. Cassar ended the match in control and, with 2:02 in riding time, rolled to the 4-0 victory. The win made the Nittany Lion senior an All-American for the first time.

Cassar met No. 3 Gable Steveson of Minnesota in Penn State's final semifinal bout. The meeting was a rematch of the Big Ten title bout two weekends ago. Steveson set a fast pace to start and forced Cassar into a stall warning just 0:18 in to the bout. The Lion reset himself and fought off an early low single to keep the bout scoreless at the 1:55 mark. The Lion senior moved to escape from another Steveson shot and got called for stalling while trying to not get taken down, giving the Gopher a 1-0 lead at the 0:55 mark. Leading 1-0 after one, Steveson chose down to start the second period and escaped to a 2-0 lead. The duo battled through a scoreless two minutes and Cassar trailed 2-0 after two. Cassar chose down to start the third period and quickly escaped to a 2-1 score. The Lion then moved in for a shot, tripping the Gopher to the mat for the bout's first takedown and a 3-2 lead with 1:33 on the clock. Cassar controlled the action from the top position long enough to work his riding time up over 1:00 before Steveson escaped to a 3-3 tie. Minnesota challenged the time of the escape. The call was changed a bit, giving Steveson an escape at a bit of a different time but Cassar still had 1:01 in riding time with under 0:30 to wrestle. Cassar maintained control of the pace and time ran out, giving Cassar the thrilling 4-3 victory thanks to 1:01 in riding time.

For tonight's action, see recap above.

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