

**From:** Jason Bryant jason@bryantwrestling.com  
**Subject:** COLLEGE WRESTLING: Penn State begins 2023-24 NCAA Division I wrestling season ranked No. 1  
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**To:** lanny@wrestlingusa.com

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## Penn State begins 2023-24 NCAA Division I wrestling season ranked No. 1

**Manheim, Pennsylvania** - Penn State, winners of the last seven contested NCAA Division I national championships, starts the year where it left off last season, a unanimous No. 1 as the NWCA released its first Division I Coaches Poll of the season on Tuesday.

The Nittany Lions finished last season 16-0 and the only undefeated team in Division I. The Big Ten has five teams overall in the Top 10 with Iowa starting off the year second, Michigan sixth, Ohio State eighth and Nebraska ninth. The Hawkeyes are coming off a 15-1 dual meet season.

Overall, nine of the 14 current Big Ten schools start the year in the Top 25.

The ACC has two teams in the top five to start the season, led by third-ranked NC State. The Wolfpack ended last season 14-1. Rival Virginia Tech starts the year ranked fifth after

The top-ranked team last season, Virginia Tech starts the year ranked 11th after a 10-3 season. Fourth-ranked Missouri leads a field of five Big 12 schools in the rankings to start the season. Iowa State also starts the year in the Top 10. The Cyclones went 16-3 last season.

Oklahoma State and South Dakota State also sit in the Top 15. The Cowboys start the year at No. 11, while South Dakota State starts the year ranked 12th, tying its highest ranking in school history. The Jackrabbits were previously ranked No. 12 for five weeks during the 2017-18 season.

Cornell is one of three EIWA teams ranked in the Top 25. The Big Red start the season at No. 7, followed by No. 19 Lehigh and No. 22 Penn.

Arizona State starts the year at No. 13 and is the top Pac-12 squad to start the Sun Devils' final year in the conference. Oregon State begins the year tied for 20th with Oklahoma of the Big 12.

**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. Teams who are not competing this season are not included in the voting process.

**NWCA Division I Wrestling Coaches Poll  
Preseason - October 31, 2023**

Rank	Team (First)	22-23 Record	Points	Conf.	Final Poll Rank 22-23
1	Penn State (14)	(16-0)	350	Big Ten	1
2	Iowa	(15-1)	311	Big Ten	2
3	NC State	(14-1)	296	ACC	3
4	Missouri	(8-3)	294	Big 12	9
5	Virginia Tech	(10-3)	281	ACC	10
6	Michigan	(11-4)	276	Big Ten	11
7	Cornell	(12-3)	274	EIWA	8
8	Ohio State	(13-3)	262	Big Ten	6
9	Nebraska	(12-3)	256	Big Ten	4
10	Iowa State	(16-3)	251	Big 12	5
11	Oklahoma State	(14-3)	222	Big 12	7
12	South Dakota State	(12-4)	172	Big 12	14
13	Arizona State	(7-5)	171	Pac-12	19

14	Minnesota	(12-3)	163	Big Ten	12
15	Rutgers	(10-7)	138	Big Ten	22
16	Pittsburgh	(10-4)	134	ACC	15
17	Northern Iowa	(7-5)	120	Big 12	16
18	Wisconsin	(8-8)	93	Big Ten	17
19	Lehigh	(9-9)	62	EIWA	NR
20 (tie)	Oklahoma	(9-8)	52	Big 12	NR
20 (tie)	Oregon State	(8-7)	52	Pac-12	NR
22	Penn	(9-5)	43	EIWA	24
23	Illinois	(6-7)	41	Big Ten	21
24	Northwestern	(7-3)	36	Big Ten	13
25	North Carolina	(6-9)	32	ACC	NR

**Others Receiving Votes:** Appalachian State 19, Lock Haven 19, Purdue 17, West Virginia 17, Michigan State 15, Stanford 15, North Dakota State 14, Maryland 11, Campbell 9, Cal Poly 8, Indiana 8, Air Force 7, Columbia 6, Northern Colorado 3.

### NWCA Division I Coaches Poll Publication Dates

Preseason: Oct. 31

Nov. 7, Nov. 14, Nov. 21, Nov. 27

Dec. 5, Dec. 11, Dec. 18, Dec. 27 (WEDNESDAY RELEASE)

Jan. 9, Jan. 16, Jan. 23, Jan. 30

Feb. 6, Feb. 13, Feb. 20, Feb. 27

### Mid-Major Publication Dates

Jan. 30, Feb. 13, Feb. 27

Questions related to historical polls can be sent to Jason Bryant at [jason@bryantwrestling.com](mailto:jason@bryantwrestling.com)

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