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Subject: COLLEGE WRESTLING: Cornell vaults into Top 10 as dual season picks up speed
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Cornell vaults into Top 10 as dual season picks up speed

Manheim, Pennsylvania – Wins over Arizona State and Virginia Tech buoyed Cornell six spots as the Big Red were one of the nation's biggest movers as the first NWCA Division I Coaches Poll of 2023 was released on Tuesday.

Cornell opened up the new year topping then-No. 3 Arizona State 19-12 in neutral site dual in Austin, Texas. The Big Red followed by heading into the sold out Moss Arts Center in Blacksburg, Virginia, and picking off then-No. 8 Virginia Tech 22-12.

Unbeaten Penn State (8-0) and Iowa (9-0) remained atop of the poll for the eighth straight poll in the 2022-23 regular season. The Nittany Lions topped then-No. 11 Wisconsin in Madison, while Iowa got past pesky Illinois 25-19 at home before topping Purdue 37-6 on the road.

Iowa State (9-2) and Michigan both earned a pair of weekend wins and ended this week's

voting tied for third. NC State (9-0) moved into the top five for the first time this season. The Wolfpack beat Binghamton 36-3.

Iowa State handed Arizona State its second loss of the week with a gritty 19-15 win over the Sun Devils in Ames. Michigan (5-0) swept a pair of duals in California, first beating then-No. 24 Cal Poly 30-11 and then blanking CSU Bakersfield 36-0. Ohio State (7-1) topped Indiana and remained at No. 7, while Arizona State (2-2) dropped five spots to No. 8. Missouri (4-2) held firm at No. 10 after beating then No. 13 Northern Iowa 24-12.

Northwestern improved to 2-0 after an 18-11 win over then-No. 9 Minnesota. The Wildcats moved to No. 11, the program's highest position in the poll since December 11, 2012 when Northwestern was ranked 10th.

Illinois and West Virginia entered the Top 25 after their weekend performances. After the loss to Iowa, Illinois earned an 18-17 win over then-No. 11 Wisconsin to move into the poll at No. 25, tied with Pittsburgh, which fell at home 24-11 to West Virginia. The Mountaineers are 6-1 and also beat Ohio 28-9 on Friday. West Virginia's appearance in the Top 25 is the first for the program since January 12, 2016 and the first in the Tim Flynn era.

This Week: On Thursday, North Dakota State will be the only ranked team in action as they head west to face Stanford. On Friday, the 42nd annual Virginia Duals kicks off in Hampton, Virginia highlighted by No. 19 South Dakota State and No. 23 Maryland. No. 3 Michigan is at No. 21 Michigan State, No. 9 Virginia Tech is at No. 22 Appalachian State, No. 24 West Virginia is at Chattanooga, No. 18 Rutgers is at Indiana, Army West Point is at No. 5 NC State, Buffalo is at No. 25 Pittsburgh, No. 15 Northern Iowa is at Utah Valley, No. 11 Northwestern is at No. 2 Iowa, No. 12 Minnesota is at No. 16 Nebraska, and No. 10 Missouri as at Air Force.

On Saturday, North Dakota State is at California Baptist, No. 6 Cornell hosts No. 20 Lehigh, No. 10 Missouri heads up I-25 to face Wyoming, No. 25 Illinois hosts Purdue and No. 3 Iowa State will take its turn wrestling at Utah Valley.

Sunday's action includes No. 20 Lehigh at Binghamton, No. 13 Oklahoma State at Columbia, No. 18 Rutgers at No. 7 Ohio State, No. 22 Appalachian State at The Citadel, No. 11 Northwestern at No. 16 Nebraska, Princeton at No. 8 Arizona State, No. 14 Wisconsin at No. 3 Michigan and No. 21 Michigan State at No. 12 Minnesota.

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 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 Wrestling Coaches Poll

January 10, 2023

January 19, 2011

Rank	Team (First)	Record	Points	Conf.	Previous
1	Penn State (13)	(8-0)	349	Big Ten	1
2	Iowa (1)	(9-0)	335	Big Ten	2
3 (tie)	Iowa State	(9-2)	309	Big 12	4
3 (tie)	Michigan	(5-0)	309	Big Ten	5
5	NC State	(9-0)	301	ACC	6
6	Cornell	(4-2)	262	EIWA	12
7	Ohio State	(7-1)	258	Big Ten	7
8	Arizona State	(2-2)	255	Pac-12	3
9	Virginia Tech	(5-2)	237	ACC	8
10	Missouri	(4-2)	224	Big 12	10
11	Northwestern	(2-0)	207	Big Ten	16
12	Minnesota	(7-1)	189	Big Ten	9
13	Oklahoma State	(5-1)	179	Big 12	14
14	Wisconsin	(6-3)	171	Big Ten	11
15	Northern Iowa	(3-2)	168	Big 12	13
16	Nebraska	(4-2)	140	Big Ten	15
17	North Dakota State	(4-2)	117	Big 12	17
18	Rutgers	(8-1)	104	Big Ten	18
19	South Dakota State	(3-2)	87	Big 12	19
20	Lehigh	(4-5)	73	EIWA	20
21	Michigan State	(7-0)	52	Big Ten	23
22	Appalachian State	(4-1)	43	SoCon	24
23	Maryland	(5-1)	41	Big Ten	22
24	West Virginia	(6-1)	40	Big 12	NR
25 (tie)	Illinois	(3-3)	21	Big Ten	NR
25 (tie)	Pittsburgh	(5-2)	21	ACC	21

Dropped Out: No. 25 Cal Poly (3-4).

Others Receiving Votes: Cal Poly 17, Indiana 10, Penn 10, Stanford 8, North Carolina 6, Oregon State 6, Northern Colorado 1.

Coaches Poll Publication Dates

Jan. 17, Jan. 24, Jan. 31

Feb. 7, Feb. 14, Feb. 21

Mid-Major Poll Publication Dates

Jan. 13, Feb. 3, March 1