

THIS IS **PENN STATE. WRESTLING** LIVES HERE.

# 2026-27
# PENN STATE WRESTLING MEDIA GUIDE



SEASON PRESENTED BY
THE FAMILY CLOTHESLINE
PENNSTATECLOTHES.COM

# 13 NATIONAL CHAMPIONSHIPS SINCE 2011




2026




2025




2024




2023




2022




2019

FOR THE GLORY OF OLD STATE, FOR HER FOUNDERS STRONG AND GREAT, FOR THE FUTURE THAT WE WAIT, RAISE THE SONG, RAISE THE SONG SING OUR LOVE AND LOYALTY, SING OUR HOPES THAT BRIGHT AND FREE, REST, O MOTHER DEAR, WITH THEE, ALL WITH THEE, ALL WITH THEE, WHEN WE STOOD AT CHILDHOOD'S GATE, SHAPELESS IN THE HANDS OF FATE, THOU DIDST MOLD US, DEAR OLD STATE, DEAR OLD STATE, DEAR OLD STATE, MAY NO ACT OF OURS BRING SHAME, TO ONE HEART THAT LOVES THEY NAME. MAY OUR LIVES BUT SWELL THY FAME, DEAR OLD STATE, DEAR OLD STATE.

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2026-27

## CREDITS

The 2026-27 Penn State Wrestling Media Guide

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For more information on Penn State Wrestling, visit GoPSUsports.com or follow the team on social media.
Instagram / X: @PennStateWREST
Facebook: PennStateWrestling

### ON THE COVER

Penn State Wrestling 2026-27 Returning All-Americans
Tyler Kasak, Shayne Van Ness, Luke Lilledahl, Josh Barr, Marcus Blaze
PJ Duke, Mitchell Mesenbrink and Rocco Welsh

(UBR ICA-25-32)

# QUICK FACTS & 2026-27 SCHEDULE



## PENN STATE UNIVERSITY
### NITTANY LION WRESTLING
### QUICK FACTS

### GENERAL INFORMATION

| | |
|---|---|
| LOCATION | University Park, Pa. |
| FOUNDED | 1855 |
| ENROLLMENT | 48,535 |
| NICKNAME | Nittany Lions |
| MASCOT | The Nittany Lion |
| FIGHT SONG | "Fight On State" |
| COLORS | Blue & White |
| CONFERENCE | Big Ten |
| PRESIDENT | Dr. Neeli Bendapudi |
| ATHLETIC DIRECTOR | Dr. Pat Kraft |
| SENIOR ASSOCIATE AD & SPORT ADMIN | Rick Kaluza |
| FACULTY ATHLETICS REPRESENTATIVE | Jen Emigh |
| PRIMARY ARENA | Rec Hall (6,502) |
| SECONDARY ARENA | Bryce Jordan Center (15,261) |

### COACHING STAFF

| | |
|---|---|
| HEAD COACH | Cael Sanderson |
| ALMA MATER | Iowa State '02 |
| MASTER'S | Liberty '21 |
| OVERALL RECORD | 277-26-2 (.912) \| 21st Season |
| RECORD AT PSU | 233-16-2 (.932) \| 18th Season |
| ASSOC. HEAD COACH | Cody Sanderson (18th Season) |
| ALMA MATER | Iowa State '00 |
| ASSOC. HEAD COACH | Casey Cunningham (18th Season) |
| ALMA MATER | Central Michigan '99 |
| ASSISTANT COACH | Nick Lee (Third Season) |
| ALMA MATER | Penn State '22 |
| DIRECTOR OF OPERATIONS | Adam Lynch (16th Season) |
| ALMA MATER | Penn State '10 |
| GENERAL MANAGER | Clay Steadman (Third Season) |
| ALMA MATER | Penn State '12 |

### TEAM INFORMATION

| | |
|---|---|
| 2025-26 OVERALL RECORD | 15-0 |
| 2025-26 B1G RECORD | 8-0 |
| 2025-26 B1G TOURNAMENT | 1ST \| 184.0 PTS |
| 2025-26 NCAA TOURNAMENT | 1ST \| 181.5 PTS |
| 2025-26 NCAA QUALIFIERS | 10 |
| LETTERWINNERS RET/LOST | 25/6 |
| NEWCOMERS | 3 |
| STARTERS RET/LOST | 8/2 |
| NCAA QUALIFIERS RET/LOST | 8/2 |
| ALL-AMERICANS RET/LOST | 7/1 |
| NATIONAL CHAMPIONS RET/LOST | 3/1 |

### PROGRAM HISTORY

| | |
|---|---|
| FIRST VARSITY SEASON | 1909 |
| ALL-TIME RECORD | 1032-303-37 (.766) |
| NCAA CHAMPIONSHIPS | 14 |
| CONFERENCE TOURNAMENT CHAMPIONSHIPS | 40 |
| B1G TOURNAMENT CHAMPIONSHIPS | 10 |
| B1G REGULAR SEASON CHAMPIONSHIPS | 12 |
| DAN HODGE TROPHY WINNERS | 8 |
| INDIVIDUAL NATIONAL CHAMPIONSHIPS | 65 |
| INDIVIDUAL ALL-AMERICA HONORS | 272 |
| INDIVIDUAL B1G CHAMPIONSHIPS | 76 |

### PENN STATE WRESTLING STRATEGIC COMMUNICATIONS


| | |
|---|---|
| Instagram/X | @PennStateWREST |
| Facebook | /PennStateWrestling |
| Associate Director | Nick Whitley |
| Email | wnw5033@psu.edu |
| Cell Phone | (972) 832-0134 |
| Office Phone | (814) 865-1757 |
| Fax | (814) 863-3165 |
| Student Assistant | Jay Nanci |
| Student Assistant | Conner Patterson |
| Website | GoPSUsports.com |
| Mailing Address | 101N Bryce Jordan Center<br>University Park, Pa. 16802 |


### NOVEMBER

| | | | | |
|---|---|---|---|---|
| **Thu.** | **12** | **BLOOMSBURG** | **University Park, Pa. (R)** | **7 p.m.** |
| Sun. | 15 | at Oklahoma | Norman, Okla. | 7 p.m. |
| Sun. | 22 | at Black Knight Invite (Army) | West Point, N.Y. | 10 a.m. |

### DECEMBER

| | | | | |
|---|---|---|---|---|
| Sun. | 6 | at Lehigh | Bethlehem, Pa. | 2 p.m. |
| **Sun.** | **13** | **WEST VIRGINIA** | **University Park, Pa. (B)** | **Noon** |
| Sun. | 20 | vs. Oregon State # | Vestal, N.Y. | 11 a.m. |
| Sun. | 20 | vs. Duke # | Vestal, N.Y. | 1 p.m. |
| Sun. | 20 | at Binghamton # | Vestal, N.Y. | 3 p.m. |

### JANUARY

| | | | | |
|---|---|---|---|---|
| Sat. | 9 | at Rutgers * | Piscataway, N.J. | 4 p.m. |
| **Fri.** | **15** | **MICHIGAN *** | **University Park, Pa. (B)** | **7 p.m.** |
| **Sun.** | **17** | **MARYLAND *** | **University Park, Pa. (R)** | **1 p.m.** |
| Fri. | 22 | at Michigan State * | East Lansing, Mich. | 6 p.m. |
| **Sun.** | **24** | **WISCONSIN *** | **University Park, Pa. (R)** | **1 p.m.** |
| Fri. | 29 | at Minnesota * | Minneapolis, Minn. | 7 p.m. |

### FEBRUARY

| | | | | |
|---|---|---|---|---|
| **Fri.** | **5** | **IOWA *** | **University Park, Pa. (B)** | **8 p.m.** |
| Fri. | 12 | at Ohio State * | Columbus, Ohio | 6 p.m. |
| **Fri.** | **19** | **NORTHERN COLORADO** | **University Park, Pa. (R)** | **7 p.m.** |

### BIG TEN CHAMPIONSHIPS

**Saturday, March 6 and Sunday, March 7**

Hosted by Nationwide Arena in Columbus, Ohio - Home of the NHL's Columbus Blue Jackets

Session I | Saturday | First Round, Quarterfinals and Wrestlebacks

Session II | Saturday | Semifinals, Consolation Matches and Wrestlebacks

Session III | Sunday | Consolation Semifinals and Seventh-Place Matches

Session IV | Sunday | First, Third and Fifth-Place Matches

### NCAA CHAMPIONSHIPS

**Thursday, March 18 through Saturday, March 20**

Hosted by Enterprise Center in St. Louis, Missouri - Home of the NHL's St. Louis Blues

Session I | Thursday | Pigtails and First Round Matches

Session II | Thursday | Preliminaries, Wrestleback Preliminaries and Consolation First Round

Session III | Friday | Quarterfinals and Consolation Matches

Session IV | Friday | Semifinals and Consolation Matches

Session V | Saturday | Medal Matches (Third, Fifth and Seventh-Place)

Session VI | Saturday | National Championship Matches

All times Eastern

* Big Ten Conference dual

# Collegiate Wrestling Duals by Journeymen Wrestling (Hosted by Binghamton)

Home duals in **BOLD CAPS**

**(R)** hosted in Rec Hall | **(B)** hosted in Bryce Jordan Center

The 2026-27 Penn State Wrestling season is presented by The Family Clothesline

**/PennStateWrestling** **@PennStateWREST**

# MEDIA INFORMATION

## PENN STATE UNIVERSITY
### NITTANY LION WRESTLING
### MEDIA INFORMATION

### COACH SANDERSON AVAILABILITY
Penn State head coach Cael Sanderson will be available for weekly media interview sessions over the course of the 2026-27 season. Weekly media availabilities will be conducted in-person inside Rec Hall. Members of the media are required to RSVP ahead of attendance and will be notified by email of pertinent information related to Coach Sanderson's availability, including dates and times of availability. Coach Sanderson will also be made available following all home matches. For interview opportunities outside of Coach Sanderson's weekly or home match availability, contact Nick Whitley in the Penn State Strategic Communications office.

### WRESTLER INTERVIEWS
All wrestler interviews must be arranged through Nick Whitley at least 48 hours in advance. Interviews will not be granted on match days. Wrestler phone numbers will not be released. At least two Penn State wrestlers will be made available to the media each week following Coach Sanderson's weekly availability. Following home matches, at least two Penn State wrestlers will be made available to the media.

### MEDIA CREDENTIALS
Press credentials are issued to accredited members of the working media only. Requests for media credentials should be made through Penn State's credential portal, accessible on the Penn State wrestling media central webpage. Requests for credentials may also be directed to Nick Whitley no later than one week prior to event start. Credentials will be available for pickup on match days at the Media Entrance to Rec Hall off Burrowes Rd, or at the Show/Media Entrance to the Bryce Jordan Center off Dauer Dr, dependent on the location of the dual meet.

### PHOTOGRAPHERS
A working press credential must be issued to any individual taking photographs at a Penn State wrestling dual meet. Space for photographers is located at the southwest edge of the mat inside Rec Hall, or at the east edge of the mat inside the Bryce Jordan Center. Photographer spaces are assigned to credentialed photographers only, with a seating chart visible and available inside both the Rec Hall and Bryce Jordan Center Media Rooms. See the "Media Credentials" section above for information on requesting a credential.

### MEDIA SEATING
Seating on press row inside both Rec Hall and the Bryce Jordan Center is strictly limited to credentialed members of the working media only. Media seating is automatically reserved for any media members possessing a season-long or single-dual writing media credential. Spaces along press row inside Rec Hall and the Bryce Jordan Center are reserved for media members by name and outlet. As space allows, additional spaces may be reserved for photographers or videographers that are credentialed to cover home dual meets, should they require in-event access to their writing media counterparts. For questions regarding media seating at either Rec Hall or the Bryce Jordan Center, contact Nick Whitley in the Penn State Strategic Communications office.

### PARKING
Parking on the Penn State University campus requires a valid university permit or payment of an applicable fee. Parking for all Rec Hall matches on a space-available basis is open in both the Nittany Deck and West Deck. Parking for all Bryce Jordan Center matches on a space-available basis is open in the commuter lots, Jordan East, Stadium West and Porter North, with additional parking available at a discounted rate in the East Deck. Pre-payment through the ParkWhiz app or web portal is heavily encouraged to avoid additional costs. Day-of parking sales in all parking decks is available by taking a ticket and paying at designated pay stations before leaving the deck. Day-of parking sales in surface lots are managed through the HONK app in zone PSUCR.

### MATCH NOTES
Match notes will be available at least 48 hours prior to each Nittany Lion wrestling dual meet or tournament. Penn State and opponent match notes will be available online on at GoPSUsports.com on the Penn State wrestling schedule webpage, as well as the Penn State wrestling media central webpage.

### SOCIAL MEDIA
Visit GoPSUsports.com for more information on Penn State wrestling. Keep up to date with the Nittany Lion wrestling team on X and Instagram @PennStateWREST, in addition to the team's Facebook page at /PennStateWrestling.

### PENN STATE NITTANY LIONS
**RADIO |** All scheduled Penn State wrestling events, home and away, air to a worldwide audience via the Penn State Sports Network and LionVision. The voice of the Nittany Lions, Jeff Byers, calls the action mat-side, with broadcasts featuring pre-match analysis and post-match interviews with student-athletes. The Penn State Sports Network is syndicated by Penn State Sports Enterprises, a property of Playfly Sports.
**STRATEGIC COMMUNICATIONS |** The Penn State Strategic Communications Office is responsible for all media inquiries related to the Nittany Lion wrestling program. See Strategic Communications contact information on page two, and media information and policies on page three.

### BLOOMSBURG HUSKIES
**Thursday, November 12, 2026 | University Park, Pa. | Rec Hall**
23rd Meeting | Penn State leads series 16-5-1 | Streak: W6 | Last Meeting: Penn State def. Bloomsburg 39-3 (November 13, 2011)
Wrestling Communications Contact: Mary Raskob (E: mraskob@bloomu.edu)

### OKLAHOMA SOONERS
**Sunday, November 15, 2026 | Norman, Okla. | McCasland Field House**
28th Meeting | Penn State leads series 15-11-1 | Streak: W1 | Last Meeting: Penn State def. Oklahoma 45-0 (November 14, 2025)
Wrestling Communications Contact: Henry Berry (E: Henry.Berry-1@ou.edu)

### BLACK KNIGHT INVITE
**Sunday, November 22, 2026 | West Point, N.Y. | Christl Arena**
Hosted by United States Military Academy | Open Tournament | Fifth Consecutive Appearance for PSU | Last Appearance: Nine Individual Titles
Wrestling Communications Contact: Austin Pert (E: austin.pert@westpoint.edu)

### LEHIGH MOUNTAIN HAWKS
**Sunday, December 6, 2026 | Bethlehem, Pa. | Stabler Arena**
113th Meeting | Penn State leads series 75-34-3 | Streak: W15 | Last Meeting: Penn State def. Lehigh 36-6 (December 7, 2025)
Wrestling Communications Contact: Steve Lomangino (E: sjl304@lehigh.edu)

### WEST VIRGINIA MOUNTAINEERS
**Sunday, December 13, 2026 | University Park, Pa. | Bryce Jordan Center**
37th Meeting | Penn State leads series 29-7 | Streak: W8 | Last Meeting: Penn State def. West Virginia 44-3 (November 18, 2012)
Wrestling Communications Contact: Charles Montgomery (E: charles.montgomery@mail.wvu.edu)

### OREGON STATE BEAVERS
**Sunday, December 20, 2026 | Vestal, N.Y. | Events Center | Collegiate Wrestling Duals**
Fifth Meeting | Penn State leads series 4-0 | Streak: W4 | Last Meeting: Penn State def. Oregon State 36-3 (January 5, 2024)
Wrestling Communications Contact: Shawn Schoeffler (E: shawn.schoeffler@oregonstate.edu)

### DUKE BLUE DEVILS
**Sunday, December 20, 2026 | Vestal, N.Y. | Events Center | Collegiate Wrestling Duals**
First Meeting
Wrestling Communications Contact: Lindy Brown (E: lbrown@duke.edu)

### BINGHAMTON BEARCATS
**Sunday, December 20, 2026 | Vestal, N.Y. | Events Center | Collegiate Wrestling Duals**
Fifth Meeting | Penn State leads series 4-0 | Streak: W4 | Last Meeting: Penn State def. Binghamton 52-0 (December 22, 2025)
Wrestling Communications Contact: Nick Landi (E: nlandi@binghamton.edu)

### RUTGERS SCARLET KNIGHTS
**Saturday, January 9, 2027 | Piscataway, N.J. | Jersey Mike's Arena**
27th Meeting | Penn State leads series 26-0 | Streak: W26 | Last Meeting: Penn State def. Rutgers 46-0 (January 10, 2026)
Wrestling Communications Contact: Bradly Derechallo (E: bderechallo@scarletknights.com)

### MICHIGAN WOLVERINES
**Friday, January 15, 2027 | University Park, Pa. | Bryce Jordan Center**
63rd Meeting | Penn State leads series 38-24 | Streak: W15 | Last Meeting: Penn State def. Michigan 38-3 (February 6, 2026)
Wrestling Communications Contact: Leah Howard (E: lchoward@umich.edu)

### MARYLAND TERRAPINS
**Sunday, January 17, 2027 | University Park, Pa. | Rec Hall**
53rd Meeting | Penn State leads series 49-1-2 | Streak: W33 | Last Meeting: Penn State def. Maryland 51-0 (January 24, 2026)
Wrestling Communications Contact: Brady Ruth (E: bruth@umd.edu)

### MICHIGAN STATE SPARTANS
**Friday, January 22, 2027 | East Lansing, Mich. | Jenison Field House**
36th Meeting | Penn State leads series 26-9 | Streak: W17 | Last Meeting: Penn State def. Michigan State 55-0 (January 10, 2025)
Wrestling Communications Contact: Austin Overmann (E: austin.overmann@spartanventures.org)

### WISCONSIN BADGERS
**Sunday, January 24, 2027 | University Park, Pa. | Rec Hall**
28th Meeting | Penn State leads series 19-8 | Streak: W10 | Last Meeting: Penn State def. Wisconsin 28-11 (January 6, 2023)
Wrestling Communications Contact: Taylor Smith (E: ts6@athletics.wisc.edu)

### MINNESOTA GOLDEN GOPHERS
**Friday, January 29, 2027 | Minneapolis, Minn. | Maturi Pavilion**
26th Meeting | Minnesota leads series 15-9-1 | Streak: W3 | Last Meeting: Penn State def. Minnesota 31-10 (February 9, 2020)
Wrestling Communications Contact: Karl Anderson (E: kganders@umn.edu)

### IOWA HAWKEYES
**Friday, February 5, 2027 | University Park, Pa. | Bryce Jordan Center**
46th Meeting | Iowa leads series 28-15-2 | Streak: W5 | Last Meeting: Penn State def. Iowa 32-3 (January 16, 2026)
Wrestling Communications Contact: Sam Basler (E: samuel-basler@uiowa.edu)

### OHIO STATE BUCKEYES
**Friday, February 12, 2027 | Columbus, Ohio | Schottenstein Center**
41st Meeting | Penn State leads series 28-12 | Streak: W11 | Last Meeting: Penn State def. Ohio State 36-5 (February 13, 2026)
Wrestling Communications Contact: Dan Wallenberg (E: wallenberg.1@osu.edu)

### NORTHERN COLORADO BEARS
**Friday, February 19, 2027 | University Park, Pa. | Rec Hall**
First Meeting
Wrestling Communications Contact: Elian Soto (E: elian.sotogutierrez@unco.edu)

### BIG TEN CHAMPIONSHIPS
**Saturday & Sunday, March 6 & 7, 2027 | Columbus, Ohio | Nationwide Arena**
Penn State has won 10 Big Ten Conference Championships and each of the last four
Penn State won the 2026 Big Ten Championship with 184.0 points

### NCAA CHAMPIONSHIPS
**Thursday through Saturday, March 18 through 20, 2027 | St. Louis, Mo. | Enterprise Center**
Penn State has won 14 NCAA Championships, 13 of the last 15 contested and each of the last five
Penn State won the 2026 NCAA Championship with a Division I Tournament Record 181.5 points

2026-27

## THE BLUE & WHITE



# 2026-27 PENN STATE WRESTLING ROSTER BREAKDOWN

## ALPHABETICAL

| NAME | WT | ELIG. | HOMETOWN / HIGH SCHOOL |
|---|---|---|---|
| Josh Barr | 197 | SR | Davison, Mich. / Davison |
| Sam Beckett | 174 | SR | Harleysville, Pa. / Souderton |
| Marcus Blaze | 141 | SO | Perrysburg, Ohio / Perrysburg |
| Elijah Brown | 285 | FR | Belle Vernon, Pa. / Belle Vernon |
| Dawson Bundy | 285 | JR | St. George, Utah / Desert Hills |
| Asher Cunningham | 184 | SO | State College, Pa. / State College |
| Hayden Cunningham | 141 | JR | State College, Pa. / State College |
| Sean Degl | 174 | SO | Mahopac, N.Y. / Iona Prep |
| Nate Desmond | 133 | SO | Bethlehem, Pa. / Bethlehem Catholic |
| PJ Duke | 165 | SO | Slate Hill, N.Y. / Minisink Valley |
| Mason Ellis | 197 | SO | Gurley, Ala. / Madison County |
| Kyison Garcia | 141 | SR | South Jordan, Utah / Mountain Ridge |
| Sam Herring | 141 | FR | Olive Branch, Miss. / Bishop McCort (Pa.) |
| Tyler Kasak | 157 | SR | Doylestown, Pa. / Bethlehem Catholic |
| Luke Lilledahl | 125 | JR | St. Charles, Mo. / Wyoming Seminary (Pa.) |
| Mitchell Mesenbrink | 174 | 5Y | Hartland, Wis. / Arrowhead |
| Connor Mirasola | 285 | JR | Jackson, Wis. / West Bend |
| Cael Nasdeo | 149 | JR | Williamsport, Pa. / Williamsport |
| Masanosuke Ono | 133 | SR | Matsue City, Japan / Tosu Technical |
| Dalton Perry | 149 | SO | Renovo, Pa. / Central Mountain |
| Connor Pierce | 149 | SR | Erie, Pa. / Harbor Creek |
| Joe Sealey | 165 | JR | Bear Creek Township, Pa. / Wyoming Seminary |
| Shayne Van Ness | 149 | 5Y | Somerville, N.J. / Blair Academy |
| Ty Watson | 174 | JR | Centre Hall, Pa. / Penns Valley |
| Braiden Weaver | 133 | FR | Altoona, Pa. / Altoona |
| Brock Weiss | 149 | JR | Jersey Shore, Pa. / Jersey Shore |
| Rocco Welsh | 184 | SR | Waynesburg, Pa. / Waynesburg Central |
| Branden Wentzel | 125 | SR | Montoursville, Pa. / Montoursville |

## BY WEIGHT

| WT | NAME | ELIG. |
|---|---|---|
| 125 | Luke Lilledahl | JR |
| 125 | Branden Wentzel | SR |
| 133 | Nate Desmond | SO |
| 133 | Masanosuke Ono | SR |
| 133 | Braiden Weaver | FR |
| 141 | Marcus Blaze | SO |
| 141 | Hayden Cunningham | JR |
| 141 | Kyison Garcia | SR |
| 141 | Sam Herring | FR |
| 149 | Cael Nasdeo | JR |
| 149 | Dalton Perry | SO |
| 149 | Connor Pierce | SR |
| 149 | Shayne Van Ness | 5Y |
| 149 | Brock Weiss | JR |
| 157 | Tyler Kasak | SR |
| 165 | PJ Duke | SO |
| 165 | Joe Sealey | JR |
| 174 | Sam Beckett | SR |
| 174 | Sean Degl | SO |
| 174 | Mitchell Mesenbrink | 5Y |
| 174 | Ty Watson | JR |
| 184 | Asher Cunningham | SO |
| 184 | Rocco Welsh | SR |
| 197 | Josh Barr | SR |
| 197 | Mason Ellis | SO |
| 285 | Elijah Brown | FR |
| 285 | Dawson Bundy | JR |
| 285 | Connor Mirasola | JR |

2026-27

## BY LOCATION

**Alabama (1):** Ellis

**Michigan (1):** Barr

**Mississippi (1):** Herring

**Missouri (1):** Lilledahl

**New Jersey (1):** Van Ness

**New York (2):** Degl, Duke

**Ohio (1):** Blaze

**Pennsylvania (15):** Beckett, Brown, A. Cunningham, H. Cunningham, Desmond, Kasak, Nasdeo, Perry, Pierce, Sealey, Watson, Weaver, Weiss, Welsh, Wentzel

**Utah (2):** Bundy, Garcia

**Wisconsin (2):** Mesenbrink, Mirasola

**Japan (1):** Ono

## BY ELIGIBILITY

**Freshmen (3):** Brown, Herring, Weaver

**Sophomores (7):** Blaze, A. Cunningham, Degl, Desmond, Duke, Ellis, Perry

**Juniors (8):** Bundy, H. Cunningham, Lilledahl, Mirasola, Nasdeo, Sealey, Watson, Weiss

**Seniors (8):** Barr, Beckett, Garcia, Kasak, Ono, Pierce, Welsh, Wentzel

**Fifth (2):** Mesenbrink, Van Ness

## PRONUNCIATIONS

Sean **Degl**: Deeg-Ull

**Kyison** Garcia: Ky-Sin

Tyler **Kasak**: Kay-Sack

Luke **Lilledahl:** Lil-Uh-Doll

Connor **Mirasola:** Meer-Uh-So-Luh

Cael **Nasdeo**: Nazz-Dee-Oh

**Masanosuke Ono**: Masa-No-Soo-Kay Oh-No

Brock **Weiss**: Why-Ss

## COACHING & SUPPORT STAFF

**Head Coach:** Cael Sanderson | 18th Season, 21st Overall

**Associate Head Coach:** Cody Sanderson

**Associate Head Coach:** Casey Cunningham

**Assistant Coach:** Nick Lee

**General Manager:** Clay Steadman

**Director of Operations:** Adam Lynch

**Athletic Trainer:** Daniel Monthley

**Athletic Performance Coach:** Michael Schroeder

# 2026-27 PENN STATE WRESTLING PHOTO ROSTER





Josh Barr
SR | 197
Davison, Mich.



Sam Beckett
SR | 174
Harleysville, Pa.



Marcus Blaze
SO | 141
Perrysburg, Ohio



Elijah Brown
FR | 285
Belle Vernon, Pa.



Dawson Bundy
JR | 285
St. George, Utah



Asher Cunningham
SO | 184
State College, Pa.



Hayden Cunningham
JR | 141
State College, Pa.



Sean Degl
SO | 174
Mahopac, N.Y.



Nate Desmond
SO | 133
Bethlehem, Pa.



PJ Duke
SO | 165
Slate Hill, N.Y.



Mason Ellis
SO | 197
Gurley, Ala.



Kyison Garcia
SR | 141
South Jordan, Utah



Sam Herring
FR | 141
Olive Branch, Miss.



Tyler Kasak
SR | 157
Doylestown, Pa.



Luke Lilledahl
JR | 125
St. Charles, Mo.



Mitchell Mesenbrink
5Y | 174
Hartland, Wis.



Connor Mirasola
JR | 285
Jackson, Wis.



Cael Nasdeo
JR | 149
Williamsport, Pa.



Masanosuke Ono
SR | 133
Matsue City, Japan



Dalton Perry
SO | 149
Renovo, Pa.



Connor Pierce
SR | 149
Erie, Pa.



Joe Sealey
JR | 165
Bear Creek Township, Pa.



Shayne Van Ness
5Y | 149
Somerville, N.J.



Ty Watson
JR | 174
Centre Hall, Pa.



Braiden Weaver
FR | 133
Altoona, Pa.



Brock Weiss
JR | 149
Jersey Shore, Pa.



Rocco Welsh
SR | 184
Waynesburg, Pa.



Branden Wentzel
SR | 125
Montoursville, Pa.



Cael Sanderson
Head Coach



Cody Sanderson
Assoc. Head Coach



Casey Cunningham
Assoc. Head Coach



Nick Lee
Assistant Coach



Clay Steadman
General Manager



Adam Lynch
Director of Operations



Daniel Monthley
Athletic Trainer



Michael Schroeder
Ath. Perf. Coach

## HEAD COACH CAEL SANDERSON



# CAEL SANDERSON

**21st Season Overall**
**18th Season at Penn State**
**Iowa State '02**
**Liberty '21**

On April 17, 2009, Penn State named national wrestling legend Cael Sanderson as its 12th head wrestling coach. Since that time, the wrestling landscape across the country has changed as Penn State has claimed 13 NCAA championships and numerous Big Ten regular season and tournament titles, all while crowning numerous individual champions and maintaining the highest of academic standards. Sanderson enters his 18th year at the helm of the Penn State program in the 2026-27 campaign.

Sanderson, who completed his 17th year as Penn State's head coach in 2025-26, has led the Nittany Lions to nine Southern Scuffle titles, 12 B1G dual meet titles,10 Big Ten Championships, 13 NCAA Championships, collected 109 All-Americans, 44 National Champions, including an NCAA record-tying five in both 2017 and 2022, five Gorriaran winners, eight NCAA Tournament Outstanding Wrestlers, one College Sports Communicators Academic All-American of the Year, one NCAA Elite 89 winner, one NCAA Top 10 Award winner and six Dan Hodge Trophy winners. Sanderson, who has coached 124 total All-Americans and 46 total National Champions (including his three years at Iowa State), grabbed his 200th win as Penn State's head coach in its 29-6 win at Iowa on Feb. 9, 2024, and his 100th Big Ten dual win as Penn State's mentor with a 23-14 win over Iowa in the BJC on 1/27/23.

The Nittany Lions are fresh off another record-shattering season in 2025-26, Sanderson's 17th year as head coach at PSU. For the third straight year, Penn State produced a record-setting performance at the NCAA Championship to cap off another perfect season. Penn State won its fifth straight NCAA crown with a record 181.5 points and its 13th title in the last 15 events. The Nittany Lions claimed four individual NCAA championships (Luke Lilledahl, Mitchell Mesenbrink, Levi Haines, Josh Barr) and had eight All-Americans, all of whom finished in the top four. Penn State won yet another Big Ten Championship and yet another Big Ten Regular Season title as well. The Nittany Lions went 15-0 overall and 8-0 in Big Ten dual meets. Penn State broke the all-time NCAA Division I dual meet win streak record and heads into the 2026-27 season having won 86 straight dual meets. Mesenbrink was named the 2026 NCAA Championship Outstanding Wrestler, 2026 NCAA Most Dominant Wrestler and also took home the 2026 Dan Hodge Trophy. Freshman 157-pounder PJ Duke took home the 2026 Gorriaran Award as well. The Blue & White also published an NCAA indoor wrestling and Bryce Jordan Center attendance record, welcoming 16,006 fans to witness a decisive win over Ohio State.

In 2024-25, Penn State outdid its record-setting performance from the year prior, winning a fourth straight NCAA Championship in Philadelphia. The Nittany Lions won their 12th title in the last 14 tournaments. Penn State crowned two more NCAA Champions (Mitchell Mesenbrink and Carter Starocci), including the NCAA's first ever five-time Division I Champion in Starocci. Penn State became only the second team in NCAA history to have 10 All-Americans in the same tournament, joining Minnesota's 2001 squad. The Nittany Lions had two NCAA Champions, three national finalists, eight top-three finishers as well as 10 finishers inside the top six. Penn State ran away with the team title, scoring a then-record 177.0 points to break the mark PSU set the prior season. Starocci was named the 2025 NCAA Championship Outstanding Wrestler and Mesenbrink won the season's NCAA Most Technical Falls Award. Two weeks prior, Penn State won the 2025 Big Ten Championship and also claimed the 2025 Big Ten Regular Season Championship after a perfect run through the dual meet season, finishing 15-0 overall and 8-0 in the Big Ten.

In 2023-24, Penn State produced a record-setting performance on its way to winning a third straight NCAA Championship in Kansas City. The Nittany Lions won their 11th title in the last 13 tournaments. Penn State crowned four more NCAA Champions in Levi Haines, Carter Starocci, Aaron Brooks and Greg Kerkvliet, including the school's first two four-timers in Starocci and Brooks. Penn State had eight All-Americans, six national finalists, and won the team title with an NCAA record 172.5 points. The 100-point margin of victory between Penn State and the second place team (72.5) was also an all-time record. Penn State won the 2024 Big Ten Regular Season Championship and the 2024 Big Ten Championship at the Big Ten Tournament in College Park, Maryland. Mitchell Mesenbrink was named Big Ten Freshman of the Year, Aaron Brooks hauled in Big Ten Wrestler of the Year honors and Sanderson was named Big Ten Coach of the Year. After the NCAA title run, Brooks was named the 2024 NCAA Most Dominant Wrestler and the 2024 NCAA Championship Outstanding Wrestler.

In 2022-23, the Nittany Lions stormed into Tulsa, Oklahoma, to claim their 10th NCAA title under Sanderson, as well as the 10th in the last 12 tournaments. The Nittany Lions crowned two more NCAA Champions in Carter Starocci and Aaron Brooks, had five NCAA finalists and finished with eight All-Americans. Sanderson's team won the NCAA team title with 137.5 points and posted the fifth-largest margin of victory in NCAA history at the time with a 55.0 differential between first and second place. Penn State won the 2023 Big Ten Regular Season Championship and the 2023 Big Ten Championship by dominating the field at the Big Ten tournament in Ann Arbor. True freshman Levi Haines was named Big Ten Freshman of the Year, the third time in four prior years that a Nittany Lion had won the honor.

In 2021-22, the Nittany Lions roared into Detroit and claimed their ninth NCAA team title since Sanderson's arrival. Penn State, winning its ninth NCAA crown in the prior 11 tournaments, brought home a tournament-high six All-Americans and booked an unblemished 5-0 showing in the NCAA finals, following up on a 4-0 run from the year before. Roman Bravo-Young, Nick Lee, Carter Starocci, Aaron Brooks and Max Dean all won individual titles while Greg Kerkvliet placed fourth. Sanderson was named the 2022 NCAA Coach of the Championship by the NWCA at the conclusion of the event. The 36.5-point margin of victory over the second place team was the largest for the program since the Nittany Lions outdistanced the field by 40 points in 2019.

In 2020-21, Sanderson guided Penn State through a season that was shortened and altered by the COVID-19 pandemic. The Nittany Lions went a perfect 6-0 in dual meets, with all six of those coming against Big Ten opponents and earned a share of their seventh Big Ten dual meet title. Roman Bravo-Young and Aaron Brooks won Big Ten titles in the BJC, and Carter Starocci was named Big Ten Freshman of the Year. Penn State took nine wrestlers to the NCAA Championships, and the Nittany Lions went a perfect 4-0 in the NCAA finals from St. Louis. Bravo-Young, Nick Lee, Starocci and Brooks all claimed the first individual titles of their collegiate careers. Freshmen Michael Beard and Greg Kerkvliet each placed seventh to give Sanderson six All-Americans for the year.

In 2019-20, Sanderson led the team to a 12-2 overall record and a near-perfect 8-1 Big Ten dual meet mark. Penn State dropped two duals by a total of three team points. The Blue & White crowned two more Big Ten Champions in true freshman Aaron Brooks and senior Mark Hall. Brooks was named Big Ten Freshman of the Year. The Nittany Lions advanced seven wrestlers to the 2020 NCAA Championships before the event was canceled. The NWCA named the top eight seeds at each weight class as First Team All-Americans after the tournament was canceled, giving Sanderson five more All-Americans to his credit.

In 2018-19, Sanderson closed out a decade at the helm in Happy Valley by leading Penn State to its eighth NCAA title in nine years and fourth-straight for the second time in his first ten seasons as head coach. Penn State posted a perfect 14-0 dual meet record for the fourth-straight year, won the Big Ten regular season and Big Ten Tournament Championships. Sanderson's team posted a 35-11 record at NCAAs and had the team title clinched before the finals began Saturday night. Penn State ended the season riding a 59-dual win streak. Sanderson was named Big Ten Coach of the Year and InterMat National Coach of the Year.

In 2017-18, Sanderson led Penn State to its seventh NCAA title in eight years and third consecutive. Penn State posted a perfect 14-0 dual meet record and won the Big Ten regular season title yet again. Sanderson's team posted a superb 39-9 record at NCAAs. Penn State ended the season riding a 45-dual win streak and set a then-NCAA record for attendance at an indoor dual meet with 15,998 in the BJC for a win over Iowa.

In 2016-17, Sanderson led Penn State to its second-straight NCAA title and sixth in the prior seven years. Penn State posted a perfect 14-0 dual meet record, won the 2017 Big Ten regular season title and the NWCA Dual Championship Series crown for the second-straight season. Sanderson's team posted a gaudy 35-6 record at NCAAs and won five-straight individual championships to close out the national finals.

In 2015-16, Sanderson added a sixth-straight Southern Scuffle championship, a third Big Ten dual meet title and the 2016 NWCA National Dual Series championship. He led Penn State to its fifth Big Ten Championship in six years in Iowa City and followed that up with his fifth NCAA National Championship in six years inside New York City's Madison Square Garden.

In 2014-15, Sanderson led Penn State to an 11-4 dual meet record, a fifth-straight Southern Scuffle title, garnering five All-Americans and another individual National Champion at the NCAA Championships.

In 2013-14, Penn State went 15-1 overall and won a share of the Big Ten dual meet title with a 7-1 record. The Nittany Lions won their fourth-straight Big Ten Championship in Madison, Wisconsin, helping Sanderson win his fourth-straight Big Ten Coach of the Year honor. Two weekends later, the Nittany Lions won their fourth-straight NCAA title, becoming the third team in NCAA history to win four-straight NCAA titles.

In 2012-13, Penn State posted a 13-1 mark and a 7-1 Big Ten dual record, winning its third-straight Big Ten Championship in Champaign, Illinois, in March. Sanderson earned his third-straight Big Ten Coach of the Year honor in the process. Two weeks after that, Sanderson guided Penn State to a thrilling third-straight NCAA crown, helping Penn State to become just the third team in NCAA history to win three-straight team titles. At the tournament's end, he was named NWCA National Coach of the Year.

# HEAD COACH CAEL SANDERSON

## THE SANDERSON FILE

| | |
|---|---|
| Full Name | Cael Norman Sanderson |
| Birthday | June 20, 1979 |
| Birthplace | Provo, Utah |
| Hometown | Heber City, Utah |
| Alma Mater | Iowa State '02 |
| Master's | Liberty '21 Sport Management/Admin. |
| Spouse | Kelly |
| Children | Tate, Teag |

## COACHING HONORS

- 2007 NWCA Coach of the Year
- 2007 Big 12 Conference Coach of the Year
- 2007 Amateur Wrestling News Rookie Coach of the Year
- 2007 RevWrestling.com Coach of the Year
- 2011 Big Ten Coach of the Year
- 2012 Big Ten Coach of the Year
- 2012 InterMat National Coach of the Year
- 2013 Big Ten Coach of the Year (co)
- 2013 NWCA Coach of the Year
- 2013 W.I.N. Magazine Coach of the Year.
- 2014 Big Ten Coach of the Year
- 2016 Big Ten Coach of the Year
- 2016 InterMat National Coach of the Year
- 2017 InterMat National Coach of the Year
- 2018 InterMat National Coach of the Year
- 2019 Big Ten Coach of the Year
- Multiple InterMat National Coach of the Year
- 2022 NCAA Championship Coach of Tourn.
- 2023 WIN Magazine National Coach of the Year
- 2023 Big Ten Coach of the Year
- 2025 Big Ten Coach of the Year
- Only person in NCAA history to earn both Big Ten and Big 12 Coach of the Year honors
- Coached 46 National Champions (44 in 17 years at PSU)
- 124 All-Americans in just 19 years (109 in 17 years at PSU)
- 178 of 200 of his wrestlers qualified for NCAAs
- Coached 65 Big Ten Champions in 17 years in the conference.

## AS A WRESTLER

- The only wrestler in NCAA history to never lose a bout over four years
- Four-time NCAA National Champion
- Four-time NCAA Most Outstanding Wrestler
- 2004 Olympic Gold Medalist
- 159-0 as collegiate wrestler
- Four-time Big 12 Champion
- Sports Illustrated called unbeaten streak #2 most outstanding achievement in collegiate history
- Three-time Hodge Trophy winner
- Final NCAA win named one of 25 Defining Moments by NCAA
- ESPY Award for Best Male Collegiate Athlete
- ESPN SportsCentury special on his career
- One-time appearance on Wheaties cereal box

During the 2011-12 season, the nation watched as Sanderson led Penn State to a 13-1 dual mark, including a school record 7-1 Big Ten dual record to earn a share of the 2012 Big Ten dual meet championship. Sanderson then made it two in a row by leading Penn State to the 2012 Big Ten Championship crown at Purdue. He was named the 2012 Big Ten Coach of the Year, earning the honor for the second-straight season. Two weeks later, Sanderson led Penn State to a second-straight NCAA crown, helping Penn State to become the fifth team in NCAA history to win back-to-back titles. He was named NWCA National Coach of the Year for the second time in his career at the conclusion of the championships in Des Moines.

In 2010-11, Sanderson guided Penn State through a stunning season filled with records, championships and memories that thrilled Nittany Lion fans. Sanderson led the Nittany Lions to their first-ever Southern Scuffle Co-Championship and first Virginia Duals Championship since 1991. While guiding Penn State to a 6-1-1 Big Ten Conference mark, Sanderson equaled the Penn State record for Big Ten dual meet wins from the 1997-98 campaign. He led Penn State to the school's first ever Big Ten Championship and was named the 2011 Big Ten Coach of the Year. He also became the first coach in NCAA history to be named Conference Coach of the Year in both the Big Ten and Big 12 Conferences. Saving the best for last, he led the Nittany Lions to the 2011 NCAA National Championship in Philadelphia, Penn State's first crown since 1953, the second in program history and Sanderson's first as a collegiate head coach.

In his first season at the helm in Happy Valley, Sanderson led Penn State to a 13-6-1 dual meet record. After a year outside the top 10, Sanderson led the Nittany Lions back to their place among the nation's elite with a ninth-place finish at the NCAA Championships and a No. 10 final dual meet ranking in the NWCA Coaches Poll. Sanderson picked up three more All-Americans, including a national finalist, as well as a Big Ten Champion in his younger brother, Cyler Sanderson.

At just 29 years old, Sanderson came to Penn State after three very productive years as the head coach at his alma mater, Iowa State. Sanderson's teams did not finish any lower than fifth at the NCAA Championships and he never had a wrestler fail to qualify for nationals, going 30-for-30 in terms of national qualifiers. After graduating from ISU in 2002, Sanderson spent 2003 and 2004 as a special assistant in the athletic department at Iowa State before joining the coaching staff as an assistant coach in 2004-05. He was promoted to the assistant head coach position the next year and then became the Cyclones' head coach ahead of the 2006-07 season.

In 2007, during Sanderson's rookie campaign, he led ISU to a 13-3 dual meet record and the first of three-straight Big 12 Championships. An outstanding NCAA runner-up finish in Detroit capped off a wildly successful year as the Cyclones crowned one individual National Champion. In recognition of his efforts, Sanderson was honored as the Big 12 Coach of the Year, National Rookie Coach of the Year and National Coach of the Year. The next year, Sanderson led ISU to a 16-4 dual meet mark, another Big 12 title and a fifth place finish at nationals. Iowa State's seven All-Americans in 2008 were the most at the school since 1993. In 2009, Sanderson's team went 15-3 in duals, won its third-straight Big 12 title and took third place at the NCAA Championships in St. Louis, just 12 points out of first place. The Cyclones also crowned another individual National Champion. In three years at Iowa State, Sanderson's teams went 44-10, won three conference crowns, qualified all 30 wrestlers for nationals, earned 15 All-America awards and two individual national titles.

To this day, Sanderson is considered the most dominant collegiate competitor in NCAA history. In four years, Sanderson never lost. From 1999-2002, Sanderson posted a 159-0 career record (going 39-0, 40-0, 40-0 and 40-0); won four individual National Championships; won four Most Outstanding Wrestler awards at the NCAA Championships (the only wrestler in NCAA history to do so); became the first freshman in NCAA history to win the Outstanding Wrestler honor and won three Dan Hodge Trophies as the nation's best collegiate wrestler (also a collegiate first). He wrestled his first three years at 184 and then moved to 197 as a senior.

The four-time All-American's four-year streak of perfection was called the No. 2 most outstanding achievement in collegiate sports history by Sports Illustrated. The NCAA called his final win (in the 2002 NCAA 197-pound championship) one of the NCAA's "25 Defining Moments" for its Centennial celebration. His wrestling career culminated in 2004 when the Heber City, Utah, native won the 84 kg Olympic Gold Medal in Athens, Greece.

Sanderson graduated from Iowa State University with his undergraduate degree in 2002, later adding a master's degree in Sport Management and Administration from Liberty University in 2021. Sanderson and his wife, Kelly, have two sons, Tate and Teag.




### Sanderson's Career Coaching Record

| Season | Record | % | B1G Dual | Conf. Trn. | NCAA | Qual. | AA | NC |
|---|---|---|---|---|---|---|---|---|
| *2006-07* | *13-3-0* | *.813* | *---* | *1st (B12)* | *2nd* | *10* | *4* | *1* |
| *2007-08* | *16-4-0* | *.800* | *---* | *1st (B12)* | *5th* | *10* | *7* | *0* |
| *2008-09* | *15-3-0* | *.833* | *---* | *1st (B12)* | *3rd* | *10* | *4* | *1* |
| 2009-10 | 13-6-1 | .675 | 5-3-0 | 5th | 9th | 6 | 3 | 0 |
| 2010-11 | 17-1-1 | .921 | 6-1-1 | 1st | 1st | 8 | 5 | 1 |
| 2011-12 | 13-1-0 | .929 | 7-1-0 ! | 1st | 1st | 9 | 6 | 3 |
| 2012-13 | 13-1-0 | .929 | 7-1-0 | 1st | 1st | 10 | 5 | 2 |
| 2013-14 | 15-1-0 | .938 | 7-1-0 ! | 1st | 1st | 10 | 7 | 2 |
| 2014-15 | 11-4-0 | .733 | 6-3-0 | 5th | 6th | 7 | 5 | 1 |
| 2015-16 | 16-0-0 | 1.000 | 9-0-0 ! | 1st | 1st | 9 | 6 | 2 |
| 2016-17 | 14-0-0 | 1.000 | 9-0-0 ! | 2nd | 1st | 9 | 6 | 5 |
| 2017-18 | 14-0-0 | 1.000 | 9-0-0 ! | 2nd | 1st | 9 | 8 | 4 |
| 2018-19 | 14-0-0 | 1.000 | 9-0-0 ! | 1st | 1st | 9 | 7 | 3 |
| 2019-20 | 12-2-0 | .857 | 8-1-0 | 4th | # | 7 | 5 | # |
| 2020-21 | 6-0-0 | 1.000 | 6-0-0 ! | 2nd | 2nd | 9 | 6 | 4 |
| 2021-22 | 17-0-0 | 1.000 | 8-0-0 ! | 2nd | 1st | 9 | 6 | 5 |
| 2022-23 | 16-0-0 | 1.000 | 8-0-0 ! | 1st | 1st | 9 | 8 | 2 |
| 2023-24 | 12-0-0 | 1.000 | 8-0-0 ! | 1st | 1st | 10 | 8 | 4 |
| 2024-25 | 15-0-0 | 1.000 | 8-0-0 ! | 1st | 1st | 10 | 10 | 2 |
| 2025-26 | 15-0-0 | 1.000 | 8-0-0 ! | 1st | 1st | 10 | 8 | 4 |
| **Career** | **277-26-2** | **.912** | **128-11-1** | **13 titles** | **13 titles** | **180** | **124** | **46** |
| At Penn State | 233-16-2 | .932 | 128-11-1 | 10 titles | 13 titles | 150 | 109 | 44 |

Italics are at Iowa State /// # - the 2020 NCAA Championship was canceled ///
! - Big Ten Regular Season Champions (co- or outright)

## ASSOCIATE HEAD COACH CODY SANDERSON



# CODY SANDERSON

**25th Season Overall**
**18th Season at Penn State**
**Iowa State '00**
**Penn State '22**

### THE SANDERSON FILE

| | |
|---|---|
| Birthday | August 8, 1976 |
| Birthplace | Provo, Utah |
| Hometown | Heber City, Utah |
| Alma Mater | Iowa State '00 |
| Master's | Penn State '22 |
| Spouse | Sarah |
| Children | Tylar Ann, Kade, Mason |

### COACHING EXPERIENCE

- 2009-Pres. | Associate Head Coach, Penn State
- 2006-09 | Associate Head Coach, Iowa State
- 2004-06 | Head Coach, Utah Valley
- 2001-03 | Administrative Assistant, Iowa State



Cody Sanderson enters his 18th season as an associate head coach for the Penn State wrestling program in the 2026-27 campaign. Sanderson, who played a major role in the Iowa State wrestling program's rapid ascent as a Big 12 powerhouse and NCAA team title contender, is the oldest brother of Penn State head coach Cael Sanderson and a former head coach himself. Sanderson is in his 25th year as a collegiate coach.

During Sanderson's years at Penn State, the Nittany Lions have won 13 NCAA titles, 10 Big Ten titles, 12 Big Ten regular-season crowns, nine Southern Scuffle titles and produced 109 All-Americans and 44 NCAA Champions. The Penn State wrestling program has added seven Dan Hodge Trophies during Sanderson's stint with the Blue & White, further cementing the Nittany Lion program as the premier institution for cultivating wrestling talent.

Sanderson served as associate head coach at Iowa State during his brother Cael's three-year run at the helm of the Cyclones program. Prior to joining Cael in Ames, Iowa, Cody was the head coach at Utah Valley State (now Utah Valley University), where he started the school's wrestling program from scratch in 2003. Sanderson's efforts helped create the nation's first Division I wrestling program started from the ground up in 30 years. Prior to beginning the program at UVU, Cody served as an administrative assistant at Iowa State from 2001-03.

As a student-athlete, Sanderson was a two-time national finalist at 133 pounds, advancing to the NCAA title bout in 1999 inside Penn State's Bryce Jordan Center and again in 2000 in St. Louis. He ended his stellar Cyclone career with 116 wins. He also claimed the Big 12 title as a senior and helped spur ISU to a national runner-up finish at the NCAA Championships in 2000.

Sanderson graduated from Iowa State in 2000 with a bachelor's degree in psychology with a pre-medicine curriculum. He received a Master of Education degree from Penn State in 2022. His wife, Sarah, was a standout gymnast at Iowa State. The couple has two sons, Kade and Mason, and a daughter, Tylar Ann.

## ASSOCIATE HEAD COACH CASEY CUNNINGHAM



# CASEY CUNNINGHAM

**27th Season Overall**
**18th Season at Penn State**
**Central Michigan '99**

### THE CUNNINGHAM FILE

| | |
|---|---|
| Birthday | April 25, 1976 |
| Birthplace | Carson City, Mich. |
| Hometown | Middleton, Mich. |
| Alma Mater | Central Michigan '99 |
| Spouse | Tara |
| Children | Hayden, Asher Ryder, Saige, Sterling |

### COACHING EXPERIENCE

- 2009-Pres. | Associate Head Coach, Penn State
- 2008-09 | Assistant Head Coach, Iowa State
- 2001-08 | Assistant Coach, Central Michigan
- 1999-2000 | Grad. Assistant, Central Michigan




Casey Cunningham is in his 18th year on the Penn State Nittany Lion wrestling staff. An associate head coach in Happy Valley, Cunningham is in his 27th season as a collegiate wrestling coach.

During Cunningham's years at Penn State, the Nittany Lions have won 13 NCAA titles, 10 Big Ten titles, 12 Big Ten regular-season crowns, nine Southern Scuffle titles and produced 109 All-Americans and 44 NCAA Champions. He was the USA Wrestling National Freestyle Coach of the Year in both 2018 and 2024.

Cunningham served as Cael Sanderson's head assistant coach at Iowa State as well. Prior to his one-year stint in Ames, he was head assistant coach at Central Michigan for seven years from 2001 to 2008. He began his coaching career in 1999 as a graduate assistant at CMU and then spent a year at the Chippewas' Olympic Training Center. During his tenure at CMU, he helped lead 18 Chippewas to All-America honors and 35 Mid-American Conference titles. During Cunningham's last season as an assistant, Central Michigan finished seventh at the 2008 NCAA Championships.

As a wrestler, Cunningham ranks among Central Michigan's all-time greats. He capped off his collegiate career in 1999 by winning the 157-pound title in the Bryce Jordan Center, earning the school's first Division I national title and only the second individual title in the school's history in any sport. The two-time All-American (national runner-up in 1998) won three MAC championships (1996, 1997, 1999) and was twice named MAC Wrestler of the Year (1998, 1999). Cunningham finished his Chippewa career with a 134-19 record. An accomplished international competitor, Cunningham won the 2008 Pan American Games silver medal and was two time U.S. Nationals and World Team Trials runner-up. An outstanding student, Cunningham was a four-time NWCA Academic All-American.

Cunningham earned his bachelor's degree in sociology with an emphasis in criminal justice from CMU in 1999. His wife, Tara (Nott), is an Olympic champion, having won the gold medal in weightlifting at the 2000 Sydney Olympic Games. The couple has three sons, Hayden, Asher and Ryder and two daughters, Saige and Sterling.

## ASSISTANT COACH NICK LEE



# NICK LEE

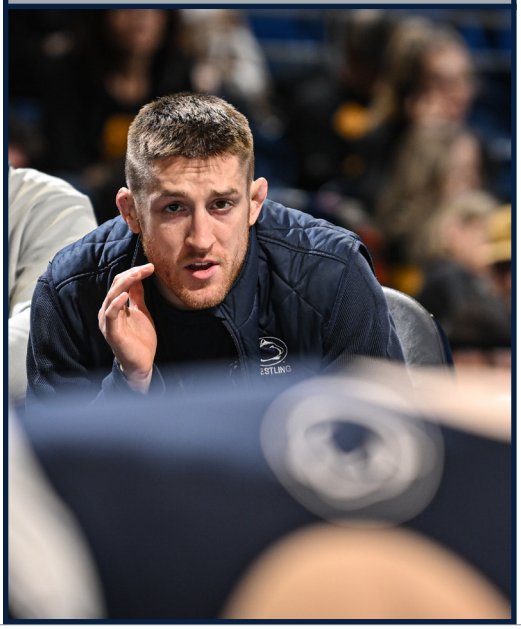
**Third Season Overall**
**Third Season at Penn State**
**Penn State '22**

### THE LEE FILE

| | |
|---|---|
| Birthday | March 12, 1998 |
| Birthplace | Evansville, Ind. |
| Hometown | Evansville, Ind. |
| Master's | Penn State '22 |

### COACHING EXPERIENCE

- 2024-Pres. | Assistant Coach, Penn State



Penn State wrestling head coach Cael Sanderson named former Nittany Lion great Nick Lee as an assistant coach in May of 2024. Lee enters his third season on Sanderson's staff in the 2026-27 campaign.

Lee's Penn State resume stands among the all-time best in the school's storied wrestling history. He became Penn State's first five-time All-American in 2022 when he won his second straight NCAA Championship at 141 pounds in Detroit. Lee, who was part of three NCAA team championship squads for Penn State, tallied five podium finishes for Sanderson's squad. He finished fifth in 2018, fifth in 2019, was named a first team All-American when the 2020 NCAA tournament was canceled, then won back-to-back NCAA titles at 141 in 2021 and 2022.

The Evansville, Indiana, native went 32-7 as a true freshman with five pins, seven technical falls and 12 majors. He followed that up with a 31-4 sophomore campaign that featured six pins, five techs and 13 majors. Lee went 20-1 with five falls, seven techs and four majors in 2020 when the NCAA tournament was canceled. He posted a 13-1 mark with four techs and five majors, winning his first NCAA title in St. Louis in the shortened 2021 season and capped off his elite career with a perfect 22-0 run to a second NCAA crown in 2022, with two pins, four techs and six majors. Lee ended his NCAA career with 118-13 overall record highlighted by 18 falls, 27 techs and 40 majors. He was a Big Ten Champion in 2022 and collected 226 points over the course of a dual-meet career that saw him post a 55-2 individual record.

Lee was a four-time National Wrestling Coaches Association First Team National All-Academic Selection, a three-time Academic All-Big Ten honoree, a Second Team CoSIDA Academic All-American in 2021 and capped off his career as a finalist for the Dan Hodge Trophy in 2022, placing third in the award's voting.

In addition to his runner-up finish at the 2024 U.S. Olympic Team Trials, Lee's freestyle accomplishments are mounting as well. He earned his third spot on the United States National Team at 65kg in 2025 and was a member of the 2023 U.S. World Team. Lee was the 2023 U.S. Open Champion and the 2023 Final X Champion, earning his spot on the U.S. World Team in the process.

## DIRECTOR OF OPERATIONS ADAM LYNCH



# ADAM LYNCH

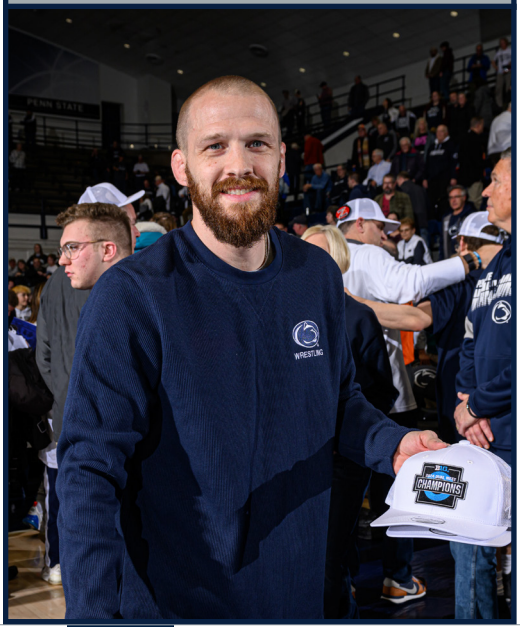
**16th Season Overall**
**16th Season at Penn State**
**Penn State '10**
**Penn State '13**

### THE LEE FILE

| | |
|---|---|
| Birthday | June 3, 1987 |
| Birthplace | Brunswick, Maine |
| Hometown | Mifflinburg, Pa. |
| Alma Mater | Penn State '10 |
| Master's | Penn State '13 |
| Spouse | Taylor |
| Children | Hank, Clyde |

### PROFESSIONAL EXPERIENCE

- 2011-Pres. | Director of Operations, Penn State



Former Nittany Lion wrestler Adam Lynch enters his 16th season as Director of Operations for Penn State wrestling in the 2026-27 season. Lynch was a member of Penn State's 2011 Big Ten and NCAA Championship team and was also on the roster for head coach Cael Sanderson's inaugural season in Happy Valley.

Lynch ended his Penn State career as one of the team's leaders, coming back for a fifth year to continue the work of building a championship program. As a junior in Sanderson's first season (2009-10), Lynch went 13-13 overall but posted a superb 6-2 record in Big Ten duals. He debuted in the national rankings at 141 in February of that year. During his final season in 2010-11, Lynch went 7-3 with three pins to his credit.

Lynch received his bachelor's degree of science in kinesiology with an emphasis on movement science in December 2010 and wrapped up his graduate degree in sports management and sports administration in December 2013. He is a native of Mifflinburg, Pennsylvania.

Lynch and his wife, Taylor, were married in June 2016. They have two sons, Hank and Clyde.

## GENERAL MANAGER CLAY STEADMAN



# CLAY STEADMAN

**Third Season Overall**
**Third Season at Penn State**
**Penn State '12**

### THE STEADMAN FILE

| | |
|---|---|
| Birthplace | Erie, Pa. |
| Hometown | Erie, Pa. |
| Alma Mater | Penn State '12 |
| Spouse | Kristin |

### PROFESSIONAL EXPERIENCE

- 2024-Pres. | General Manager, Penn State
- 2022-24 | Strategic Account Director, Philips
- 2012-22 | Account Executive, Business Development & Finance, Siemens Healthineers
- 2011-12 | Business Development & Finance, Jigocity



Clay Steadman is in his third year as the general manager for the Penn State Nittany Lion wrestling team. Steadman was a 197-pound starter on the Penn State wrestling team during his freshman and sophomore years. A chronic neck injury prevented him from competing in the subsequent years.

Steadman studied finance and economics at Penn State's Smeal College of Business and began his career at a tech startup company where he played a significant role in growing and eventually selling the company in a multi-million dollar deal.

Following this, Steadman transitioned into the healthcare sector. For more than a decade he held roles in finance, business development, and sales, where he excelled in building relationships with executives for long-term partnerships. His career has seen him work in five different states as well as over two years living and working in Europe.

Steadman is also the founder of Achi3ve, an iOS personal development app that assists ex-athletes in working towards their goals beyond athletics. Additionally, he is the host of the "Where They Are Now" podcast on the Nittany Lion Wrestling Club's Rokfin channel. Steadman interviews former Penn State wrestlers and delves into their lives after their athletic careers.

Steadman's wife, Kristin, is a two-time national champion volleyball player for Penn State. The couple has four children. Known for his enthusiasm, energy, and work ethic, Clay is dedicated to Penn State Wrestling and is eager to contribute to its continued success.

## SUPPORT STAFF





**ISAIAH ARPINO**
CREATIVE DESIGN

**BRIAN BICKMORE**
EQUIPMENT



**DANA CROUSE**
MARKETING & FAN EXPERIENCE



**JEN EMIGH**
FACULTY ADVISOR



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**MATTHEW STEPHENS**
CREATIVE VIDEO



**NICK WHITLEY**
STRATEGIC COMMUNICATIONS

## RETURNING NATIONAL CHAMPIONS



## RETURNING NATIONAL CHAMPION JOSH BARR



# JOSH BARR

**197 | SENIOR**
**Davison, Mich.**
**Davison**

**2026 NATIONAL CHAMPION // TWO-TIME ALL-AMERICAN // 2026 B1G CHAMPION**

**FOLLOW JOSH ON...**
Instagram.....@joshbarr44
X.....@barr1josh

**PERSONAL**
Parents.....Simona & Douglass
Major.....Rec., Park & Tour. Mgmt

**STATISTICS**
Career Record.....58-4
Career Dual Record.....25-1
Career Dual Points.....122
Career B1G Record.....16-1
Career Falls.....12
Career Tech. Falls.....23
Career Major Dec.....14
Career Bonus Rate.....79.0%

**POSTSEASON HISTORY**
NCAA Finishes
2025.....Second
2026.....FIRST

B1G Finishes
2025.....Sixth
2026.....FIRST

### CAREER

**Athletic:** National Champion (2026)... 2X All-American (1st – 2026, 2nd – 2025)... Big Ten Champion (2026)... First Team All-Big Ten (2026)... Big Ten Freshman of the Week (12/12/24, 12/27/24, 2/12/24)

**Academic:** 2X Academic All-Big Ten (2025, 2026)... 2X NWCA Scholar All-American (2025, 2026)

### 2025-26 • JUNIOR SEASON

**Season:** Rolled through the 2026-27 season with a flawless record of 24-0 overall... Registered bonus points against 23-of-24 opponents, logging five pins, 12 tech falls and six major decisions... Collected 17 regular season victories over ranked opponents, with seven of them ranking inside the top 10... Following the regular season, Barr booked a perfect showing in the Big Ten Championships, winning the individual title at 197... Went 5-0 in the NCAA Tournament, bringing home his first individual NCAA title at 197 lbs.

**Collegiate Wrestling Duals (12/20):** Made season debut in Nashville, rolling to a 19-3 tech fall over Devin Wasley of North Dakota State (3:20) and another 19-3 tech over No. 19 Angelo Posada of Stanford (4:13). **Southern Scuffle (1/3-4):** Won the Southern Scuffle title with 5-0 run, including a 9-1 major over No. 3 Stephen Little of Little Rock in finals... Pinned No. 15 Branson John of Maryland in semis. **Rutgers (1/10):** Booked a dominant 18-3 tech fall (7:00) over No. 18 Remy Cotton in Rec Hall. **Iowa (1/16):** Pinned Brody Sampson in the second period (3:42). **Northwestern (1/18):** Logged a first period pin of Alex Smith (1:50). **Indiana (1/23):** Rolled to a 14-6 major over No. 14 Gabe Sollars. **Maryland (1/24):** Dominated No. 13 Branson John, turning six takedowns into a 19-4 tech fall (6:51). **Nebraska (1/30):** Majored No. 9 Camden McDanel, 21-9, in the BJC. **Michigan (2/6):** Rolled to a 19-4 tech fall (6:50) over No. 20 Hayden Walters at Michigan. **Ohio State (2/13):** Dominated No. 10 Luke Geog, posting an 11-2 major decision. **Princeton (2/20):** Pinned Connor McCloskey in the first period at 1:29. **Big Ten Championship (3/7-8):** Earned his first Big Ten title with a dominating 3-0 run through the B1G field in the Bryce Jordan Center... All wins were tech falls: No. 22 Gabe Sollars of Indiana, 21-6 at 4:09; No. 17 Luke Geog of Ohio State at 7:00; and No. 10 Camden McDanel of Nebraska 19-4 at 6:46 in the championship. **NCAA Championship (3/19-21):** Became an NCAA Champion for the first time with a 5-0 run at nationals... Opened up the tournament with a tech and a major... Posted 19-3 tech fall over No. 9 Angelo Posada of Stanford in quarters... Majored No. 5 Joey Novak of Wyoming, 14-3, in the semifinals... Dominated No. 7 Cody Merrill of Oklahoma State in the national title bout.

### 2024-25 • SOPHOMORE SEASON

**Season:** Moved up to 197 to start the year... Became an All-American with a 4-1 run to the national finals... Ended the year with a 20-4 record, including six pins, six techs and four majors... Went 13-1 in duals and 7-1 in Big Ten duals.

**Black Knight Invite (11/24):** Won the Black Knight championship with 2-0 mark (both pins) plus two wins over teammates in the semis and finals... **Lehigh (12/8):** Dominated No. 6 Michael Beard of Lehigh, rolling to 11-3 major decision on the road. **Wyoming (12/15):** Picked up a first-period pin of Brant Whitaker (1:48). **Collegiate Wrestling Duals (12/22):** Went 3-0 in Nashville with a pin and a tech fall, including an impressive 4-1 (sv) win over No. 5 Stephen Little of Little Rock. **Michigan State (1/10):** Pinned Cory Thomas in the first period (2:44). **Nebraska (1/17):** Posted a 19-4 tech fall over No. 22 Camden McDanel (6:42) in Lincoln. **Rutgers (1/24):** Booked a stunning 22 points in the third period alone to post a 22-6 tech fall over No. 16 John Poznanski (6:19) in Piscataway. **Iowa (1/31):** Lost his first bout of the year to No. 1 Stephen Buchanan, 5-1. **Michigan (2/7):** Had a last-second reversal in the tiebreaker to snag a 3-2 win over No. 2 Jacob Cardenas in the BJC. **Maryland (2/9):** Rolled to a 17-2 tech fall (4:35) over Chase Mielnik. **Ohio State (2/14):** Had a dominant 20-5 tech fall (7:00) over No. 23 Seth Shumate. **Illinois (2/16):** Majored No. 17 Zac Braunagel, 15-4. **American (2/21):** Pinned Liam Volk-Klos (1:09). **Big Ten Championships (3/8-9):** Won his first bout at Big Tens, a 17-2 tech fall over No. 20 Camden McDanel of Nebraska... Lost a tough 4-1 (sv) decision to No. 3 Jacob Cardenas of Michigan in the semis and then suffered an injury early in the consolation semifinals, taking an injury default loss to No. 8 Isaiah Salazar of Minnesota... Finished sixth with a 1-2 mark. **NCAA Championships (3/20-22):** Became an NCAA national finalist and All-American, going 4-1 in his first trip to tournament. Began tourney with a major over No. 29 Tucker Logan of Lock Haven before downing No. 13 Trey Munoz of Oregon State... Rolled to a 14-3 major over No. 5 Michael Beard in the quarterfinals and then downed No. 1 Jacob Cardenas of Michigan in the semifinals... Lost a hard-fought 5-2 decision to No. 2 Stephen Buchanan of Iowa in the finals to close out his national runner-up finish.

### 2023-24 • FRESHMAN SEASON

**Season:** Competed in five events as a true freshman, maintaining his redshirt and allowing him to compete as a redshirt freshman in 2024-25... Went 14-0 plus one win over a non-collegiate athlete... Made Big Ten dual debut by majoring Indiana's Roman Rogotzki, 13-4... Had four majors, six techs and a pin... Went 4-0 at the Edinboro Open, 2-0 (plus a non-collegiate win) at Mat-Town II, 4-0 at the Black Knight Invite and 3-0 at Journeymen Collegiate... Wrestled the entire season at 184.

### HIGH SCHOOL

Hails from Davison, Michigan, and Davison High School... Won four straight Michigan State Championships as an individual, combining for a 125-1 record over four years... Helped lead Davison High School to three Michigan state team titles as well... Four-year letterman and three-year team captain... Competed in Who's Number One in both 2021 and 2022... Honor Roll student in four straight years... Won Junior National Championship at Fargo in 2022.

### PERSONAL

Son of Simona and Douglass Barr... Has one brother, Noah... Majoring in Recreation, Park and Tourism Management at PSU.

## RETURNING NATIONAL CHAMPION JOSH BARR

# MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 12/20 | 197 | W, 19-3 | Devin Wasley, NDSU (TF; 3:20) | Dual | 1-0 |
| 12/20 | 197 | W, 19-3 | Angelo Posada, Stanford (TF; 4:13) | Dual | 2-0 |
| 1/3 | 197 | W, 18-2 | Adam Ortega, The Citadel (TF; 4:10) | S. Scuffle | 3-0 |
| 1/3 | 197 | WBF | Kendric Curtiss, Chattanooga (1:23) | S. Scuffle | 4-0 |
| 1/3 | 197 | W, 20-5 | Payton Thomas, Navy (TF; 2:46) | S. Scuffle | 5-0 |
| 1/4 | 197 | WBF | #15 Branson John, Maryland (6:57) | S. Scuffle | 6-0 |
| 1/4 | 197 | W, 9-1 | #3 Stephen Little, Little Rock (MD) | S. Scuffle | 7-0 |
| 1/10 | 197 | W, 18-3 | #18 Remy Cotton, Rutgers (TF; 7:00) | Dual | 8-0 |
| 1/16 | 197 | WBF | Brody Sampson, Iowa (3:42) | Dual | 9-0 |
| 1/18 | 197 | WBF | Alex Smith, Northwestern (1:50) | Dual | 10-0 |
| 1/23 | 197 | W, 14-6 | #14 Gabe Sollars, Indiana (MD) | Dual | 11-0 |
| 1/24 | 197 | W, 19-4 | #13 Branson John, Maryland (TF; 6:51) | Dual | 12-0 |
| 1/30 | 197 | W, 21-9 | #9 Camden McDanel, Nebraska (MD) | Dual | 13-0 |
| 2/6 | 197 | W, 19-4 | #20 Hayden Walters, Michigan (TF; 6:51) | Dual | 14-0 |
| 2/13 | 197 | W, 11-2 | #10 Luke Geog, Ohio State (MD) | Dual | 15-0 |
| 2/20 | 197 | WBF | Connor McCloskey, Princeton (1:29) | Dual | 16-0 |
| 3/7 | 197 | W, 21-6 | #22 Gabe Sollars, Indiana (TF; 4:09) | B1G | 17-0 |
| 3/7 | 197 | W, 18-3 | #17 Luke Geog, Ohio State (TF; 7:00) | B1G | 18-0 |
| 3/7 | 197 | W, 19-4 | #10 Camden McDanel, Nebraska (TF; 6:46) | B1G (1st) | 19-0 |
| 3/19 | 197 | W, 20-4 | #32 Blake Schaffer, Kent State (TF; 5:43) | NCAA | 20-0 |
| 3/19 | 197 | W, 11-3 | #17 Dillon Bechtold, Bucknell (MD) | NCAA | 21-0 |
| 3/20 | 197 | W, 19-3 | #9 Angelo Posada, Stanford (TF; 4:50) | NCAA | 22-0 |
| 3/20 | 197 | W, 14-3 | #5 Joey Novak, Wyoming (MD) | NCAA | 23-0 |
| 3/21 | 197 | W, 6-3 | #7 Cody Merrill, Oklahoma State | NCAA (1st) | 24-0 |

### 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/24 | 197 | WBF | Jack Bernik, Columbia (2:26) | BK | 1-0 |
| 11/24 | 197 | WBF | Josh McCutcheon, Gardner Webb (2:53) | BK | 2-0 |
| 12/8 | 197 | W, 11-3 | #6 Michael Beard, Lehigh (major) | Dual | 3-0 |
| 12/15 | 197 | WBF | Brant Whitaker, Wyoming (1:48) | Dual | 4-0 |
| 12/22 | 197 | 19-4 | Andrew Bailey, Binghamton (TF; 2:40) | Dual | 5-0 |
| 12/22 | 197 | W, 4-1 (sv) | #5 Stephen Little, Little Rock | Dual | 6-0 |
| 12/22 | 197 | WBF | Jesse Cassatt, Missouri (1:45) | Dual | 7-0 |
| 1/10 | 197 | WBF | Cory Thomas, Michigan State (2:44) | Dual | 8-0 |
| 1/17 | 197 | W, 19-4 | #22 Camden McDanel, Nebraska (TF; 6:42) | Dual | 9-0 |
| 1/24 | 197 | W, 22-6 | #16 John Poznanski, Rutgers (TF; 6:19) | Dual | 10-0 |
| 1/31 | 197 | L, 1-5 | #1 Stephen Buchanan, Iowa | Dual | 10-1 |
| 2/7 | 197 | W, 3-2 (tb) | #2 Jacob Cardenas, Michigan | Dual | 11-1 |
| 2/9 | 197 | W, 17-2 | Chase Mielnik, Maryland (TF; 4:35) | Dual | 12-1 |
| 2/14 | 197 | W, 20-5 | #23 Seth Shumate, Ohio State (TF; 7:00) | Dual | 13-1 |
| 2/16 | 197 | W, 15-4 | #17 Zac Braunagle, Illinois (major) | Dual | 14-1 |
| 2/21 | 197 | WBF | Liam Volk-Klos, American (1:09) | Dual | 15-1 |
| 3/8 | 197 | W, 17-2 | #20 Camden McDanel, Nebraska (TF; 4:05) | B1G | 16-1 |
| 3/8 | 197 | L, 1-4 (sv) | #3 Jacob Cardenas, Michigan | B1G | 16-2 |
| 3/9 | 197 | L, inj.def. | #8 Isaiah Salazar, Minnesota | B1G (6th) | 16-3 |
| 3/20 | 197 | W, 9-1 | #29 Tucker Logan, Lock Haven (major) | NCAA | 17-3 |
| 3/20 | 197 | W, 5-2 (sv) | #13 Tey Munoz, Oregon State | NCAA | 18-3 |
| 3/21 | 197 | W, 14-3 | #5 Michael Beard, Lehigh (major) | NCAA | 19-3 |
| 3/21 | 197 | W, 5-3 | #1 Jacob Cardenas, Michigan | NCAA | 20-3 |
| 3/22 | 197 | L, 2-5 | #2 Stephen Buchanan, Iowa | NCAA (2nd) | 20-4 |

### 2023-24

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/12 | 184 | W, 15-4 | Jack Wilt, Lehigh (major) | Jrny | 1-0 |
| 11/12 | 184 | W, 13-5 | Anthony D'Alesio, LIU | Jrny | 2-0 |
| 11/12 | 184 | W, 24-9 | Jake Stefanowicz, Penn (TF; 7:00) | Jrny | 3-0 |
| 11/19 | 184 | W, 18-3 | Kyle Swartz, Army (TF; 6:20) | BK | 4-0 |
| 11/19 | 184 | W, 2-1 | #13 Jacob Nolan, Binghamton | BK | 5-0 |
| 11/19 | 184 | W, 6-1 | Chase Kranitz, Buffalo | BK | 6-0 |
| 11/19 | 184 | W, 9-5 | Luke Vanadia, Michigan St. (major) | BK | 7-0 |
| 1/4 | 184 | W, 13-4 | Roman Rogotzki, Indiana (major) | Dual | 8-0 |
| 1/28 | 184 | W, 19-3 | Brock Zurawski, Rider (TF; 6:14) | MT2 | 9-0 |
| 1/28 | 184 | W, 2-0 | Ian Bush, West Virginia | MT2 | 10-0 |
| 2/3 | 184 | W, 11-1 | Caleb Campos, American (major) | Boro | 11-0 |
| 2/3 | 184 | WBF | Ike Schmidt, Columbia (1:45) | Boro | 12-0 |
| 2/3 | 184 | W, 19-3 | Christian Hansen, Cornell (TF; 6:11) | Boro | 13-0 |
| 2/3 | 184 | W, 17-2 | Tony Bradley, Maryland (TF; 2:08) | Boro | 14-0 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2023-24 | 14-0 | 1-0 (1-0) | 13-0 (0-0/0-0) | 1-0 | 5-0 | 4-0 | 4 |
| 2024-25 | 20-4 | 13-1 (7-1) | 7-3 (1-2/4-1) | 6-0 | 6-0 | 4-0 | 63 |
| 2025-26 | 24-0 | 11-0 (8-0) | 13-0 (3-0/5-0) | 5-0 | 12-0 | 6-0 | 55 |
| **Career** | **58-4** | **25-1 (16-1)** | **33-3 (4-2/9-1)** | **12-0** | **23-0** | **14-0** | **122** |



## RETURNING NATIONAL CHAMPION LUKE LILLEDAHL



# LUKE LILLEDAHL

**125 | JUNIOR**
**St. Charles, Mo.**
**Wyoming Seminary (Pa.)**
**PRONUNCIATION | Lil-Uhh-Doll**

**2026 NATIONAL CHAMPION // TWO-TIME ALL-AMERICAN // TWO-TIME B1G CHAMPION**

**FOLLOW LUKE ON...**
**Instagram**..... @lightnin_luke20

**PERSONAL**
**Parents**.....Heather & Drew
**Major**.....Health & Human Dev.

**STATISTICS**

| | |
|---|---|
| **Career Record** | 50-3 |
| **Career Dual Record** | 28-2 |
| **Career Dual Points** | 125 |
| **Career B1G Record** | 14-2 |
| **Career Falls** | 4 |
| **Career Tech. Falls** | 19 |
| **Career Major Dec.** | 6 |
| **Career Bonus Rate** | 54.7% |

**POSTSEASON HISTORY**

**NCAA Finishes**

| | |
|---|---|
| 2025 | Third |
| 2026 | FIRST |

**B1G Finishes**

| | |
|---|---|
| 2025 | FIRST |
| 2026 | FIRST |

### CAREER

**Athletic:** National Champion (2026), 2X All-American (1st – 2026, 3rd – 2025), 2X Big Ten Champion (2025, 2026), 2X First Team All-Big Ten (2025, 2026)... 2X Big Ten Freshman of the Week (12/19/25, 2/5/25)

**Academic:** NWCA Scholar All-American (2025)

### 2025-26 • SOPHOMORE SEASON

**Season:** Finished the 2025-26 season as one of four undefeated National Champions for the Nittany Lions, taking home the individual crown at 125 pounds in Cleveland... Posted an unblemished 25-0 overall record with a 15-0 dual meet record and 8-0 finish in Big Ten Conference competition... Won his second consecutive Big Ten Championship at 125, finishing the year as a First Team All-B1G selection... Posted 65 dual points for the Blue & White while surrendering zero... Had four major decisions, eight technical falls and one win by fall on the year.

**Oklahoma (11/14):** Majored Conrad Hendrikson 14-4 in season opener in the BJC. **Black Knight Invite (11/23):** Went 2-0 with two tech falls. **Drexel (12/5):** Majored Desmond Pleasant, 19-7. **Lehigh (12/7):** Teched Logan Wadle, 17-2 (3:21). **Wyoming (12/13):** Downed Sefton Douglass, 18-3 (TF; 3:26). **Collegiate Duals (12/20):** Beat No. 31 Ezekial Witt of North Dakota State 6-5 and No. 12 Nico Provo of Stanford 4-2. **Rutgers (1/10):** Beat No. 29 Ayden Smith, 8-3. **Iowa (1/16):** Dominated No. 6 Dean Peterson, 11-5, in Iowa City. **Northwestern (1/18):** Teched No. 26 Dedrick Navarro, 20-5 (7:00). **Indiana (1/23):** Pinned No. 11 Jacob Moran at 4:20 in the second period. **Maryland (1/24):** Rolled to a 19-4 tech fall over Abram Cline (7:00). **Nebraska (1/30):** Teched Alan Koehler 20-4 (5:36) in BJC Dual. **Michigan (2/6):** Posted a 21-5 tech fall (5:06) with six takedowns over No. 23 Diego Sotelo in Ann Arbor. **Ohio State (2/13):** Downed No. 2 Nic Bouzakis in sudden victory, winning 4-1 in a sold out BJC Dual. **Princeton (2/20):** Forced No. 12 Marc-Anthony McGowan into five stalls, earning the win by disqualification in the third period (6:54). **Big Ten Championships (3/7-8):** Won his second straight B1G title with a 3-0 run in the BJC... Beat No. 7 Dean Peterson of Iowa, majored No. 17 Jacob Moran of Indiana and downed No. 13 Jore Volk of Minnesota in the finals. **NCAA Championships (3/19-21):** Won his first National Championship with a 5-0 run in Cleveland... Majored No. 32 Jack Mauser of Missouri and downed No. 17 Jett Strickenberg of West Virginia on day one... Beat No. 8 Dean Peterson of Iowa 2-1 (tb) in the quarters and dominated No. 5 Troy Spratley of Oklahoma State, 8-3, in the semifinals to reach the national final... Beat No. 10 Marc-Anthony McGowan of Princeton in the national title bout.

### 2024-25 • FRESHMAN SEASON

**Season:** Became a true freshman All-American with a third place finish at NCAAs... Won the Big Ten Championship at 125 pounds as a true freshman with a 4-0 run at Northwestern... Went 25-3 overall with three pins, 11 technical falls and two majors.

**Drexel (11/17):** Received forfeit victory in his collegiate debut in Rec Hall. **Black Knight Invite (11/24):** Won the Black Knight Invite with a 2-0 mark (plus a win over a PSU teammate), including a 19-4 tech fall over No. 21 Charlie Farmer of Army. **Lehigh (12/8):** Downed No. 15 Sheldon Seymour 4-1. **Wyoming (12/15):** Posted a 20-5 tech fall in the Bryce Jordan Center (4:25). **Journeymen Collegiate (12/22):** Went 3-0 in Nashville, including a tech fall over No. 33 Carson Wagner of Binghamton (19-4; 5:37). **Michigan State (1/10):** Teched Nick Corday 19-2 (6:08) in his Big Ten dual debut. **Nebraska (1/17):** Defeated No. 6 Caleb Smith 4-2 in the dual meet victory in Lincoln. **Iowa (1/31):** Dominated No. 26 Joey Cruz, using seven takedowns to roll to a 22-6 tech fall (6:48). **Michigan (2/7):** Pinned Christian Tanefeu (5:38). **Maryland (2/9):** Posted a 20-4 tech fall over Tyler Garvin (3:42). **Illinois (2/16):** Teched Caelen Riley 19-3 (4:19). **American (2/21):** Teched Coen Bainey 20-3 (5:11). **Big Ten Championships (3/8-9):** Won the Big Ten Championship at 125 pounds as a true freshman, going 4-0 with two majors and a pin... Majored No. 16 Joey Cruz of Iowa, 11-1, and No. 1 Matt Ramos of Purdue, 12-4... Won the title with a 4-3 win over No. 7 Caleb Smith of Nebraska. **NCAA Championships (3/20-22):** Became an All-American as a true freshman with a strong 6-1 run at his first NCAA tournament... Finished in third place with a pin and two tech falls... Teched No. 32 and No. 16 ranked foes before a tough 2-2 (TB3) loss to No. 8 Sheldon Seymour of Lehigh in the quarterfinals... Rebounded with four straight wins over four top-ranked wrestlers, including a 4-1 (sv) win over No. 3 Eddie Ventresca and a pin over No. 2 Matt Ramos (6:18) in the third-place match.

### HIGH SCHOOL

Lilledahl came to Penn State by way of Pennsylvania's Wyoming Seminary Preparatory School... Was a 2024 U20 World Champion at 57 kg, winning the title in Spain in September of that year, also winning the U20 Pan American title in 2024... Won a World Silver Medal at the U20 World Championships in 2023, winning the Pan American title as well... Was a 2022 U17 World Champion... Won state titles in high school as well as Powerade Championships... Two-time team captain, lettered four years... Two-time Junior Hodge Trophy Award winner, two-time Ironman Champion, two-time Super 32 Champion.

### PERSONAL

Born in the summer of 2005 and hailing from St. Charles, Missouri, Luke Lilledahl is the son of Heather and Drew Lilledahl... His father, Drew, wrestled collegiately at Southwest Missouri State and the University of Missouri... Lilledahl has two brothers named Dalton and Conner... Is currently enrolled in the Penn State College of Health & Human Development.

## RETURNING NATIONAL CHAMPION LUKE LILLEDAHL

# MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/14 | 125 | W, 14-4 | Conrad Hendrikson, Oklahoma (MD) | Dual | 1-0 |
| 11/23 | 125 | W, 17-2 | Sawyer Ostroff, LIU (TF; 2:48) | BKI | 2-0 |
| 11/23 | 125 | W, 17-2 | Sulayman Bah, Columbia (TF; 6:59) | BKI | 3-0 |
| 12/5 | 125 | W, 19-7 | Desmond Pleasant, Drexel (MD) | Dual | 4-0 |
| 12/7 | 125 | W, 17-2 | Logan Wadle, Lehigh (TF; 3:21) | Dual | 5-0 |
| 12/13 | 125 | W, 18-3 | Sefton Douglass, Wyoming (TF; 3:26) | Dual | 6-0 |
| 12/20 | 125 | W, 6-5 | Ezekial Witt, NDSU | Dual | 7-0 |
| 12/20 | 125 | W, 4-2 | #12 Nico Provo, Stanford | Dual | 8-0 |
| 1/10 | 125 | W, 8-3 | #29 Ayden Smith, Rutgers | Dual | 9-0 |
| 1/16 | 125 | W, 11-5 | #6 Dean Peterson, Iowa | Dual | 10-0 |
| 1/18 | 125 | W, 20-5 | #26 Dedrick Navarro, Northwestern (TF; 7:00) | Dual | 11-0 |
| 1/23 | 125 | WBF | #11 Jacob Moran, Indiana (4:20) | Dual | 12-0 |
| 1/24 | 125 | W, 19-4 | Abram Cline, Maryland (TF; 7:00) | Dual | 13-0 |
| 1/30 | 125 | W, 20-4 | Alan Koehler, Nebraska (TF; 5:36) | Dual | 14-0 |
| 2/6 | 125 | W, 21-5 | #23 Diego Sotelo, Michigan (TF; 5:06) | Dual | 15-0 |
| 2/13 | 125 | W, 4-1 (sv) | #2 Nic Bouzakis, Ohio State | Dual | 16-0 |
| 2/20 | 125 | W, DQ | #12 Marc-Anthony McGowan, Princeton | Dual | 17-0 |
| 3/7 | 125 | W, 8-3 | #7 Dean Peterson, Iowa | B1G | 18-0 |
| 3/7 | 125 | W, 11-3 | #17 Jacob Moran, Indiana (MD) | B1G | 19-0 |
| 3/8 | 125 | W, 4-1 (sv) | #13 Jore Volk, Minnesota | B1G (1st) | 20-0 |
| 3/19 | 125 | W, 11-2 | #32 Mack Mauser, Missouri (MD) | NCAA | 21-0 |
| 3/19 | 125 | W, 4-2 | #17 Jett Strickenberger, West Virginia | NCAA | 22-0 |
| 3/20 | 125 | W, 2-1 (tb) | #8 Dean Peterson, Iowa | NCAA | 23-0 |
| 3/20 | 125 | W, 8-3 | #5 Troy Spratley, Oklahoma State | NCAA | 24-0 |
| 3/21 | 125 | W, 2-1 | #10 Marc-Anthony McGowan, Princeton | NCAA (1st) | 25-0 |

### 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/17 | 125 | W, forfeit | Forfeit, Drexel | Dual | 1-0 |
| 11/24 | 125 | W, 19-4 | Jeffrey Jacome, Gardner Webb (TF; 5:38) | BKI | 2-0 |
| 11/24 | 125 | W, 19-4 | #21 Charlie Farmer, Army (TF; 5:13) | BKI | 3-0 |
| 12/8 | 125 | W, 4-1 | #15 Sheldon Seymour, Lehigh | Dual | 4-0 |
| 12/15 | 125 | W, 20-5 | Jack Braman, Wyoming (TF; 4:25) | Dual | 5-0 |
| 12/22 | 125 | W, 19-4 | #33 Carson Wagner, Binghamton (TF; 5:37) | Dual | 6-0 |
| 12/22 | 125 | W, 9-3 | Jaden Carson, Little Rock | Dual | 7-0 |
| 12/22 | 125 | W, 5-4 | Gage Walker, Missouri | Dual | 8-0 |
| 1/10 | 125 | W, 19-2 | Nick Corday, Michigan State (TF; 6:08) | Dual | 9-0 |
| 1/17 | 125 | W, 4-2 | #6 Caleb Smith, Nebraska | Dual | 10-0 |
| 1/24 | 125 | L, 1-4 | #19 Dean Peterson, Rutgers | Dual | 10-1 |
| 1/31 | 125 | W, 22-6 | #26 Joey Cruz, Iowa (TF; 6:48) | Dual | 11-1 |
| 2/7 | 125 | WBF | Christian Tanefeu, Michigan (5:38) | Dual | 12-1 |
| 2/9 | 125 | W, 20-4 | Tyler Garvin, Maryland (TF; 3:42) | Dual | 13-1 |
| 2/14 | 125 | LBF | #21 Brendan McCrone, Ohio State (3:58) | Dual | 13-2 |
| 2/16 | 125 | W, 19-3 | Caelen Riley, Illinois (TF; 4:19) | Dual | 14-2 |
| 2/21 | 125 | W, 20-3 | Coen Bainey, American | Dual | 15-2 |
| 3/8 | 125 | WBF | Caelen Riley, Illinois (4:09) | B1G | 16-2 |
| 3/8 | 125 | W, 11-1 | #15 Joey Cruz, Iowa (major) | B1G | 17-2 |
| 3/8 | 125 | W, 12-4 | #1 Matt Ramos, Purdue (major) | B1G | 18-2 |
| 3/9 | 125 | W, 4-3 | #7 Caleb Smith, Nebraska | B1G (1st) | 19-2 |
| 3/20 | 125 | W, 19-4 | #32 Marcello Milani, Cornell (TF; 4:24) | NCAA | 20-2 |
| 3/20 | 125 | W, 19-3 | #16 Blake West, NIU (TF; 6:52) | NCAA | 21-2 |
| 3/21 | 125 | L, 2-2 (TB3) | #8 Sheldon Seymour, Lehigh | NCAA | 21-3 |
| 3/21 | 125 | W, 7-3 | #11 Nicolar Rivera, Wisconsin | NCAA | 22-3 |
| 3/21 | 125 | W, 3-0 | #10 Stevo Poulin, Northern Colorado | NCAA | 23-3 |
| 3/22 | 125 | W, 4-1 (sv) | #3 Eddie Ventresa, Virginia Tech | NCAA | 24-3 |
| 3/22 | 125 | WBF | #2 Matt Ramos, Purdue (6:18) | NCAA (3rd) | 25-3 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | 25-3 | 13-2 (6-2) | 12-1 (4-0/6-1) | 3-1 | 11-0 | 2-0 | 59 |
| 2025-26 | 25-0 | 15-0 (8-0) | 10-0 (3-0/5-0) | 1-0 | 8-0 | 4-0 | 66 |
| **Career** | **50-3** | **28-2 (14-2)** | **22-1 (7-0/11-1)** | **4-1** | **19-0** | **6-0** | **125** |




2026-27

## RETURNING NATIONAL CHAMPION MITCHELL MESENBRINK



# MITCHELL MESENBRINK

**174 | FIFTH YEAR**
**Hartland, Wis.**
**Arrowhead**

**2026 DAN HODGE TROPHY // TWO-TIME NATIONAL CHAMPION**
**THREE-TIME ALL-AMERICAN // THREE-TIME B1G CHAMPION**

### FOLLOW MITCHELL ON...
**Instagram**.....@mitchell_mesenbrink
**X**.....@Mitch_Mes

### PERSONAL
**Parents**.....Bernadette & John
**Major**.....Psychology

### STATISTICS
**Career Record**.....82-1
**Career Dual Record**.....44-0
**Career Dual Points**.....221
**Career B1G Record**.....24-0
**Career Falls**.....14
**Career Tech. Falls**.....38
**Career Major Dec.**.....13
**Career Bonus Rate**.....83.1%

### POSTSEASON HISTORY
**NCAA Finishes**
2024.....Second
2025.....FIRST
2026.....FIRST

**B1G Finishes**
2024.....FIRST
2025.....FIRST
2026.....FIRST

### CAREER
**Athletic:** Dan Hodge Trophy (2026)... 2X National Champion (2025, 2026)... 3X All-American (1st – 2025, 2026, 2nd – 2024)... NCAA Championships Most Outstanding Wrestler (2026)... NCAA Championships Most Dominant Wrestler (2026)... 3X Big Ten Champion (2024, 2025, 2026)... 3X First Team All-Big Ten (2024, 2025, 2026)... Big Ten Freshman of the Year (2024)... Big Ten Wrestler of the Week (11/27/24)... U23 World Champion (2025)... U20 World Champion (2023)... U.S. Open Champion (2025)... Junior Pan American Champion (2025)... 2X U20 Pan American Champion (2022, 2023)

**Academic:** 2X NWCA Scholar All-American (2025, 2026)... 2X Academic All-Big Ten (2025, 2026)... 2X CSC At-Large Academic All-American (1st – 2025, 2nd – 2026)

### 2025-26 • SENIOR SEASON
**Season:** Won his second national championship and took home the Dan Hodge Trophy following another unblemished run to the title at 165 pounds... Finished the year 27-0 with 15 dual wins and an untouched 8-0 Big Ten record... Forced a team-leading 78 dual meet points while allowing none... Had 26-of-27 wins come in bonus point fashion, logging eight pins, 11 technical falls, six major decisions and a win by forfeit... Won the Big Ten Championship, his third consecutive, inside the Bryce Jordan Center.

**Oklahoma (11/14):** Posted five first-period takedowns in a 19-4 tech fall over Owen Eck (2:45). **Black Knight Invite (11/23):** Went 4-0 with three pins and a tech to win the individual title... Pinned No. 18 Gunner Filipowicz of Army (2:03) in the title bout. **Drexel (12/5):** Teched Cody Walsh 19-4 (5:13). **Lehigh (12/7):** Had a dominant 15-7 major over No. 7 Max Brignola. **Wyoming (12/13):** Had a quick first-period pin of Sloan Swan at the 2:00 mark. **Collegiate Duals (12/20):** Teched NDSU's Boeden Greenly, 18-1, and pinned Stanford's EJ Parco (4:23). **Rutgers (1/10):** Pinned Ryan Ford in the first period (2:28). **Iowa (1/16):** Had a dominant 11-2 major over No. 3 Michael Caliendo in Iowa City. **Northwestern (1/18):** Won via forfeit. **Indiana (1/23):** Pinned No. 19 Tyler Lillard in the second period (4:01). **Maryland (1/24):** Used a takedown and three turns in the first period with an escape in the second to post a 15-0 tech fall over AJ Rodriguez (3:24). **Nebraska (1/30):** Teched No. 7 LJ Araujo at 7:00 on 2:10 riding time, winning 20-5. **Michigan (2/6):** Rolled to a 20-5 tech fall (6:34) over Justin Gates. **Ohio State (2/13):** Majored No. 16 Paddy Gallagher in the Bryce Jordan Center. **Princeton (2/20):** Pinned No. 19 Ty Whalen (3:31) in the dual finale. **Big Ten Championships (3/7-8):** Earned his third straight Big Ten individual title in the BJC... Majored No. 15 Paddy Gallagher of Ohio State, 10-2, and teched No. 11 Andrew Sparks of Minnesota 19-4 (6:28) in the semifinals... Majored No. 3 Michael Caliendo of Iowa, 12-3, in the title bout. **NCAA Championships (3/19-21):** Won his second straight national title with a 20-4 tech fall over No. 3 Michael Caliendo in Cleveland... Went 5-0 with three techs and a major... Also posted a tech over No. 12 Cesar Alvin of Columbia in the semifinals.... Named 2026 NCAA Most Dominant Wrestler, 2026 NCAA Championship Outstanding Wrestler and won the 2026 Dan Hodge Trophy.

### 2024-25 • JUNIOR SEASON
**Season:** Capped off a stellar unbeaten season by earning his first individual NCAA National Championship... Became a two-time All-American with the unbeaten run... Went 27-0 overall with 18 techs and three majors... Won the NCAA's season-long Technical Falls Award after nationals... Won his second Big Ten title as well... Went 15-0 in dual meets and 8-0 in Big Ten duals.

**Drexel (11/17):** Logged a dominant 21-4 tech fall (5:14) over Cody Walsh. **Black Knight Invite (11/24):** Named Outstanding Wrestler at the Black Knight Invitational after winning the 165-pound title with a 4-0 mark, all tech falls, including techs over No. 32 Tony White of Rutgers and No. 14 Gunner Filipowicz of Army in the finals. **Lehigh (12/8):** Dominated Thayne Lawrence in an 18-1 tech fall (4:37). **Wyoming (12/15):** Had his seventh tech in as many matches with a 15-0 win over Cooper Voorhees (3:17). **Collegiate Wrestling Duals (12/22):** Went 3-0 in Nashville, including a 17-1 tech fall over No. 21 Joey Bianchi of Little Rock (5:27). **Michigan State (1/10):** Rolled to 20-5 tech fall over Jay Navison (3:57). **Nebraska (1/17):** Dominated No. 7 Bubba Wilson in Lincoln, rolling to a 20-3 tech fall (5:39). **Rutgers (1/24):** Had five takedowns in a 19-3 tech fall (6:30) over No. 26 Anthony White. **Iowa (1/31):** Dominated No. 2 Michael Caliendo, forcing three stalls and grabbing five takedowns in a 19-4 tech fall (6:24). **Michigan (2/7):** Majored No. 10 Beau Mantanona, 18-4, with five takedowns. **Maryland (2/9):** Teched Alex Uryniak 18-3 (4:59). **Ohio State (2/14):** Teched Brock Herman 19-4 (4:39). **Illinois (2/16):** Majored No. 14 Braeden Scoles 10-1. **American (2/21):** Teched Kaden Milheim 19-2 (5:20). **Big Ten Championships (3/8-9):** Won his second Big Ten title by going 3-0 in Evanston... Got a medical forfeit win over No. 9 Paddy Gallagher of Ohio State, teched No. 10 Beau Mantanona of Michigan 25-8 (6:29) and then downed No. 2 Michael Caliendo of Iowa, 4-1, in the finals. **NCAA Championships (3/20-22):** Won his first National Championship and became a two-time All-American with a 5-0 showing in Philadelphia... Teched No. 33 and No. 16 before downing No. 8 Cameron Amine of Oklahoma State in the quarterfinals... Majored No. 12 Christopher Minto of Nebraska in the national semis to set up a dominant 8-2 win over No. 3 Michael Caliendo of Iowa in the national finals.

### 2023-24 • SOPHOMORE SEASON
**Season:** Became an All-American in his first season at Penn State, earning NCAA National Runner-Up laurels as a then-redshirt freshman... Went 26-1 overall with his only loss in the national finals on the riding time point... Went 12-0 in duals, 8-0 in Big Ten duals... Posted four pins, nine techs and four majors... Was the Big Ten Champion and Big Ten Freshman of the Year at 165.

**Journeymen Collegiate (11/12):** Went 3-0 in his first event as a Nittany Lion, including two technical falls... **Black Knight Invite (11/19):** Went 4-0 to win the title, including a 25-6 tech of Brevin Cassella of Binghamton and a first period pin (2:15) of No. 22 Anthony White of Rutgers. **Lehigh (12/3):** Notched a 17-2 tech fall over No. 32 Jake Logan in his Penn State dual debut in Rec Hall. **Hofstra (12/10):** Pinned Matt Waddell (1:24). **Oregon State (1/5):** Notched four takedowns and a four-point turn to dominate No. 10 Matthew Olguin in a 17-2 (3:44) tech fall. **Indiana (1/14):** Leading 7-1 in the first period, he won by injury default over No. 23 Tyler Lillard at 1:28. **Michigan (1/19):** Dominated No. 7 Cameron Amine, rolling to a 12-1 major decision, nearly DQ'ing Amine by forcing him into four stall calls. **Michigan State (1/21):** Majored No. 10 Caleb Fish, 18-9, tallying five takedowns in East Lansing. **Maryland (1/28):** Had a quick first-period pin of Ryan Money (0:50). **Ohio State (2/2):** Used two takedowns and two reversals to post a 10-4 win over No. 20 Bryce Hepner. **Iowa (2/9):** Controlled No. 6 Michael Caliendo, 12-6, for a B1G road win. **Rutgers (2/12):** Rolled to an 18-3 tech fall over Dylan White (6:52). **Nebraska (2/18):** Had takedowns in the second and third periods for an exciting 9-5 win over No. 15 Antrell Taylor. **Big Ten Championships (3/9-10):** Blazed through field at his first B1G tournament, going 3-0 with a pin and a tech to win the Big Ten Championship... Pinned No. 31 Blaine Brenner of Minnesota (3:59), teched No. 6 Michael Caliendo of Iowa 23-7 in semis and rallied late for a thrilling 13-11 win over No. 4 Dean Hamiti of Wisconsin in the finals... Named the 2024 Big Ten Freshman of the Year at the conclusion of tournament. **NCAA Championships (3/21-23):** Became an All-American and national runner-up with a 4-1 run at NCAAs... Had two majors and a tech fall to get to finals... Lost a hard fought 9-8 decision to No. 4 David Carr of Iowa State in the finals on riding time.

### 2022-23 • FRESHMAN SEASON (AT CAL BAPTIST)
**Season:** Went 2-0 with two pins... Both wins came in dual meets, but he did not compete again during the season, retaining his redshirt status.

### HIGH SCHOOL
Hailing from Hartland, Wisconsin, Mesenbrink was a four-time Wisconsin state place winner and a three-time state champion at Arrowhead High School... Placed third in his first high school state tournament before rattling off three consecutive state titles... Was a four-year letterman and two-time team captain... Registered Classic 8 Academic Honors all four years of high school... Came away with a U20 Silver Medal in 2022 and added a U20 Pan American Championship at 70 kilograms before kicking off his collegiate career.

### PERSONAL
Born in the summer of 2003, Mitchell Mesenbrink is the son of Bernadette and John Mesenbrink... He has one brother, Mack, and two sisters, Meryl and Morgan... His father, John, wrestled collegiately at Drake University... His sister, Morgan, ran track and field and East Stroudsburg University.

## RETURNING NATIONAL CHAMPION MITCHELL MESENBRINK

# MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/14 | 165 | W, 19-4 | Owen Eck, Oklahoma (TF; 2:45) | Dual | 1-0 |
| 11/23 | 165 | WBF | Nathan McCartney, Gardner-Webb (4:40) | BKI | 2-0 |
| 11/23 | 165 | WBF | Jack Valentin, LIU (1:41) | BKI | 3-0 |
| 11/23 | 165 | W, 20-4 | Mason Reiniche, Chattanooga (TF; 5:19) | BKI | 4-0 |
| 11/23 | 165 | WBF | #18 Gunner Filipowicz, Army (2:03) | BKI | 5-0 |
| 12/5 | 165 | W, 19-4 | Cody Walsh, Drexel (TF; 5:13) | Dual | 6-0 |
| 12/7 | 165 | W, 15-7 | #7 Max Brignola, Lehigh (MD) | Dual | 7-0 |
| 12/13 | 165 | WBF | Sloan Swan, Wyoming (2:00) | Dual | 8-0 |
| 12/20 | 165 | W, 18-1 | Boeden Greenley, NDSU (TF; 3:41) | Dual | 9-0 |
| 12/20 | 165 | WBF | E.J Parco, Stanford (4:23) | Dual | 10-0 |
| 1/10 | 165 | WBF | Ryan Ford, Rutgers (2:28) | Dual | 11-0 |
| 1/16 | 165 | W, 11-2 | #3 Michael Caliendo, Iowa (MD) | Dual | 12-0 |
| 1/18 | 165 | W, forf. | Forfeit, Northwestern | Dual | 13-0 |
| 1/23 | 165 | WBF | #19 Tyler Lillard, Indiana (4:01) | Dual | 14-0 |
| 1/24 | 165 | W, 15-0 | AJ Rodriguez, Maryland (TF; 3:24) | Dual | 15-0 |
| 1/30 | 165 | W, 20-5 | #7 L.J Araujo, Nebraska (TF; 7:00) | Dual | 16-0 |
| 2/6 | 165 | W, 20-5 | Justin Gates, Michigan (TF; 6:34) | Dual | 17-0 |
| 2/13 | 165 | W, 12-2 | #16 Paddy Gallagher, Ohio State (MD) | Dual | 18-0 |
| 2/20 | 165 | WBF | #19 Ty Whalen, Princeton (3:31) | Dual | 19-0 |
| 3/7 | 165 | W, 10-2 | #15 Paddy Gallagher, Ohio State (MD) | B1G | 20-0 |
| 3/7 | 165 | W, 19-4 | #11 Andrew Sparks, Minnesota (TF; 6:28) | B1G | 21-0 |
| 3/8 | 165 | W, 12-3 | #3 Michael Caliendo, Iowa (MD) | B1G (1st) | 22-0 |
| 3/19 | 165 | W, 21-5 | #32 Cody Walsh, Drexel (TF; 3:45) | NCAA | 23-0 |
| 3/19 | 165 | W, 12-0 | #16 Paddy Gallagher, Ohio State (MD) | NCAA | 24-0 |
| 3/20 | 165 | W, 6-0 | #9 Bryce Hepner, North Carolina | NCAA | 25-0 |
| 3/20 | 165 | W, 15-0 | #12 Cesar Alvin, Columbia (TF; 4:11) | NCAA | 26-0 |
| 3/21 | 165 | W, 20-4 | #3 Michael Caliendo, Iowa (TF; 5:12) | NCAA (1st) | 27-0 |

### 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/17 | 165 | W, 21-4 | Cody Walsh, Drexel (TF; 5:19) | Dual | 1-0 |
| 11/24 | 165 | W, 18-3 | Carter Baer, Binghamton (TF; 5:37) | BKI | 2-0 |
| 11/24 | 165 | W, 18-1 | Cam Adams, Michigan State (TF; 4:01) | BKI | 3-0 |
| 11/24 | 165 | W, 19-4 | #32 Tony White, Rutgers (TF; 5:46) | BKI | 4-0 |
| 11/24 | 165 | W, 17-2 | #14 Gunner Filipowicz, Army (TF; 4:50) | BKI | 5-0 |
| 12/8 | 165 | W, 18-1 | Thayne Lawrence, Lehigh (TF; 4:37) | Dual | 6-0 |
| 12/15 | 165 | W, 15-0 | Cooper Voorhees, Wyoming (TF; 3:17) | Dual | 7-0 |
| 12/22 | 165 | W, forf. | Forfeit, Binghamton | Dual | 8-0 |
| 12/22 | 165 | W, 17-1 | #21 Joey Bianchi, Little Rock (TF; 5:27) | Dual | 9-0 |
| 12/22 | 165 | W, forf. | Forfeit, Missouri | Dual | 10-0 |
| 1/10 | 165 | W, 20-5 | Jay Nivison, Michigan State (TF; 3:57) | Dual | 11-0 |
| 1/17 | 165 | W, 20-3 | #7 Bubba Wilson, Nebraska (TF; 5:39) | Dual | 12-0 |
| 1/24 | 165 | W, 19-3 | #26 Anthony White, Rutgers (TF; 6:30) | Dual | 13-0 |
| 1/31 | 165 | W, 19-4 | #2 Michael Caliendo, Iowa (TF; 6:24) | Dual | 14-0 |
| 2/7 | 165 | W, 18-4 | #10 Beau Mantanona, Michigan (major) | Dual | 15-0 |
| 2/9 | 165 | W, 18-3 | Alex Uryniak, Maryland (TF; 4:59) | Dual | 16-0 |
| 2/14 | 165 | W, 19-4 | Brock Herman, Ohio State (TF; 4:39) | Dual | 17-0 |
| 2/16 | 165 | W, 10-1 | #14 Braeden Scoles, Illinois (major) | Dual | 18-0 |
| 2/21 | 165 | W, 19-2 | Kaden Milheim, American (TF; 5:20) | Dual | 19-0 |
| 3/8 | 165 | W, MF | #9 Paddy Gallagher, Ohio State | B1G | 20-0 |
| 3/8 | 165 | W, 25-8 | #10 Beau Mantanona, Michigan (TF; 6:29) | B1G | 21-0 |
| 3/9 | 165 | W, 4-1 | #2 Michael Caliendo, Iowa | B1G (1st) | 22-0 |
| 3/20 | 165 | W, 16-0 | #33 Chandler Amaker, CMU (TF; 3:32) | NCAA | 23-0 |
| 3/20 | 165 | W, 22-6 | #16 Kyle Mosher, Hofstra (TF; 4:15) | NCAA | 24-0 |
| 3/21 | 165 | W, 5-0 | #8 Cameron Amine, Oklahoma State | NCAA | 25-0 |
| 3/21 | 165 | W, 13-2 | #12 Chris Minto, Nebraska (major) | NCAA | 26-0 |
| 3/22 | 165 | W, 8-2 | #3 Mike Caliendo, Iowa | NCAA (1st) | 27-0 |

### 2023-24

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/12 | 165 | W, 14-10 | Nicco Ruiz, Arizona State | Jrny | 1-0 |
| 11/12 | 165 | W, 19-3 | Eric Shindel, Hofstra (TF; 4:34) | Jrny | 2-0 |
| 11/12 | 165 | W, 20-5 | Cooper Noehre, Purdue (TF; 5:37) | Jrny | 3-0 |
| 11/19 | 165 | W, 17-2 | Dakota Morris, Army (TF; 6:16) | BKI | 4-0 |
| 11/19 | 165 | W, 25-6 | #21 Brevin Cassella, Binghamton (TF; 6:55) | BKI | 5-0 |
| 11/19 | 165 | WBF | #22 Anthony White, Rutgers (2:15) | BKI | 6-0 |
| 11/19 | 165 | W, 8-5 | Terrell Barraclough, Penn State | BKI | 7-0 |
| 12/3 | 165 | W, 17-2 | #32 Jake Logan, Lehigh (TF; 6:13) | Dual | 8-0 |
| 12/10 | 165 | WBF | Matt Waddell, Hofstra (1:24) | Dual | 9-0 |
| 1/5 | 165 | W, 17-2 | #10 Matthew Olguin, Oregon St. (TF; 3:44) | Dual | 10-0 |
| 1/14 | 165 | W, inj.def. | #23 Tyler Lillard, Indiana (inj.def.; 1:28) | Dual | 11-0 |
| 1/19 | 165 | W, 12-1 | #7 Cameron Amine, Michigan (major) | Dual | 12-0 |
| 1/21 | 165 | W, 18-9 | #10 Caleb Fish, Michigan State (major) | Dual | 13-0 |
| 1/28 | 165 | WBF | Ryan Money, Maryland (0:50) | Dual | 14-0 |
| 2/2 | 165 | W, 10-4 | #20 Bryce Hepner, Ohio State | Dual | 15-0 |
| 2/9 | 165 | W, 12-6 | #6 Michael Caliendo, Iowa | Dual | 16-0 |
| 2/12 | 165 | W, 18-3 | Anthony White, Rutgers (TF; 6:52) | Dual | 17-0 |
| 2/18 | 165 | W, 9-5 | #15 Antrell Taylor, Nebraska | Dual | 18-0 |
| 2/25 | 165 | W, forf. | Forfeit, Edinboro | Dual | 19-0 |
| 3/9 | 165 | WBF | #31 Blaine Brenner, Minnesota (3:59) | B1G | 20-0 |
| 3/9 | 165 | W, 23-7 | #6 Michael Caliendo, Iowa (TF; 6:47) | B1G | 21-0 |
| 3/10 | 165 | W, 13-11 | #4 Dean Hamiti, Wisconsin | B1G (1st) | 22-0 |
| 3/21 | 165 | W, 18-2 | #31 Maxx Mayfield, Northwestern (TF; 5:32) | NCAA | 23-0 |
| 3/21 | 165 | W, 11-3 | #15 Brevin Cassella, Binghamton (major) | NCAA | 24-0 |
| 3/22 | 165 | W, 6-1 | #10 Cameron Amine, Michigan | NCAA | 25-0 |
| 3/22 | 165 | W, 17-9 | #6 Michael Caliendo, Iowa (major) | NCAA | 26-0 |
| 3/23 | 165 | L, 8-9 | #4 David Carr, Iowa State | NCAA (2nd) | 26-1 |

### 2022-23

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/5 | 165 | WBF | Daniel Vizcarra, Cal Poly (3:52) | Dual | 1-0 |
| 11/5 | 165 | WBF | Omar Rosas, Vanguard Univ. (1:36) | Dual | 2-0 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2022-23* | 2-0 | 2-0 (0-0) | 0-0 (0-0/0-0) | 2-0 | 0-0 | 0-0 | 12 |
| 2023-24 | 26-1 | 12-0 (8-0) | 14-1 (3-0/4-1) | 4-0 | 9-0 | 4-0 | 56 |
| 2024-25 | 27-0 | 15-0 (8-0) | 12-0 (3-0/5-0) | 0-0 | 18-0 | 3-0 | 75 |
| 2025-26 | 27-0 | 15-0 (8-0) | 12-0 (3-0/5-0) | 8-0 | 11-0 | 6-0 | 78 |
| **Career** | **82-1** | **44-0 (24-0)** | **38-1 (9-0/14-1)** | **14-0** | **38-0** | **13-0** | **221** |

*at Cal Baptist




2026-27

## RETURNING ALL-AMERICANS



## RETURNING ALL-AMERICAN MARCUS BLAZE



# MARCUS BLAZE

**141 | SOPHOMORE**
**Perrysburg, Ohio**
**Perrysburg**

**2026 ALL-AMERICAN**

**FOLLOW MARCUS ON...**
Instagram.....@1123marcus

**PERSONAL**
Parents.....Addie & Joseph
Major.....Business

**STATISTICS**
Career Record.....25-3
Career Dual Record.....15-0
Career Dual Points.....67
Career B1G Record.....8-0
Career Falls.....4
Career Tech. Falls.....9
Career Major Dec.....7
Career Bonus Rate.....71.4%

**POSTSEASON HISTORY**
NCAA Finishes
2026.....Fourth

B1G Finishes
2026.....Second

**CAREER**
**Athletic:** All-American (4th – 2026)... Second Team All-Big Ten (2026)... Big Ten Freshman of the Week (12/23/25, 1/30/26, 2/19/26)

**Academic:** NWCA Scholar All-American (2026)

**2025-26 • FRESHMAN SEASON**
**Season:** Became a freshman All-American after booking a fourth-place finish at 133 pounds during the 2026 NCAA Championships in Cleveland... Booked a runner-up result at the 2026 Big Ten Championships at 133... Finished with a 25-3 overall record coupled with a 15-0 mark in dual meets and an unblemished 8-0 result in Big Ten dual action... Forced 68 dual points for PSU while surrendering zero... Picked up three wins by fall, nine technical falls and seven major decisions to round out 19 bonus-point victories, a bonus rate of 67.8 percent.

**Oklahoma (11/14):** Teched Tyson Charmoli in his collegiate debut, 18-3 (5:13), in the BJC. **Black Knight Invite (11/23):** Won the BKI title with a 4-0 run including a pin, two techs and a major... Downed No. 27 Ethan Berginc with a 21-6 tech in the title bout. **Drexel (12/5):** Pinned Kyle Waterman at the 4:33 mark. **Lehigh (12/7):** Teched Mason Ziegler 19-4 (5:37). **Wyoming (12/13):** Pinned No. 22 Luke Willochell at 3:39 in the dual meet in Laramie. **Collegiate Duals (12/20):** Majored No. 29 Tristan Daugherty of NDSU 11-3 and pinned No. 6 Tyler Knox of Stanford while leading 16-2 (6:44). **Rutgers (1/10):** Majored No. 24 Dylan Shawver, 12-2, in Rec Hall. **Iowa (1/16):** Posted a 4-2 win over No. 8 Drake Ayala on the road. **Northwestern (1/18):** Majored No. 24 Sean Spidle, 15-4. **Indiana (1/23):** Rolled to a 19-4 tech fall (5:44) over Blaine Frazier. **Maryland (1/24):** Posted a dominant 15-3 major over No. 15 Braxton Brown with four takedowns and two forced stalls. **Nebraska (1/30):** Posted a 5-1 decision over No. 10 Jacob Van Dee. **Michigan (2/6):** Was dominant in a 17-2 second-period tech fall (4:41) over Gauge Botero. **Ohio State (2/13):** Posted a thrilling 3-2 win in the tiebreaker over No. 2 Ben Davino, utilizing a reversal to win the bout with just 14 seconds left. **Princeton (2/20):** Majored No. 32 Ethan Rivera, 11-3. **Big Ten Championships (3/7-8):** Earned B1G Runner-Up status with a 2-1 run at his first B1G Tournament... Majored No. 24 Dylan Shawver of Rutgers, 16-3, beat No. 9 Drake Ayala of Iowa 4-1 (sv) and dropped a hard fought 2-1 (tb1) match to No. 3 Ben Davino of Ohio State in the B1G finals. **NCAA Championships (3/19-21):** Became an All-American as a true freshman with a 4-2 run at his first NCAA tournament... Posted three tech falls... Beat No. 6 Drake Ayala of Iowa in the quarterfinals before a tough 2-3 (tb2) loss to No. 2 Ben Davino of Ohio State in semifinals.

**HIGH SCHOOL**
Was a four-time Ohio State champion... Booked a 196-2 career record in high school... Was a four-time team captain at Perrysburg High School... Was a U17 World Champion at the 2023 event in Istanbul, and added a bronze-medal finish at the U20 World Championships in 2024 before returning to the top of the podium at the 2025 U20 World Championships in Samokov... Was a member of the United States National Team following a Bronze Medal finish at the 2025 U.S. World Team Trials in 2025... Became a member of the U.S. Senior National Team with a 2026 victory at Final X.

**PERSONAL**
Born in the fall of 2006, Marcus Blaze is the youngest child of Addie and Joseph Blaze... He has one brother, named Joey, who wrestles collegiately at Purdue University, in addition to an older sister named Payton... Blaze studies business at Penn State in the prestigious Smeal College of Business.

## MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/14 | 133 | W, 18-3 | Tyson Charmoli, Oklahoma (TF; 5:13) | Dual | 1-0 |
| 11/23 | 133 | W, 17-1 | Jackson Baglio, Gardner-Webb (TF; 3:00) | BKI | 2-0 |
| 11/23 | 133 | WBF | Max Elton, Buffalo (0:46) | BKI | 3-0 |
| 11/23 | 133 | W, 19-5 | Jake Crapps, Army (MD) | BKI | 4-0 |
| 11/23 | 133 | W, 21-6 | #27 Ethan Berginc, Army (TF; 7:00) | BKI | 5-0 |
| 12/5 | 133 | WBF | Kyle Waterman, Drexel (4:33) | Dual | 6-0 |
| 12/7 | 133 | W, 19-4 | Mason Ziegler, Lehigh (TF; 5:37) | Dual | 7-0 |
| 12/13 | 133 | WBF | #22 Luke Willochell, Wyoming (3:39) | Dual | 8-0 |
| 12/20 | 133 | W, 11-3 | #29 Tristan Daugherty, NDSU (MD) | Dual | 9-0 |
| 12/20 | 133 | WBF | #6 Tyler Knox, Stanford (6:44) | Dual | 10-0 |
| 1/10 | 133 | W, 12-2 | #24 Dylan Shawver, Rutgers (MD) | Dual | 11-0 |
| 1/16 | 133 | W, 4-2 | #8 Drake Ayala, Iowa | Dual | 12-0 |
| 1/18 | 133 | W, 15-4 | #24 Sean Spidle, Northwestern (MD) | Dual | 13-0 |
| 1/23 | 133 | W, 19-4 | Blaine Frazier, Indiana (TF; 5:44) | Dual | 14-0 |
| 1/24 | 133 | W, 15-3 | #15 Braxton Brown, Maryland (MD) | Dual | 15-0 |
| 1/30 | 133 | W, 5-1 | #10 Jacob Van Dee, Nebraska | Dual | 16-0 |
| 2/6 | 133 | W, 17-2 | Gauge Botero, Michigan (TF; 4:41) | Dual | 17-0 |
| 2/13 | 133 | W, 3-2 (tb) | #2 Ben Davino, Ohio State | Dual | 18-0 |
| 2/20 | 133 | W, 11-3 | #32 Ethan Rivera, Princeton (MD) | Dual | 19-0 |
| 3/7 | 133 | W, 16-3 | #24 Dylan Shawver, Rutgers (MD) | B1G | 20-0 |
| 3/7 | 133 | W, 4-1 (sv) | #9 Drake Ayala, Iowa | B1G | 21-0 |
| 3/8 | 133 | L, 2-3 (tb1) | #3 Ben Davino, Ohio State | B1G (2nd) | 21-1 |
| 3/19 | 133 | W, 17-2 | #30 Gabe Willochell, Oregon St. (TF; 5:30) | NCAA | 22-1 |
| 3/19 | 133 | W, 27-2 | #19 Gage Walker, Missouri (TF; 6:10) | NCAA | 23-1 |
| 3/20 | 133 | W, 5-3 | #6 Drake Ayala, Iowa | NCAA | 24-1 |
| 3/20 | 133 | L, 2-3 (tb2) | #2 Ben Davino, Ohio State | NCAA | 24-2 |
| 3/21 | 133 | W, 20-4 | #15 Tyler Knox, Stanford (TF; 5:45) | NCAA | 25-2 |
| 3/21 | 133 | L, 0-5 | #4 Aaron Seidel, Virginia Tech | NCAA (4th) | 25-3 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 25-3 | 15-0 (8-0) | 6-3 (2-1/4-2) | 4-0 | 9-0 | 7-0 | 67 |
| **Career** | **25-3** | **15-0 (8-0)** | **6-3 (2-1/4-2)** | **4-0** | **9-0** | **7-0** | **67** |




2026-27

# RETURNING ALL-AMERICAN PJ DUKE



## PJ DUKE

**165 | SOPHOMORE**
**Slate Hill, N.Y.**
**Minisink Valley**

**2026 ALL-AMERICAN // 2026 GORRIARAN AWARD // 2026 BIG TEN CHAMPION**

**FOLLOW PJ ON...**
Instagram.....@pjduke

**PERSONAL**
Parents.....Andrea & Peter
Major.....Business

**STATISTICS**
Career Record.....24-2
Career Dual Record.....13-1
Career Dual Points.....64
Career B1G Record.....7-1
Career Falls.....10
Career Tech. Falls.....5
Career Major Dec.....3
Career Bonus Rate.....73.1%

**POSTSEASON HISTORY**
NCAA Finishes
2026.....Third

B1G Finishes
2026.....FIRST

**CAREER**
**Athletic:** All-American (3rd – 2026)... Gorriaran Award (2026)... Big Ten Champion (2026)... First Team All-Big Ten (2026)... Big Ten Championship Outstanding Wrestler (2026)... Big Ten Freshman of the Week (12/18/25)

**2026-27 • FRESHMAN SEASON**
**Season:** Burst onto the scene in the 2026-27 season by becoming a true freshman All-American and 157 pounds, placing third at the NCAA Championships... Picked up the Gorriaran Award for the most pins in the NCAA Tournament in the least amount of elapsed time... Won a Big Ten Championship as a true freshman at 157... Published a 24-2 overall record with a 13-1 mark in dual meet competition and 7-1 ledger against Big Ten foes... Forced 64 dual points against just three allowed... Recorded 18 wins in bonus-point fashion, including 10 wins by fall, five technical falls and three major decisions, amounting to a 69.2 percent bonus rate.

**Black Knight Invite (11/23):** Went 3-0 with three falls in collegiate debut to claim the Black Knight Invite crown. **Drexel (12/5):** Made his Penn State dual meet debut by pinning Luke Nichter in the first period (1:15). **Lehigh (12/7):** Posted an injury default win over No. 10 Logan Rozynski, leading 14-3 at the time of injury. **Wyoming (12/13):** Pinned No. 23 Jared Hill in dual meet in Laramie. **Collegiate Duals (12/20):** Picked up two wins in Nashville, including a 16-5 major over No. 21 Gavin Drexler of North Dakota State and a 5-2 win over No. 5 Daniel Cardenas of Stanford. **Rutgers (1/10):** Rolled to a 19-4 tech fall (3:18) over Easton Doster. **Iowa (1/16):** Notched a 4-2 win over No. 12 Jordan Williams at Iowa. **Northwestern (1/18):** Mustered a first period pin of Gunnar Myers (2:42). **Indiana (1/23):** Had a quick 21-5 second-period tech fall (3:16) over Bryce Lowery. **Maryland (1/24):** Pinned Mekhi Neal in the first period (1:54). **Nebraska (1/30):** Lost a hard fought 2-1 (TB) bout to No. 5 Antrell Taylor in a match featuring only escapes. **Michigan (2/6):** Published a thrilling 12-10 win over No. 13 Cameron Catrabone in Penn State's 38-3 road win at Michigan. **Ohio State (2/13):** Pinned Buckeye Daxton Chase at 3:28 in a sold out BJC Dual. **Princeton (2/20):** Logged a dominant 24-8 tech fall (6:07) over Gavin Hawk. **Big Ten Championships (3/7-8):** Rolled through the field to win the B1G title as a true freshman at 157... Majored No. 7 Brandon Cannon of Ohio State, 20-7, in the quarters and downed No. 9 Kannon Webster of Illinois to advance to the finals... Dominated the defending NCAA Champ, No. 3 Antrell Taylor, in a 12-4 major decision to claim the title... Named the 2026 Big Ten Championship Outstanding Wrestler. **NCAA Championships (3/19-21):** Went 5-1 at his first NCAA tournament, placing third to become an All-American as a freshman... Had two pins in his first two bouts, winning the 2026 NCAA Championship Gorriaran Award in the process... Teched No. 8 Brandon Cannon of Ohio State twice... Only loss was a controversial 3-1 (tb) decision in the semifinals to eventual National Champion No. 5 Landon Robideau of Oklahoma State.

**HIGH SCHOOL**
Duke comes to Penn State from Minisink Valley High School... Was a six-time varsity letterman and a four-time team captain... Led his team to multiple New York State Championships... Posted a 173-1 overall record in his years at Minisink Valley... Was a U20 World Champion in 2025... Picked up bronze medals at the U20 and U23 levels in 2024 and 2025, respectively... Was a 2024 U20 Pan American Champion following a strong showing in Lima, Peru... Won the 2025 Final X to earn a spot on the US Senior National Team at just 18 years of age.

**PERSONAL**
Born in the summer of 2006, PJ Duke is the son of Andrea and Peter Duke... He has one sister, Abby, and a brother named Timmy... Duke plans to study business at the prestigious Penn State Smeal College of Business.

## MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/23 | 157 | WBF | Owen Hicks, Army (1:38) | BKI | 1-0 |
| 11/23 | 157 | WBF | CJ Liddie, Chattanooga (2:37) | BKI | 2-0 |
| 11/23 | 157 | WBF | #30 Kaleb Burgess, Buffalo (1:29) | BKI | 3-0 |
| 12/5 | 157 | WBF | Luke Nichter, Drexel (1:15) | Dual | 4-0 |
| 12/7 | 157 | W, inj.def. | #10 Logan Rozynski, Lehigh (up 14-3) | Dual | 5-0 |
| 12/13 | 157 | WBF | #23 Jared Hill, Wyoming (4:09) | Dual | 6-0 |
| 12/20 | 157 | W, 16-5 | #21 Gavin Drexler, NDSU (MD) | Dual | 7-0 |
| 12/20 | 157 | W, 5-2 | #5 Daniel Cardenas, Stanford | Dual | 8-0 |
| 1/10 | 157 | W, 19-4 | Easton Doster, Rutgers (TF; 3:18) | Dual | 9-0 |
| 1/16 | 157 | W, 4-2 | #12 Jordan Williams, Iowa | Dual | 10-0 |
| 1/18 | 157 | WBF | Gunnar Myers, Northwestern (2:42) | Dual | 11-0 |
| 1/23 | 157 | W, 21-5 | Bryce Lowery, Indiana (TF; 3:16) | Dual | 12-0 |
| 1/24 | 157 | WBF | Mekhi Neal, Maryland (1:54) | Dual | 13-0 |
| 1/30 | 157 | L, 1-2 (tb) | #5 Antrell Taylor, Nebraska | Dual | 13-1 |
| 2/6 | 157 | W, 12-10 | #13 Cameron Catrabone, Michigan | Dual | 14-1 |
| 2/13 | 157 | WBF | Daxton Chase, Ohio State (3:28) | Dual | 15-1 |
| 2/20 | 157 | W, 24-8 | Gavin Hawk, Princeton (TF; 6:07) | Dual | 16-1 |
| 3/7 | 157 | W, 20-7 | #1 Brandon Cannon, Ohio State (MD) | B1G | 17-1 |
| 3/7 | 157 | W, 4-2 | #9 Kannon Webster, Illinois | B1G | 18-1 |
| 3/8 | 157 | W, 12-4 | #3 Antrell Taylor, Nebraska (MD) | B1G (1st) | 19-1 |
| 3/19 | 157 | WBF | #33 Yannis Charles, Morgan State (1:55) | NCAA | 20-1 |
| 3/19 | 157 | WBF | #17 Luke Mechler, Wisconsin (1:38) | NCAA | 21-1 |
| 3/20 | 157 | W, 21-5 | #8 Brandon Cannon, Ohio St. (TF; 5:23) | NCAA | 22-1 |
| 3/20 | 157 | L, 1-3 (tb) | #5 Landon Robideau, Oklahoma St. | NCAA | 22-2 |
| 3/21 | 157 | W, 7-3 | #7 Kannon Webster, Illinois | NCAA | 23-2 |
| 3/21 | 157 | W, 20-4 | #8 Brandon Cannon, Ohio St. (TF; 6:37) | NCAA (3rd) | 24-2 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 24-2 | 13-1 (7-1) | 11-1 (3-0/5-1) | 10-0 | 5-0 | 3-0 | 64 |
| **Career** | **24-2** | **13-1 (7-1)** | **11-1 (3-0/5-1)** | **10-0** | **5-0** | **3-0** | **64** |



## RETURNING ALL-AMERICAN TYLER KASAK



# TYLER KASAK

**157 | SENIOR**
**Doylestown, Pa.**
**Bethlehem Catholic**
**PRONUNCIATION | Kay-Sack**

**TWO-TIME ALL-AMERICAN // 2025 BIG TEN CHAMPION**

**FOLLOW TYLER ON...**
Instagram.....@tylerkasak

**PERSONAL**
Parents.....Janeice & Joel
Major.....Rec., Park & Tourism Mgmt.

**STATISTICS**

| | |
|---|---|
| Career Record | 47-7 |
| Career Dual Record | 17-3 |
| Career Dual Points | 67 |
| Career B1G Record | 8-3 |
| Career Falls | 11 |
| Career Tech. Falls | 3 |
| Career Major Dec. | 12 |
| Career Bonus Rate | 48.1% |

**POSTSEASON HISTORY**
**NCAA Finishes**
2024.....Third
2025.....Third

**B1G Finishes**
2024.....Third
2025.....FIRST

**CAREER**
**Athletic:** 2X All-American (3rd – 2024, 2025)... Big Ten Champion (2025)... Big Ten Wrestler of the Week (2/5/25)... NWCA All-Star Classic (2024-25)

**2025-26 • JUNIOR SEASON**
**Season:** Did not wrestle in 2025-26.

**2024-25 • SOPHOMORE SEASON**
**Season:** Earned second All-America honor with another third-place finish at NCAAs, this time up a weight at 157... Went 23-2 overall and 11-1 in dual meets... Won the 2025 Big Ten Championship at 157, earning first team All-Big Ten honors in the process.

**NWCA All-Star Classic (11/16):** Posted 4-2 win over No. 3 Peyten Keller of Ohio. **Black Knight Invite (11/24):** Won Black Knight crown with a 3-0 mark, including a win over a teammate in finals, adding two techs and a major. **Lehigh (12/8):** Booked a hard fought 5-2 win over Logan Rozynski. **Wyoming (12/15):** Dominated No. 19 Jared Hill in a 16-3 major. **Collegiate Wrestling Duals (12/22):** Went 3-0 in Nashville with a fall and a major, including a 4-2 win over No. 20 Matty Bianchi of Little Rock. **Michigan State (1/10):** Pinned Braden Stauffenberg (3:46). **Nebraska (1/17):** Used a takedown and four near fall points to down No. 5 Antrell Taylor in Lincoln. **Rutgers (1/24):** Posted a 4-0 win over No. 31 Connor Harer. **Iowa (1/31):** Used a second period takedown and 2:04 in riding time to down No. 1 Jacori Teemer in front of a sold out BJC Dual crowd. **Michigan (2/7):** Downed Zack Mattin 7-2. **Maryland (2/9):** Was beating No. 6 Ethen Miller in second period when he took a third hand to the face, went into concussion protocol and could not continue, dropping the injury default bout at 4:27. **American (2/21):** Pinned Devon Capato (2:19). **Big Ten Championships (3/8-9):** Became a Big Ten Champion with a 3-0 run at Northwestern... Beat No. 9 Trevor Chumbley of Northwestern 7-3, pinned No. 4 Antrell Taylor of Nebraska (1:17) and majored No. 11 Brandon Cannon of Ohio State, 12-2, in the title bout. **NCAA Championships (3/20-22):** Placed third at the NCAA Championships for the second straight season, going 6-1 in Philadelphia and becoming a two-time All-American... Opened with a pin and a decision before an upset loss in the quarterfinals... Rebounded with four straight wins, including a pin, a major and a strong win over No. 2 Meyer Shapiro of Cornell.

**2023-24 • FRESHMAN SEASON**
**Season:** Earned the starting spot at 149 after All-American Shayne Van Ness was sidelined with an injury in November... Rolled to a 24-5 overall mark... Was an All-American as a true freshman, rolling off eight straight wins after an opening round loss to claim third place at 149 in Kansas City... Had five pins, one tech and seven majors... Went 6-2 in dual meets.

**Black Knight Invite (11/19):** Went 3-1, including two majors, to reach the finals at 141, only loss was a 4-1 decision to teammate No. 2 Beau Bartlett in finals. **Lehigh (12/3):** Made Penn State dual debut at 149 and posted a 7-4 win over Drew Munch in Rec Hall. **Oregon State (1/5):** Controlled No. 12 Nash Singleton for a road dual meet win, using a third period takedown for a 4-1 victory. **Indiana (1/14):** Last-second escape secured a 15-0 tech fall (6:59) over No. 14 Graham Rooks in B1G dual debut. **Mat-Town 2 (1/28):** Went 4-0 with a pin and a major to take first. **Ohio State (2/2):** Rolled to a 7-2 win over No. 9 Dylan D'Emilio in Rec Hall. **Iowa (2/9):** Lost a tough 11-8 (sv) bout to No. 12 Caleb Rathjen on the road. **Rutgers (2/12):** Notched a 7-5 win over No. 26 Michael Cetta. ***Nebraska (2/18):*** Close 7-3 loss to No. 1 Ridge Lovett. **Edinboro (2/25):** Pinned Colin Roberts (3:20). **Big Ten Championships (3/9-10):** Went 4-1 with two pins to take third, beat No. 10 Dylan D'Emilio of Ohio State 3-2, No. 8 Caleb Rathjen of Iowa 8-1, and pinned No. 12 Ethan Miller of Maryland in the third place bout (2:36). **NCAA Championships (3/21-23):** Became just the ninth wrestler in NCAA history to lose his opening round match and come back to win seven straight to finish third... Earned All-America honors as a true freshman... Had two pins and four majors... Top 10 wins over No. 9 Ethan Fernandez of Cornell (pin), No. 3 Jackson Ranger of NC State in the blood round, No. 1 Ridge Lovett of Nebraska (major) and No. 5 Ty Watters of West Virginia in third place bout.

**HIGH SCHOOL**
Kasak came to Happy Valley from Doylestown, Pennsylvania, and Bethlehem Catholic High School... He brought multiple state medals, including a Pennsylvania state title, with him from BCHS... Won numerous prestigious national titles, including Ironman, Beast of the East and Escape the Rock Championships... Was a world Silver Medalist and the U.S. Open Champion prior to coming to Penn State.

**PERSONAL**
Born in the winter of 2005, Tyler Kasak is the son of Janeice and Joel Kasak... Has two siblings, including a brother, Nate and sister, Angelina... Majoring in Recreation, Park & Tourism Management in the Penn State College of Health and Human Development.

## RETURNING ALL-AMERICAN TYLER KASAK

# MATCH-BY-MATCH

### 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/24 | 157 | W, 19-4 | Rawson Iwanicki, Columbia (TF; 6:50) | BKI | 1-0 |
| 11/24 | 157 | W, 19-3 | Jordan Brown, Binghamton (TF; 3:55) | BKI | 2-0 |
| 11/24 | 157 | W, 18-5 | Dakota Morris, Army (MD) | BKI | 3-0 |
| 12/8 | 157 | W, 5-2 | Logan Rozynski, Lehigh | Dual | 4-0 |
| 12/15 | 157 | W, 16-3 | #19 Jared Hill, Wyoming (MD) | Dual | 5-0 |
| 12/22 | 157 | WBF | Jordan Brown, Binghamton (3:31) | Dual | 6-0 |
| 12/22 | 157 | W, 4-2 | #20 Matty Bianchi, Little Rock | Dual | 7-0 |
| 12/22 | 157 | W, 11-3 | James Conway, Missouri (MD) | Dual | 8-0 |
| 1/10 | 157 | WBF | Braden Stauffenberg, Michigan St. (3:46) | Dual | 9-0 |
| 1/17 | 157 | W, 9-3 | #5 Antrell Taylor, Nebraska | Dual | 10-0 |
| 1/24 | 157 | W, 4-0 | #31 Connor Harer, Rutgers | Dual | 11-0 |
| 1/31 | 157 | W, 5-2 | #1 Jacori Teemer, Iowa | Dual | 12-0 |
| 2/7 | 157 | W, 7-2 | Zack Mattin, Michigan | Dual | 13-0 |
| 2/9 | 157 | L, inj.def. | #6 Ethen Miller, Maryland | Dual | 13-1 |
| 2/21 | 157 | WBF | Devon Capato, American (2:19) | Dual | 14-1 |
| 3/8 | 157 | W, 7-3 | #9 Trevor Chumbley, Northwestern | B1G | 15-1 |
| 3/8 | 157 | WBF | #4 Antrell Taylor, Nebraska (1:17) | B1G | 16-1 |
| 3/9 | 157 | W, 12-2 | #11 Brandon Cannon, Ohio St. (MD) | B1G (1st) | 17-1 |
| 3/20 | 157 | WBF | #32 Landen Johnson, NIU (1:38) | NCAA | 18-1 |
| 3/20 | 157 | W, 8-3 | #16 Cody Chittum, Iowa State | NCAA | 19-1 |
| 3/21 | 157 | L, 4-5 | #8 Joey Blaze, Purdue | NCAA | 19-2 |
| 3/21 | 157 | W, 5-4 | #14 Jude Swisher, Penn | NCAA | 20-2 |
| 3/21 | 157 | WBF | #12 Caleb Fish, Oklahoma St. (4:19) | NCAA | 21-2 |
| 3/22 | 157 | W, 4-2 | #2 Meyer Shapiro, Cornell | NCAA | 22-2 |
| 3/22 | 157 | W, 8-0 | #20 Trevor Chumbley, Northwestern (MD) | NCAA (3rd) | 23-2 |

### 2023-24

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/19 | 141 | W, 11-1 | Logan Brown, Army (MD) | BK | 1-0 |
| 11/19 | 141 | W, 2-1 (tb) | David Evans, Penn State | BK | 2-0 |
| 11/19 | 141 | W, 8-0 | Todd Carter, Gardner Webb (MD) | BK | 3-0 |
| 11/19 | 141 | L, 1-4 | #2 Beau Bartlett, Penn State | BK (2nd) | 3-1 |
| 12/3 | 149 | W, 7-5 | Drew Munch, Lehigh | Dual | 4-1 |
| 1/5 | 149 | W, 4-1 | #12 Nash Singleton, Oregon State | Dual | 5-1 |
| 1/14 | 149 | W, 15-0 | #14 Graham Rooks, Indiana (TF; 6:59) | Dual | 6-1 |
| 1/28 | 149 | WBF | Cameron McKay, George Mason (1:00) | MT2 | 7-1 |
| 1/28 | 149 | W, 6-2 | Owen Reinsel, Lehigh | MT2 | 8-1 |
| 1/28 | 149 | W, 11-3 | Matt Repos, Lehigh (MD) | MT2 | 9-1 |
| 1/28 | 149 | W, 4-2 | David Evans, Penn State | MT2 (1st) | 10-1 |
| 2/2 | 149 | W, 7-2 | #9 Dylan D'Emilio, Ohio State | Dual | 11-1 |
| 2/9 | 149 | L, 8-11 (sv) | #12 Caleb Rathjen, Iowa | Dual | 11-2 |
| 2/12 | 149 | W, 7-5 | #26 Michael Cetta, Rutgers | Dual | 12-2 |
| 2/18 | 149 | L, 3-7 | #1 Ridge Lovett, Nebraska | Dual | 12-3 |
| 2/25 | 149 | WBF | Colin Roberts, Edinboro (3:20) | Dual | 13-3 |
| 3/9 | 149 | WBF | Aiden Vandenbush, Northwestern (2:48) | B1G | 14-3 |
| 3/9 | 149 | W, 3-2 | #10 Dylan D'Emilio, Ohio State | B1G | 15-3 |
| 3/9 | 149 | L, 0-4 | #1 Ridge Lovett, Nebraska | B1G | 15-4 |
| 3/10 | 149 | W, 8-1 | #8 Caleb Rathjen, Iowa | B1G | 16-4 |
| 3/10 | 149 | WBF | #12 Ethen Miller, Maryland (2:36) | B1G (3rd) | 17-4 |
| 3/21 | 149 | L, 2-4 | #26 Jaden Abas, Stanford | NCAA | 17-5 |
| 3/21 | 149 | W, 14-5 | #23 Drew Roberts, Minnesota (MD) | NCAA | 18-5 |
| 3/22 | 149 | WBF | #9 Ethan Fernandez, Cornell (0:36) | NCAA | 19-5 |
| 3/22 | 149 | W, 13-1 | #17 Graham Rooks, Indiana (MD) | NCAA | 20-5 |
| 3/22 | 149 | W, 5-4 | #3 Jackson Ranger, North Carolina St. | NCAA | 21-5 |
| 3/22 | 149 | W, 10-2 | #11 Quinn Kinner, Rider (MD) | NCAA | 22-5 |
| 3/23 | 149 | W, 10-1 | #1 Ridge Lovett, Nebraska (MD) | NCAA | 23-5 |
| 3/23 | 149 | W, 3-2 | #5 Ty Watters, West Virginia | NCAA (3rd) | 24-5 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2023-24 | 24-5 | 6-2 (3-2) | 18-3 (4-1/7-1) | 5-0 | 1-0 | 7-0 | 23 |
| 2024-25 | 23-2 | 11-1 (5-1) | 12-1 (3-0/6-1) | 6-0 | 2-0 | 5-0 | 44 |
| 2025-26 | - | - | - | - | - | - | - |
| **Career** | **47-7** | **17-3 (8-3)** | **30-4 (7-1/13-2)** | **11-0** | **3-0** | **12-0** | **67** |



## RETURNING ALL-AMERICAN SHAYNE VAN NESS



# SHAYNE VAN NESS

**149 | FIFTH YEAR**
**Somerville, N.J.**
**Blair Academy**

**THREE-TIME ALL-AMERICAN // 2026 BIG TEN CHAMPION**

**FOLLOW SHAYNE ON...**
Instagram.....@shayne_finesse
X.....@shayne_finesse

**PERSONAL**
Parents.....Dawn & Rodney
Major.....Psychology

**STATISTICS**
Career Record.....79-11
Career Dual Record.....40-5
Career Dual Points.....187
Career B1G Record.....20-4
Career Falls.....22
Career Tech. Falls.....17
Career Major Dec.....21
Career Bonus Rate.....66.7%

**POSTSEASON HISTORY**
**NCAA Finishes**
2023.....Third
2025.....Third
2026.....Second

**B1G Finishes**
2023.....Fourth
2025.....Third
2026.....FIRST

**SENIOR**
**Athletic:** 3X All-American (2nd – 2026, 3rd – 2025, 3rd - 2023)... Big Ten Champion (2026)... First Team All-Big Ten (2026)... 3X Big Ten Wrestler of the Week (12/7/22, 11/14/23, 12/23/25)... 2X NWCA All-Star Classic (2023, 2024)

**2025-26 • SENIOR SEASON**
**Season:** Published a third All-America campaign in his senior season, rolling to a 25-1 overall record coupled with a national runner-up finish... Booked an untouched 15-0 record in dual meet competition with a likewise-unbeaten 8-0 run against Big Ten Conference opposition... Claimed his first Big Ten Conference individual title at 149 pounds... Booked a 69-0 differential in dual point scoring over the course of the year... Mustered 20 wins in bonus-point fashion, logging six pins, 10 technical falls and four major decisions for a 76.9 percent bonus rate.

**Oklahoma (11/14):** Rolled to a 20-1 tech fall (5:29) over Layton Schneider in the season opener from the BJC. **Black Knight Invite (11/23):** Went 3-0 with two pins and a tech to win the BKI title. **Drexel (12/5):** Posted a 20-4 tech fall over Patrick Kelly (6:52). **Lehigh (12/7):** Majored Owen Reinsel, 19-6, in Rec Hall. **Wyoming (12/13):** Notched a first period fall over No. 30 Gabe Willochell. **Collegiate Wrestling Duals (12/20):** Rolled to a 19-2 tech over No. 24 Max Petersen of NDSU and downed No. 14 Aden Valencia of Stanford 10-4. **Rutgers (1/10):** Pinned Devon Magro in Rec Hall (4:53). **Iowa (1/16):** Majored No. 17 Ryder Block, 13-4, in Iowa City. **Northwestern (1/18):** Posted an 18-3 tech fall over August Hibler (7:00) with 4:25 in riding time. **Indiana (1/23):** Teched Joey Buttler of Indiana 20-3 (6:45). **Maryland (1/24):** Blew through No. 7 Carter Young with a nine takedown burst, rolling to a dazzling 31-15 technical fall at 6:41. **Nebraska (1/30):** Posted a strong 12-5 win over No. 18 Chance Lamer in the BJC Dual. **Michigan (2/6):** Majored No. 13 Lachlan McNeil, 9-1, on the road. **Ohio State (2/13):** Used six takedowns to roll to a 20-5 tech fall over Brogan Fielding (6:17) in a sold-out BJC Dual. **Princeton (2/20):** Majored No. 14 Eligh Rivera, 15-6, in Rec Hall. **Big Ten Championship (3/7-8):** Won his first Big Ten individual title by pinning No. 6 Ethan Stiles of Ohio State in the finals at 3:28... Downed No. 17 Ryder Block of Iowa and No. 16 Lachlan McNeil of Michigan to earn a spot in the title bout, going 3-0 over the weekend in the BJC. **NCAA Championship (3/19-21):** Became a three-time All-American and a first-time national finalist with a 4-1 run in Cleveland... Won his first four bouts to advance to national finals, including a pin of No. 16 Jacob Frost of Iowa State and a win over No. 8 Casey Swiderski of Oklahoma State in the quarters... Teched Chance Lamer of Nebraska, 22-1, in the national semifinals before losing a hard-fought 8-5 (sv) bout to No. 10 Aden Valencia of Stanford in national final.

**2024-25 • JUNIOR SEASON**
**Season:** Rolled to his second All-America honor... Went 25-3 overall with seven pins, five techs and nine majors... Went 13-1 in dual meets... Went 5-1 at the NCAA Championships to finish third for second time in his collegiate career.

**NWCA All-Star Classic (11/16):** Rolled to 16-4 major over No. 3 Ty Watters of West Virginia. **Black Knight Invite (11/24):** Won the Black Knight title with a 4-0 mark including two techs and a major. **Lehigh (12/8):** Rolled to 17-3 major over Matt Repos. **Wyoming (12/15):** Pinned No. 22 Gabe Willochell at 4:27. **Collegiate Wrestling Duals (12/22):** Went 3-0 in Nashville, all by fall, including a pin of No. 16 Jordan Williams of Little Rock at 4:39. **Michigan State (1/10):** Pinned Clayton Jones in the first period (2:25). **Rutgers (1/24):** Booked a dominant 17-2 tech fall (5:26) over Alex Nini. **Iowa (1/31):** Dominated No. 2 Kyle Parco, highlighted by an eight-point second period, in a 17-6 major decision with 1:33 in riding time. **Michigan (2/7):** Grabbed a 7-1 win over Dylan Gilcher. **Maryland (2/9):** Had an impressive 17-2 tech fall over No. 32 Kal Miller (2:53). **Ohio State (2/14):** Registered a third period takedown that led to a 4-2 win over No. 7 Dylan D'Emilio in Penn State's 27-13 win over the Buckeyes. **Illinois (2/16):** Majored No. 14 Kannon Webster, 15-4. **American (2/21):** Teched Gage Owen, 16-1 (5:51). **Big Ten Championships (3/8-9):** Went 3-1 to take third place in Evanston... Majored No. 29 Kal Miller of Maryland, 12-2, lost 4-2 to No. 16 Kannon Webster of Illinois, majored #18 Andrew Clark of Rutgers 12-1 and then majored No. 3 Kyle Parco of Iowa, 13-0, in the third-place bout. **NCAA Championships (3/20-22):** Placed third at the NCAA Championships for the second time, becoming a two-time All-American with a 5-1 run in Philadelphia... Beat No. 30, No. 9 and No. 6 Lachlan McNeil of North Carolina to advance to the semifinals before losing to No. 2 Ridge Lovett of Nebraska... Rebounded with a pin over No. 12 Ethan Stiles of Oklahoma State and a major over No. 13 Dylan D'Emilio of Ohio State in the third place bout.

**2023-24 • INJURY REDSHIRT SEASON**
**Season:** Began the season with a 3-0 mark and a win in the NWCA All-Star Classic before an injury ended his campaign... Received a medical redshirt, maintaining a year of eligibility heading into the 2024-25 season.

**Journeymen Collegiate (11/12):** Rolled to three wins, all by fall and all in the first period, at the season-opening event... Wrestled 6:34 of a possible 21:00 minutes. **NWCA All-Star Classic (11/21):** Rolled to a 5-1 win over No. 3 Kyle Parco of Arizona State in Rec Hall in the exhibition bout.

**2022-23 • SOPHOMORE SEASON**
**Season:** Posted a 24-7 overall record... Had seven majors, two techs and five pins... Placed fourth at his first Big Ten Championships to earn a trip to the NCAAs... Posted a 5-1 mark at his first national tournament to become an All-American with a third place result at 149 pounds.

**Lock Haven (11/11):** Made his Nittany Lion debut by pinning Connor Eck in Rec Hall (6:32). **Black Knight Invite (11/20):** Notched a late takedown to beat No. 14 Johnny Lovett of Central Michigan, 5-3, in the finals, capping off a 3-0 run to the 149-pound title. **Rider (12/2):** Logged a convincing 11-6 win over No. 24 Quinn Kinner for a dual road win. **Lehigh (12/4):** Had a key first period pin of No. 26 Manzona Bryant IV (2:28) in the dual road win. **Oregon State (12/11):** Posted a 6-1 win over Noah Tolantino. **Collegiate Wrestling Duals (12/19-20):** Pinned No. 20 Johnny Lovett of Central Michigan, then posted a 2-0 win over North Carolina's Jayden Scott before dropping a hard-fought 3-2 decision to No. 5 Paniro Johnson of Iowa State. **Wisconsin (1/6):** Lost a hard-fought 6-2 decision to No. 2 Austin Gomez in his B1G debut in Madison. **Michigan (1/20):** Majored Fidel Mayora 14-4 in the BJC Dual. **Michigan State (1/22):** Pinned Braden Staffenberg (5:44) in Rec Hall. **Iowa (1/27):** Dropped a tough 4-1 decision to No. 7 Max Murin. **Ohio State (2/3):** Lost a tough 6-3 decision to No. 3 Sammy Sasso in Columbus. **Indiana (2/5):** Majored No. 30 Graham Rooks, 17-5. **Rutgers (2/10):** Majored Tony White, 21-9. **Maryland (2/12):** Dominated No. 18 Ethan Miller, posting a 19-4 tech fall (3:25) in the B1G regular season-clinching dual win from Rec Hall. **Clarion (2/19):** Teched Kyle Schickel, 17-1 (4:59), in the dual finale. **Big Ten Championships (3/4-5):** Placed fourth in his first Big Ten Championship tournament... Went 4-2 with three majors, his only two losses coming against No. 6 Max Murin of Iowa... Majored No. 28 Graham Rooks of Indiana, Jake Harrier of Illinois and Jaden Reynolds of Purdue... Also beat No. 30 Chance Lamer of Michigan. **NCAA Championships (3/16-18):** Entered his first NCAA Championship tournament as the 12th-seed and rolled to a third-place finish and All-America status... Opened the tournament by roaring back from an early 8-0 deficit to overtake and then pin No. 21 Ethan Miller of Maryland (6:26) in the first round. Dominated No. 5 Paniro Johnson of Iowa State, 14-8, in round two... Notched another come-from-behind win, this time a 10-7 result over No. 20 Graham Rooks in the quarterfinals... Led the eventual national champion No. 1 Yianni Diakomihalis into the third period before dropping a tough decision in the semifinals... Responded with a 5-3 win over No. 4 Caleb Henson of Virginia Tech and No. 3 Kyle Parco of Arizona State to take third place, beating three of the top five seeds overall.

**2021-22 • FRESHMAN SEASON**
**Season:** Went 2-0 in one open tournament appearance at the start of his freshman season.

**HIGH SCHOOL**
Was a two-time National Prep Champion at Blair Academy... Won the 2019 Who's #1 All-Star tournament... Was named a team captain at the Blair Academy... Honored with the Northeastern Regional Dave Schultz High School Excellence Award.

**PERSONAL**
Hailing from Somerville, New Jersey, Shayne Van Ness is the son of Dawn and Rodney Van Ness... He has one younger sister named Sydnie... Van Ness is studying psychology in the Penn State College of the Liberal Arts.

## RETURNING ALL-AMERICAN SHAYNE VAN NESS

# MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/14 | 149 | W, 20-1 | Layton Schneider, Oklahoma (TF; 5:29) | Dual | 1-0 |
| 11/23 | 149 | WBF | Marco Frinzi, Columbia (1:12) | BKI | 2-0 |
| 11/23 | 149 | WBF | Justin Holly, Buffalo (1:31) | BKI | 3-0 |
| 11/23 | 149 | W, 16-1 | Mason Barvitskie, Army (TF; 6:49) | BKI | 4-0 |
| 12/5 | 149 | W, 20-4 | Patrick Kelly, Drexel (TF; 6:52) | Dual | 5-0 |
| 12/7 | 149 | W, 19-6 | Owen Reinsel, Lehigh (MD) | Dual | 6-0 |
| 12/13 | 149 | WBF | #30 Gabe Willochell, Wyoming (2:54) | Dual | 7-0 |
| 12/20 | 149 | W, 19-2 | #24 Max Petersen, NDSU (TF; 5:16) | Dual | 8-0 |
| 12/20 | 149 | W, 10-4 | #14 Aden Valencia, Stanford | Dual | 9-0 |
| 1/10 | 149 | WBF | Devon Magro, Rutgers (4:53) | Dual | 10-0 |
| 1/16 | 149 | W, 13-4 | #17 Ryder Block, Iowa (MD) | Dual | 11-0 |
| 1/18 | 149 | W, 18-3 | August Hibler, Northwestern (TF; 7:00) | Dual | 12-0 |
| 1/23 | 149 | W, 20-3 | Joey Buttler, Indiana (TF; 6:45) | Dual | 13-0 |
| 1/24 | 149 | W, 31-15 | #7 Carter Young, Indiana (TF; 6:41) | Dual | 14-0 |
| 1/30 | 149 | W, 12-5 | #18 Chance Lamer, Nebraska | Dual | 15-0 |
| 2/6 | 149 | W, 9-1 | #13 Lachlan McNeil, Michigan (MD) | Dual | 16-0 |
| 2/13 | 149 | W, 20-5 | Brogan Fielding, Ohio State (TF; 6:17) | Dual | 17-0 |
| 2/20 | 149 | W, 15-6 | #14 Eligh Rivera, Princeton (MD) | Dual | 18-0 |
| 3/7 | 149 | W, 5-4 | #17 Ryder Block, Iowa | B1G | 19-0 |
| 3/7 | 149 | W, 11-10 | #16 Lachlan McNeil, Michigan | B1G | 20-0 |
| 3/8 | 149 | WBF | #6 Ethan Stiles, Ohio State (3:28) | B1G (1st) | 21-0 |
| 3/19 | 149 | W, 19-4 | #33 Austin McBurney, Brown (TF; 5:34) | NCAA | 22-0 |
| 3/19 | 149 | WBF | #16 Jacob Frost, Iowa State (2:23) | NCAA | 23-0 |
| 3/20 | 149 | W, 5-2 (sv) | #8 Caesy Swiderski, Oklahoma State | NCAA | 24-0 |
| 3/20 | 149 | W, 22-1 | #20 Chance Lamer, Nebraska (TF; 5:21) | NCAA | 25-0 |
| 3/21 | 149 | L, 5-8 (sv) | #10 Aden Valencia, Stanford | NCAA (2nd) | 25-1 |

### 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/24 | 149 | W, 18-1 | Yanni Vines, Columbia (TF; 4:40) | BKI | 1-0 |
| 11/24 | 149 | W, 15-2 | Joe Giordano, Gardner Webb (MD) | BKI | 2-0 |
| 11/24 | 149 | W, 5-0 | Richard Fedalen, Columbia | BKI | 3-0 |
| 11/24 | 149 | W, 19-4 | Andrew Clark, Rutgers (TF; 7:00) | BKI | 4-0 |
| 12/8 | 149 | W, 17-3 | Matt Repos, Lehigh (MD) | Dual | 5-0 |
| 12/15 | 149 | WBF | #22 Gabe Willochell, Wyoming (4:27) | Dual | 6-0 |
| 12/22 | 149 | WBF | Caleb Sweet, Binghamton (2:49) | Dual | 7-0 |
| 12/22 | 149 | WBF | #16 Jordan Williams, Little Rock (4:39) | Dual | 8-0 |
| 12/22 | 149 | WBF | Zeke Seltzer, Missouri (1:57) | Dual | 9-0 |
| 1/10 | 149 | WBF | Clayton Jones, Michigan State (2:25) | Dual | 10-0 |
| 1/17 | 149 | L, 2-10 | #4 Ridge Lovett, Nebraska | Dual | 10-1 |
| 1/24 | 149 | W, 17-2 | Alex Nini, Rutgers (TF; 5:26) | Dual | 11-1 |
| 1/31 | 149 | W, 17-6 | #2 Kyle Parco, Iowa (MD) | Dual | 12-1 |
| 2/7 | 149 | W, 7-1 | Dylan Gilcher, Michigan | Dual | 13-1 |
| 2/9 | 149 | W, 17-2 | #32 Kal Miller, Maryland (TF; 2:53) | Dual | 14-1 |
| 2/14 | 149 | W, 4-2 | #7 Dylan D'Emilio, Ohio State | Dual | 15-1 |
| 2/16 | 149 | W, 15-4 | #14 Kannan Webster, Illinois (MD) | Dual | 16-1 |
| 2/21 | 149 | W, 16-1 | Gage Owen, American (TF; 5:51) | Dual | 17-1 |
| 3/8 | 149 | W, 12-2 | #29 Kal Miller, Maryland (MD) | B1G | 18-1 |
| 3/8 | 149 | L, 2-4 | #16 Kannon Webster, Illinois | B1G | 18-2 |
| 3/9 | 149 | W, 12-1 | #18 Andrew Clark, Rutgers (MD) | B1G | 19-2 |
| 3/9 | 149 | W, 13-0 | #3 Kyle Parco, Iowa (MD) | B1G (3rd) | 20-2 |
| 3/20 | 149 | WBF | #30 Gabe Willochell, Wyoming (4:11) | NCAA | 21-2 |
| 3/20 | 149 | W, 11-1 | #19 Andrew Clark, Rutgers (MD) | NCAA | 22-2 |
| 3/21 | 149 | W, 7-2 | #6 Lachlan McNeil, North Carolina | NCAA | 23-2 |
| 3/21 | 149 | L, 8-14 | #2 Ridge Lovett, Nebraska | NCAA | 23-3 |
| 3/22 | 149 | WBF | #12 Ethan Stiles, Oklahoma St. (1:06) | NCAA | 24-3 |
| 3/22 | 149 | W, 15-4 | #13 Dylan D'Emilio, Ohio St. (MD) | NCAA (3rd) | 25-3 |

### 2023-24

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/12 | 149 | WBF | Eddie Hummel, Army (2:06) | Jrny | 1-0 |
| 11/12 | 149 | WBF | Cade Balestrini, Bloomsburg (2:58) | Jrny | 2-0 |
| 11/12 | 149 | WBF | Kelvin Griffin, Lehigh (1:30) | Jrny | 3-0 |

### 2022-23

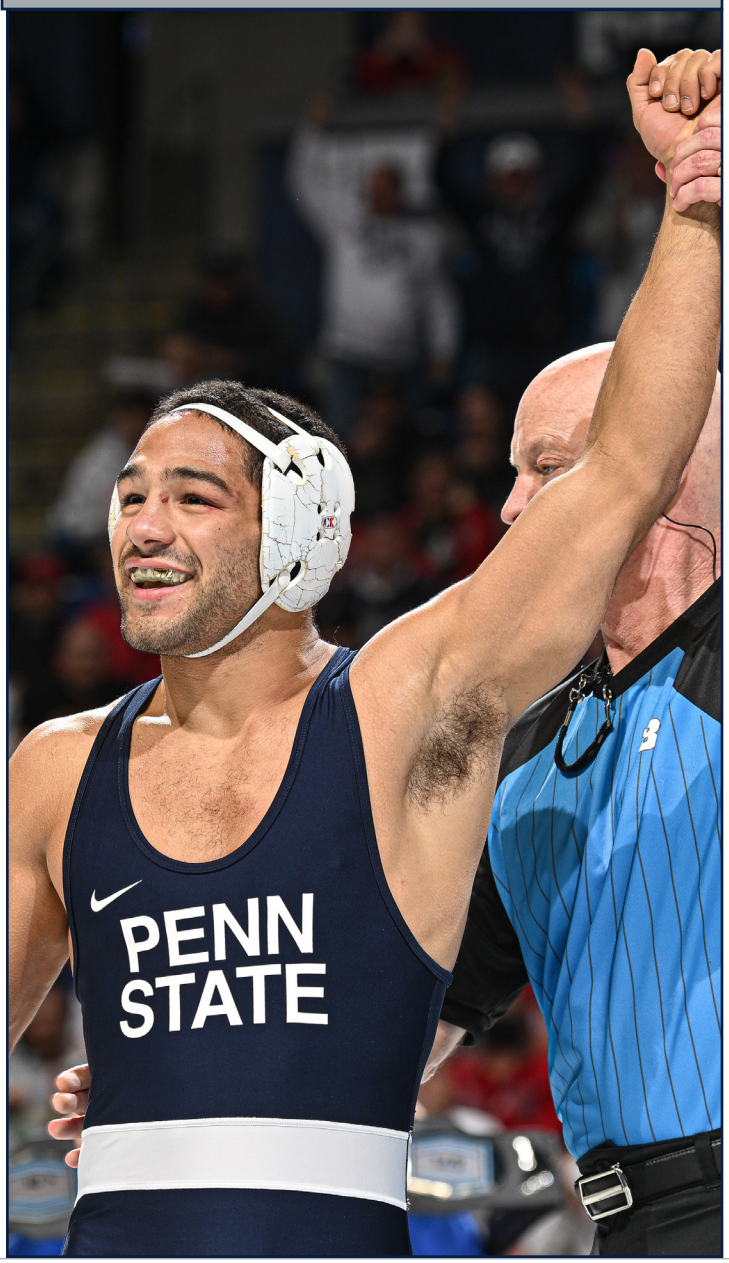
| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/11 | 149 | WBF | Connor Eck, Lock Haven (6:32) | Dual | 1-0 |
| 11/20 | 149 | W, 15-7 | Kaleb Burgess, Buffalo (MD) | BKI | 2-0 |
| 11/20 | 149 | W, 8-2 | Graham Rooks, Indiana | BKI | 3-0 |
| 11/20 | 149 | W, 5-3 | #14 Johnny Lovett, Central Michigan | BKI (1st) | 4-0 |
| 12/2 | 149 | W, 11-6 | #24 Quinn Kinner, Rider | Dual | 5-0 |
| 12/4 | 149 | WBF | #26 Manzona Bryant IV, Lehigh (2:28) | Dual | 6-0 |
| 12/11 | 149 | W, 6-1 | Noah Tolantino, Oregon State | Dual | 7-0 |
| 12/19 | 149 | WBF | #20 Johnny Lovett, Central Michigan (4:47) | Dual | 8-0 |
| 12/19 | 149 | W, 2-0 | Jayden Scott, North Carolina | Dual | 9-0 |
| 12/20 | 149 | L, 2-3 | #5 Paniro Johnson, Iowa State | Dual | 9-1 |
| 1/6 | 149 | L, 2-6 | #2 Austin Gomez, Wisconsin | Dual | 9-2 |
| 1/20 | 149 | W, 14-4 | Fidel Mayora, Michigan (MD) | Dual | 10-2 |
| 1/22 | 149 | WBF | Braden Stauffenberg, Michigan St. (5:44) | Dual | 11-2 |
| 1/27 | 149 | L, 1-4 | #7 Max Murin, Iowa | Dual | 11-3 |
| 2/3 | 149 | L, 3-6 | #3 Sammy Sasso, Ohio State | Dual | 11-4 |
| 2/5 | 149 | W, 17-5 | #30 Graham Rooks, Indiana (MD) | Dual | 12-4 |
| 2/10 | 149 | W, 21-9 | Tony White, Rutgers (MD) | Dual | 13-4 |
| 2/12 | 149 | W, 19-4 | #18 Ethan Miller, Maryland (TF; 3:25) | Dual | 14-4 |
| 2/19 | 149 | W, 17-1 | Kyle Schickel, Clarion (TF; 4:59) | Dual | 15-4 |
| 3/4 | 149 | W, 16-4 | Jake Harrier, Illinois (MD) | B1G | 16-4 |
| 3/4 | 149 | L, 2-4 | #6 Max Murin, Iowa | B1G | 16-5 |
| 3/4 | 149 | W, 19-7 | Jaden Reynolds, Purdue (MD) | B1G | 17-5 |
| 3/4 | 149 | W, inj.def. | #30 Chance Lamer, Michigan | B1G | 18-5 |
| 3/5 | 149 | W, 12-4 | #28 Graham Rooks, Indiana (MD) | B1G | 19-5 |
| 3/5 | 149 | L, 2-3 | #6 Max Murin, Iowa | B1G (4th) | 19-6 |
| 3/16 | 149 | WBF | #21 Ethan Miller, Maryland (6:26) | NCAA | 20-6 |
| 3/16 | 149 | W, 14-8 | #5 Paniro Johnson, Iowa State | NCAA | 21-6 |
| 3/17 | 149 | W, 10-7 | Graham Rooks, Indiana | NCAA | 22-6 |
| 3/17 | 149 | L, 3-8 | #1 Yianni Diakomihalis, Cornell | NCAA | 22-7 |
| 3/18 | 149 | W, 5-3 | #4 Caleb Henson, Virginia Tech | NCAA | 23-7 |
| 3/18 | 149 | W, 7-2 | #3 Kyle Parco, Arizona State | NCAA (3rd) | 24-7 |

### 2021-22

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/7 | 149 | W, 10-0 | Jeff Boyd, West Virginia (MD) | Clarion | 1-0 |
| 11/7 | 149 | WBF | Michael Leandrou, Hofstra (0:54) | Clarion | 2-0 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2021-22 | 2-0 | 0-0 (0-0) | 2-0 (0-0/0-0) | 1-0 | 0-0 | 1-0 | 0 |
| 2022-23 | 24-7 | 12-4 (5-3) | 12-3 (4-2/5-1) | 5-0 | 2-0 | 7-0 | 55 |
| 2023-24 | 3-0 | 0-0 (0-0) | 3-0 (0-0/0-0) | 3-0 | 0-0 | 0-0 | 0 |
| 2024-25 | 25-3 | 13-1 (7-1) | 12-2 (3-1/5-1) | 7-0 | 5-0 | 9-1 | 63 |
| 2025-26 | 25-1 | 15-0 (8-0) | 10-1 (3-0/4-1) | 6-0 | 10-0 | 4-0 | 69 |
| **Career** | **79-11** | **40-5 (20-4)** | **39-6 (10-3/14-3)** | **22-0** | **17-0** | **21-1** | **187** |



## RETURNING ALL-AMERICAN ROCCO WELSH



# ROCCO WELSH

**184 | SENIOR**
**Waynesburg, Pa.**
**Waynesburg Central**

**TWO-TIME ALL-AMERICAN // 2026 BIG TEN CHAMPION**

**FOLLOW ROCCO ON...**
Instagram.....@rocco1welsh
X.....@rocco_welsh

**PERSONAL**
Parents.....Natalie & Denny
Major.....Telecommunications

**STATISTICS**
Career Record.....60-6
Career Dual Record.....23-3
Career Dual Points.....88
Career B1G Record.....13-3
Career Falls.....5
Career Tech. Falls.....17
Career Major Dec.....12
Career Bonus Rate.....51.5%

**POSTSEASON HISTORY**
NCAA Finishes
2024.....Second
2025.....Second

B1G Finishes
2024.....Third
2026.....FIRST

**CAREER**

**Athletic:** 2X All-American (2nd – 2026, 2nd – 2024)... Big Ten Champion (2026)... First Team All-Big Ten (2026)... 2X Big Ten Wrestler of the Week (11/8/2023, 1/22/2026)

**Academic:** NWCA Scholar All-American (2026)

**2025-26 • JUNIOR SEASON**

**Season:** Was a force to be reckoned with in his first season at Penn State, finishing as an All-American and national runner-up at 184 pounds... Secured his first Big Ten Championship crown at 184 inside the Bryce Jordan Center... Went 24-1 overall with a 15-0 dual record and 8-0 mark in Big Ten opportunities... Outscored opponents in dual meet points, 59-0... Had one pin, six technical falls and four major decisions with three wins in tiebreakers and an additional win in sudden victory.

**Oklahoma (11/14):** Posted a rousing Nittany Lion debut, booking a 19-4 tech fall (5:28) over Anders Thompson in the BJC. **Black Knight Invite (11/23):** Went 2-0 with a tech and a major to win the BKI crown. **Drexel (12/5):** Majored Ethan Wilson, 13-3, in Philadelphia. **Lehigh (12/7):** Downed No. 23 Rylan Rogers, 4-2. **Wyoming (12/13):** Downed No. 12 Eddie Neitenbach in Laramie. **Collegiate Wrestling Duals (12/20):** Picked up tech fall over NDSU's Andrew McMonagle, 19-4 (6:17), and a 5-1 decision over Stanford's Abraham Wojcikiewicz. **Rutgers (1/10):** Had an impressive 13-3 major over No. 15 Shane Cartagena-Walsh in Rec Hall. **Iowa (1/16):** Registered a quick escape in the tiebreaker to post a thrilling 2-1 (TB) win over No. 1 Angelo Ferrari at Iowa. **Northwestern (1/18):** Notched a 22-7 tech fall over J.D. Perez (5:27). **Indiana (1/23):** Posted a 15-9 win over No. 15 Sam Goin in PSU's 48-0 shutout victory inside Rec Hall. **Maryland (1/24):** Pinned Sepanta Ahanj-Elias at the 3:52 mark. **Nebraska (1/30):** Majored No. 6 Silas Allred, 14-5, notching four takedowns in a BJC Dual. **Michigan (2/6):** Dominated No. 7 Brock Mantanona, 8-1, in Ann Arbor. **Ohio State (2/13):** Used a late takedown to post a thrilling 7-6 win over No. 8 Dylan Fishback in front of a sold out Bryce Jordan Center crowd. **Princeton (2/20):** Posted a 21-6 tech fall (4:11) over Xavier Giles in the dual finale. **Big Ten Championships (3/7-8):** Won his first Big Ten individual title in the Bryce Jordan Center... Downed No. 2 Angelo Ferrari of Iowa, 3-2 (tb1), No. 7 Brock Mantanona of Michigan 8-5 (sv) and No. 4 Max McEnelly, 2-1 (tb), in the finals. **NCAA Championships (3/19-21):** Became a two-time All-American and two-time national finalist with a 4-1 showing in Cleveland... Opened the tournament with a tech fall and a major... Beat No. 8 Silas Allred and No. 5 Brock Mantanona to advance to the finals... Lost a close 4-3 bout to No. 3 Max McEnelly of Minnesota in national finals.

**2024-25 • SOPHOMORE SEASON (AT OHIO STATE)**

**Season:** Moved up to 184 pounds in his sophomore season... Went 12-0 while wrestling unattached at Ohio State... Won three open tournament titles... Earned a Bronze Medal at the 2025 Zagreb Open in February of 2025.

**Clarion Open (11/3):** Went 4-0 against collegiate competition with a pin, a tech fall and a major decision to win the tournament title. **CSU Open (12/7):** Won the title with a 4-0 record against collegiate wrestlers highlighted by three techs and a pin. **F&M Open (1/10):** Won his third open crown of the season with four wins against collegiate competition including a pin, two techs and a major.

**2023-24 • FRESHMAN SEASON (AT OHIO STATE)**

**Season:** Became true freshman All-American, advancing to the national finals at 174 and eventually losing to Nittany Lion Carter Starocci, 2-0, in title match... Went 24-5 overall including a pin, five techs and five majors, also adding two wins and a loss against non-collegiate competition... Placed third at the Big Ten Championships.

**Clarion Open (11/5):** Won the Clarion Open title in his first collegiate event, going 4-0 with a tech and a pin. **CSU Open (12/9):** Posted a 3-0 mark. **Northern Iowa (12/19):** Downed No. 22 Jared Simma 4-1 in his dual debut. **North Carolina State (12/19):** Beat Alex Faison, 9-6. **Cornell (1/5):** Posted a 20-4 tech fall over Benny Baker. **Illinois (1/12):** Lost a tough 2-1 decision to No. 5 Edmond Ruth. **Maryland (1/19):** Majored Dominic Solis, 14-4. **Wisconsin (1/21):** Posted a 7-3 win over Max Maylor. **Michigan (1/26):** Dropped a close 2-1 bout to No. 2 Shane Griffith. **Penn State (2/2):** Lost a 4-2 match to No. 1 Carter Starocci. **Rutgers (2/4):** Beat No. 23 Jackson Turley, 4-3. **Indiana (2/11):** Majored Nick South, 14-5. **Michigan State (2/16):** Majored DJ Shannon, 14-4. **Big Ten Championships (3/9-10):** Placed third at his first Big Ten Championships with a 4-1 mark... Downed Iowa's Patrick Kennedy, Purdue's Brody Baumann, Maryland's Dominic Solis and Rutgers' Dominic Turley but lost a 4-1 (sv) match to Edmond Ruth. **NCAA Championships (3/19-21):** Became an NCAA national finalist and All-American as a freshman, going 4-1 in his first trip to the national tournament... Opened the tournament with a 4-2 win over No. 27 Danny Wask of Navy... Won three straight 4-1 (sv) bouts to advance to the national finals as a freshman over No. 11 Austin Murphy of Campbell, No. 3 Edmond Ruth of Illinois and No. 7 Lenny Wolak of Columbia... Met Nittany Lion No. 1 Carter Starocci in finals, falling 2-0 in the title match.

**HIGH SCHOOL**

Was a four-time Pennsylvania state finalist at Waynesburg Central High School, as well as a two-time state champion... Was a two-time Ironman Champion, Super 32 Champion and Pan American Games champion in 2021... Earned three Fargo All-America honors, finishing as a Fargo Finalist in 2022... Was additionally a Powerade Open champion and U.S. Open finalist that year as well.

**PERSONAL**

A native of Waynesburg, Pennsylvania, Rocco Welsh is the son of Natalie and Denny Welsh... He has three siblings, two brothers named Dominick and Anthony as well as a sister named Talia.

# MATCH-BY-MATCH

## 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/14 | 184 | W, 19-4 | Anders Thompson, Oklahoma (TF; 5:28) | Dual | 1-0 |
| 11/23 | 184 | W, 20-4 | Cole Karpinski, Army (TF; 3:40) | BKI | 2-0 |
| 11/23 | 184 | W, 20-7 | Joseph Curtiss, Columbia | BKI | 3-0 |
| 12/5 | 184 | W, 13-3 | Ethan Wilson, Oklahoma (MD) | Dual | 4-0 |
| 12/7 | 184 | W, 4-2 | #23 Rylan Rogers, Lehigh | Dual | 5-0 |
| 12/13 | 184 | W, 4-1 | #12 Eddie Neitenbach, Wyoming | Dual | 6-0 |
| 12/20 | 184 | W, 19-4 | Andrew McMonagle, NDSU (TF; 6:17) | Dual | 7-0 |
| 12/20 | 184 | W, 5-1 | Abraham Wojcikiewicz, Stanford | Dual | 8-0 |
| 1/10 | 184 | W, 13-3 | #15 Shane Cartagena-Walsh, Rutgers (MD) | Dual | 9-0 |
| 1/16 | 184 | W, 2-1 (TB) | #1 Angelo Ferrari, Iowa | Dual | 10-0 |
| 1/18 | 184 | W, 22-7 | J.D. Perez, Northwestern (TF; 5:27) | Dual | 11-0 |
| 1/23 | 184 | W, 15-9 | #15 Sam Goin, Indiana | Dual | 12-0 |
| 1/24 | 184 | WBF | Sepanta Ahanj-Elias, Maryland (3:52) | Dual | 13-0 |
| 1/30 | 184 | W, 14-5 | #6 Silas Allred, Nebraska (MD) | Dual | 14-0 |
| 2/6 | 184 | W, 8-1 | #7 Brock Mantanona, Michigan | Dual | 15-0 |
| 2/13 | 184 | W, 7-6 | #8 Dylan Fishback, Ohio State | Dual | 16-0 |
| 2/20 | 184 | W, 21-6 | Xavier Giles, Princeton (TF; 4:11) | Dual | 17-0 |
| 3/7 | 184 | W, 3-2 (tb1) | #2 Angelo Ferrari, Iowa | B1G | 18-0 |
| 3/7 | 184 | W, 8-5 (sv) | #7 Brock Mantanona, Michigan | B1G | 19-0 |
| 3/8 | 184 | W, 2-1 (tb) | #4 Max McEnally, Minnesota | B1G (1st) | 20-0 |
| 3/19 | 184 | W, 19-4 | #32 Caleb Uhlenhopp, Utah Valley (TF; 6:31) | NCAA | 21-0 |
| 3/19 | 184 | W, 13-4 | #16 Ryalnd Rogers, Lehigh (MD) | NCAA | 22-0 |
| 3/20 | 184 | W, inj.def. | #8 Silas Allred, Nebraska (6:02) | NCAA | 23-0 |
| 3/20 | 184 | W, 4-3 | #5 Brock Mantanona, Michigan | NCAA | 24-0 |
| 3/21 | 184 | L, 3-4 | #3 Max McEnelly, Minnesota | NCAA (2nd) | 24-1 |

## 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/3 | 184 | WBF | Daniel Gurovich, Pitt (1:54) | CUP | 1-0 |
| 11/3 | 184 | W, 22-6 | Adrian Gacek, Clarion (TF; 4:03) | CUP | 2-0 |
| 11/3 | 184 | W, 7-2 | #16 Jaden Bullock, Michigan | CUP | 3-0 |
| 11/3 | 184 | W, 13-3 | #33 Daniel Williams, Navy (MD) | CUP (1st) | 4-0 |
| 12/7 | 184 | W, 19-4 | Cole Tolley, West Virginia (TF; 3:00) | CSU | 5-0 |
| 12/7 | 184 | W, 21-6 | Gage Musser, Air Force (TF; 4:55) | CSU | 6-0 |
| 12/7 | 184 | WBF | Cody Brenner, Central Michigan (3:43) | CSU | 7-0 |
| 12/7 | 184 | W, 20-3 | Logan Niceswanger, Ohio (TF; 2:07) | CSU (1st) | 8-0 |
| 1/10 | 184 | WBF | Tyler Hurst, Millersville (2:22) | F&M | 9-0 |
| 1/10 | 184 | W, 21-6 | Cole Karpinski, Army West Point (TF; 2:20) | F&M | 10-0 |
| 1/10 | 184 | W, 15-2 | Jake Gilfoil, Army West Point (MD) | F&M | 11-0 |
| 1/10 | 184 | W, 23-6 | Marcus Petite, Buffalo (TF; 6:08) | F&M (1st) | 12-0 |

## 2023-24

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/5 | 174 | W, 22-5 | Colby Isabelle, Brown (TF; 2:44) | CUP | 1-0 |
| 11/5 | 174 | W, 5-2 | John Worthing, Clarion | CUP | 2-0 |
| 11/5 | 174 | W, 8-2 | Sammy Starr, Navy | CUP | 3-0 |
| 11/5 | 174 | WBF | Brody Baumann, Purdue (5:31) | CUP (1st) | 4-0 |
| 12/9 | 174 | W, 19-4 | Hunter Hutcheson, Edinboro (TF; 2:26) | CSU | 5-0 |
| 12/9 | 174 | W, 20-5 | Marty Larkin, Michigan St. (TF; 5:58) | CSU | 6-0 |
| 12/9 | 174 | W, 21-6 | Codei Khawaja, Michigan | CSU | 7-0 |
| 12/19 | 174 | W, 4-1 | #22 Jared Simma, Northern Iowa | Dual | 8-0 |
| 12/19 | 174 | W, 9-6 | Alex Faison, North Carolina State | Dual | 9-0 |
| 1/5 | 174 | W, 20-4 | Benny Baker, Cornell (TF; 5:30) | Dual | 10-0 |
| 1/12 | 174 | L, 1-2 | #5 Edmond Ruth, Illinois | Dual | 10-1 |
| 1/19 | 174 | W, 14-4 | Dominic Solis, Maryland (MD) | Dual | 11-1 |
| 1/21 | 174 | W, 7-3 | Max Maylor, Wisconsin | Dual | 12-1 |
| 1/26 | 174 | L, 1-2 | #2 Shane Griffith, Michigan | Dual | 12-2 |
| 2/2 | 174 | L, 2-4 | #1 Carter Starocci, Penn State | Dual | 12-3 |
| 2/4 | 174 | W, 4-3 | #23 Jackson Turley, Rutgers | Dual | 13-3 |
| 2/11 | 174 | W, 14-5 | Nick South, Indiana (MD) | Dual | 14-3 |
| 2/16 | 174 | W, 14-4 | DJ Shannon, Michigan State (MD) | Dual | 15-3 |
| 3/9 | 174 | W, 14-4 | Bubba Wilson, Nebraska (MD) | B1G | 16-3 |
| 3/9 | 174 | L, 1-4 (sv) | #5 Edmond Ruth, Illinois | B1G | 16-4 |
| 3/9 | 174 | W, 20-4 | Dominic Solis, Maryland (TF; 5:40) | B1G | 17-4 |
| 3/10 | 174 | W, 11-3 | Brody Baumann, Purdue (MD) | B1G | 18-4 |
| 3/10 | 174 | W, 4-1 (sv) | #8 Patrick Kennedy, Iowa | B1G | 19-4 |
| 3/10 | 174 | W, 4-2 | #23 Jackson Turley, Rutgers | B1G (3rd) | 20-4 |
| 3/19 | 174 | W, 4-2 | #27 Danny Wask, Navy | NCAA | 21-4 |
| 3/19 | 174 | W, 4-1 (sv) | #11 Austin Murphy, Campbell | NCAA | 22-4 |
| 3/20 | 174 | W, 4-1 (sv) | #3 Edmond Ruth, Illinois | NCAA | 23-4 |
| 3/20 | 174 | W, 4-1 (sv) | #7 Lennox Wolak, Columbia | NCAA | 24-4 |
| 3/21 | 174 | L, 0-2 | #1 Carter Starocci, Penn State | NCAA (2nd) | 24-5 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2023-24* | 24-5 | 8-3 (5-3) | 16-2 (5-1/4-1) | 1-0 | 5-0 | 5-0 | 29 |
| 2024-25* | 12-0 | 0-0 (0-0) | 12-0 (0-0/0-0) | 3-0 | 6-0 | 2-0 | 0 |
| 2025-26 | 24-1 | 15-0 (8-0) | 9-1 (3-0/4-1) | 1-0 | 6-0 | 5-0 | 59 |
| **Career** | **60-6** | **23-3 (13-3)** | **37-3 (8-1/8-2)** | **5-0** | **17-0** | **12-0** | **88** |

* - AT OHIO STATE



## RETURNING LETTERWINNERS





# SAM BECKETT

**174 | SENIOR**
**Harleysville, Pa.**
**Souderton**

**FOLLOW SAM ON...**
**Instagram**.....@sambeckett_

**PERSONAL**
**Parents**.....Wendy & Thomas
**Major**.....Physiology

**STATISTICS**
**Career Record**.....32-17
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....1
**Career Tech. Falls**.....4
**Career Major Dec.**.....10
**Career Bonus Rate**.....30.6%

**CAREER**

**Academic:** Academic All-Big Ten (2026)

**2025-26 • SENIOR SEASON**

**Season:** Finished with a 15-7 collegiate record with five of his 15 victories coming in bonus-point fashion... Registered four major decisions and one technical fall... Finished sixth at the Shorty Hitchcock Memorial Open on November 15, defeating one non-collegiate athlete while going 4-2 at the event (3-2 collegiate)... Finished fifth at the Black Knight Invite on November 23... Booked a fourth-place result at the Bloomsburg Open on January 24, logging his only tech of the season in the quarterfinals... Went 5-1 at the Edinboro Open to take third place on January 31.

**2024-25 • JUNIOR SEASON**

**Season:** Went 12-5 in open tournaments during his first season with the Nittany Lions, registering one pin, three technical falls and five major decisions for a 75 percent bonus rate... Picked up two wins, including a major and technical fall at Mat Town I on December 1... Went 4-1 with three major decisions at the Franklin & Marshall Open on January 10... Went 4-0 at the Messiah Open on February 8 with all four wins going down as technical falls.

**2023-24 • SOPHOMORE SEASON (AT STANFORD)**

**Season:** Did not compete in the 2023-24 season.

**2022-23 • FRESHMAN SEASON (AT STANFORD)**

**Season:** Finished 2-2 overall at 165 pounds in his initial season of collegiate wrestling, booking his only appearance for the Cardinal at the Reno Tournament of Champions on December 18.

**HIGH SCHOOL**

A native of Harleysville, Pennsylvania, Beckett is a 2022 graduate of Souderton Area High School... Was a four-year letterwinner on the varsity wrestling team and a three-time team captain... Was a two-time National Prep All-American... Picked up NHSCA All-America honors, in addition to being named a National Recruiting Showcase All-American... In addition to wrestling, Beckett was a varsity soccer player for two seasons, helping his team to a top 10 national ranking in addition to being an All-League and All-Area honoree on an individual basis while leading the squad in assists during his soccer career.

**PERSONAL**

Son of Thomas and Wendy Beckett... His father, Thomas, played soccer at Penn State... Has one younger sister named Hannah... Majoring in Physiology at Penn State.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2021-22* | 3-3 | 0-0 (0-0) | 3-3 (0-0/0-0) | 0-0 | 0-0 | 1-0 | 0 |
| 2022-23* | 2-2 | 0-0 (0-0) | 2-2 (0-0/0-0) | 0-2 | 0-0 | 0-0 | 0 |
| 2023-24* | - | - | - | - | - | - | - |
| 2024-25 | 12-5 | 0-0 (0-0) | 12-5 (0-0/0-0) | 1-0 | 3-1 | 5-1 | 0 |
| 2025-26 | 15-7 | 0-0 (0-0) | 15-7 (0-0/0-0) | 0-0 | 1-0 | 4-5 | 0 |
| **Career** | **32-17** | **0-0 (0-0)** | **32-17 (0-0/0-0)** | **1-2** | **4-1** | **10-6** | **0** |

* - AT STANFORD



## DAWSON BUNDY



# DAWSON BUNDY

**285 | JUNIOR**
**St. George, Utah**
**Desert Hills**

**FOLLOW DAWSON ON...**
**Instagram**.....@dawson_bundy

**PERSONAL**
**Parents**.....Ashlie & Judd
**Major**.....Undergraduate Studies

**STATISTICS**
**Career Record**.....4-4
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....0
**Career Tech. Falls**.....1
**Career Major Dec.**.....2
**Career Bonus Rate**.....37.5%

### CAREER

**Academic:** Academic All-Big Ten (2026)

### 2025-26 • SOPHOMORE SEASON

**Season:** Registered a 4-4 record in collegiate competition... Three of his four collegiate victories were bonus-point wins, including two major decisions and a technical fall... Opened the season with a 1-2 showing at the Journeymen Collegiate Classic on November 9... Went 1-2 at the Southern Scuffle on January 3... Opened the Bloomsburg Open on January 24 with a technical fall victory... Ultimately placed fourth at the Bloomsburg Open after going 3-2 overall at the event with a 2-0 mark against collegians.

### 2024-25 • FRESHMAN SEASON

**Season:** Did not compete as a true freshman.

### HIGH SCHOOL

A native of St. George, Utah, Bundy is an alumnus of Desert Hills High School... Was a multi-time placewinner in the state of Utah, finishing as a state runner-up in 2020 before winning individual state championships in both 2021 and 2022.

### PERSONAL

Hailing from St. George, Utah, Dawson Bundy is the son of Ashlie and Judd Bundy... He has one sister named Ava, and three brothers, Braxton, Cooper and Bekham... Bundy is currently an undergraduate studies major at Penn State.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | - | - | - | - | - | - | - |
| 2025-26 | 4-4 | 0-0 (0-0) | 4-4 (0-0/0-0) | 0-0 | 1-0 | 2-1 | 0 |
| **Career** | **4-4** | **0-0 (0-0)** | **4-4 (0-0/0-0)** | **0-0** | **1-0** | **2-1** | **0** |





# ASHER CUNNINGHAM

## 184 | SOPHOMORE
State College, Pa.
State College

**FOLLOW ASHER ON...**
Instagram.....@asher_cunningham

**PERSONAL**
Parents.....Tara & Casey
Major.....Business

**STATISTICS**
Career Record.....7-0
Career Dual Record.....0-0
Career Dual Points.....0
Career B1G Record.....0-0
Career Falls.....2
Career Tech. Falls.....0
Career Major Dec.....4
Career Bonus Rate.....85.7%

**2025-26 • FRESHMAN SEASON**

**Season:** Booked an unblemished 7-0 record in his first season of collegiate competition, mustering six victories in bonus-point fashion for a 85.7 percent bonus rate... Opened his collegiate career at the Black Knight Invite on November 23, registering a pair of major decisions to punch his ticket to the finals before falling to teammate Rocco Welsh in a non-counting match... Wrapped his season up at the Southern Scuffle on January 3, claiming the tournament championship at 184 pounds with two pins, two major decisions and a decision in the final to take the victory.

**HIGH SCHOOL**

Hails from State College, Pennsylvania, and State College High School. Won two consecutive Pennsylvania State Championships as an individual, combining for a 135-20 record over four years.

**PERSONAL**

Son of Tara and Casey Cunningham... Father Casey is associate head coach at Penn State and Mother Tara is an Olympic Gold Medalist for the United States in weightlifting... Has two brothers, Hayden and Ryder (Hayden is on the Nittany Lion wrestling team) and two sisters, Sage and Sterling.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 7-0 | 0-0 (0-0) | 7-0 (0-0/0-0) | 2-0 | 0-0 | 4-0 | 0 |
| **Career** | **7-0** | **0-0 (0-0)** | **7-0 (0-0/0-0)** | **2-0** | **0-0** | **4-0** | **0** |





# HAYDEN CUNNINGHAM

**141 | JUNIOR**
**State College, Pa.**
**State College**

**FOLLOW HAYDEN ON...**
**Instagram**.....@haydenwcunningham

**PERSONAL**
**Parents**.....Tara & Casey
**Major**.....Business Administration

**STATISTICS**
**Career Record**.....12-10
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....4
**Career Tech. Falls**.....1
**Career Major Dec.**.....2
**Career Bonus Rate**.....27.3%

## CAREER

**Academic:** Academic All-Big Ten (2026)

### 2025-26 • SOPHOMORE SEASON

**Season:** Published a 12-10 collegiate record competing in open tournaments during the 2025-26 season... Registered two major decisions, one technical fall and four wins by fall during the year... Took third place at the Shorty Hitchcock Memorial Open with a pin over Navy's Nicholas Vafiadis in the third-place bout... Rung in the new year with a third-place result at the Bobby Kauffman Memorial Open in Edinboro... Took fourth at the 2026 Bloomsburg Open with a 2-2 showing... Went 2-2 at the 2026 Edinboro Open, taking fifth place... Booked a fifth-place showing at the Lock Haven College Open 2, winning by major decision over CJ Carr of Lock Haven in the fifth-place match.

### 2024-25 • FRESHMAN SEASON

**Season:** Did not wrestle during the 2024-25 season, maintaining redshirt status.

### HIGH SCHOOL

Cunningham is the son of Tara Cunningham and Penn State Associate Head Coach Casey Cunningham... Three year letterwinner at State College High School (missed one season with an injury)... Was a PIAA state place winner as a senior, winning both district and regional championships... Placed eighth at both PowerAde and Escape the Rock in 2022-23 as well... Voted Team Captain in 2022-23... Helped lead State High to District 6 Dual Championships.

### PERSONAL

A native of State College, Pennsylvania four siblings: Brothers Asher and Ryder, sisters Saige and Sterling...Mother Tara won Olympic Gold in weightlifting in 2000 (was a two-time Olympian)...Father Casey wrestled at Central Michigan, two-time All-American and 1999 NCAA Champion (157)...Uncle Ryan wrestled for CMU and was a three-time All-American...Business administration major at Penn State.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | - | - | - | - | - | - | - |
| 2025-26 | 12-10 | 0-0 (0-0) | 12-10 (0-0/0-0) | 4-1 | 1-0 | 2-2 | 0 |
| **Career** | **12-10** | **0-0 (0-0)** | **12-10 (0-0/0-0)** | **4-1** | **1-0** | **2-2** | **0** |





# SEAN DEGL

## 174 | SOPHOMORE
**Mahopac, N.Y.**
**Iona Prep**
**PRONUNCIATION | Deeg-Ull**

**FOLLOW SEAN ON...**
**Instagram**.....@sean.degl

**PERSONAL**
**Parents**.....Jennifer & John
**Major**.....Business

**STATISTICS**
**Career Record**.....3-5
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....0
**Career Tech. Falls**.....0
**Career Major Dec.**.....0
**Career Bonus Rate**.....N/A

**2025-26 • FRESHMAN SEASON**

**Season:** Published a 3-5 overall record in his inaugural season of collegiate competition... Opened his collegiate career at the Southern Scuffle on January 3, booking a win by medical forfeit... Battled for a sixth-place result at the Bloomsburg Open on January 24, going 2-3 at the event with decisions over Eric Alderfer of Bloomsburg and Oliver Howard of Columbia highlighting his run.

**HIGH SCHOOL**

Graduate of Iona Prep High School... Was a four-time letterwinner at Iona Prep in New York... Elected as a two-time team captain... Posted a 126-16 overall record during his time in High School... Led his team to a State Championship and was named Most Outstanding Wrestler at the tournament.

**PERSONAL**

A native of Mahopac, New York, Sean Degl is the son of Jennifer and John Degl... His father, John, wrestled at Iowa... Degl has one sister, Joy, and two brothers, Jack and Shane... Considering a business or marketing major in the Penn State Smeal College of Business.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 3-5 | 0-0 (0-0) | 3-5 (0-0/0-0) | 0-0 | 0-0 | 0-2 | 0 |
| **Career** | **3-5** | **0-0 (0-0)** | **3-5 (0-0/0-0)** | **0-0** | **0-0** | **0-2** | **0** |





# NATE DESMOND

## 133 | SOPHOMORE
**Bethlehem, Pa.**
**Bethlehem Catholic**

**FOLLOW NATE ON...**
**Instagram**.....@nate_des05
**X**.....@desmondredhawk

**PERSONAL**
**Parents**.....Sara & Scott
**Major**.....Communications

**STATISTICS**
**Career Record**.....7-0
**Career Dual Record**.....4-0
**Career Dual Points**.....13
**Career B1G Record**.....1-0
**Career Falls**.....0
**Career Tech. Falls**.....1
**Career Major Dec.**.....2
**Career Bonus Rate**.....42.9%

**2025-26 • FRESHMAN SEASON**

**Season:** Roared out of the gates in his collegiate debut season, publishing a 7-0 overall record with a 3-0 mark in tournament action and a 4-0 slate in dual meet competition... Competed at both 125 and 141 over the course of the year... Was victorious in his only Big Ten Conference dual meet action... Forced 13 dual points overall and allowed zero... Won one match in sudden victory and added three wins by bonus, with two majors and a tech to his credit.

**Black Knight Invite (11/23):** Went 3-0 with a tech fall and a major to win the 125-pound title at Army West Point, beating No. 16 Cooper Flynn of Chattanooga 7-0, and majoring No. 23 Charlie Famer of Army, 17-4. **Wyoming (12/13):** Moved up two weights to 141 to beat John Alden, 11-4. **Collegiate Wrestling Duals (12/20):** Picked up two more wins at 141, beating Michael Olsen of NDSU, 4-1, and majoring Stanford's Lain Yapoujian, 9-0. **Michigan (2/6):** Moved up to 141 again and posted an 8-5 (sv) win over No. 26 Dylan Ragusin in B1G dual action, his first career conference win, in Ann Arbor.

**HIGH SCHOOL**

Desmond attended Wyoming Seminary and Bethlehem Catholic High School, training under coaches Jeff Karam, Randy Cruz and Cornell Robinson... Won the 2024 Prep Nationals crown... Earned an Ironman Championship title in his senior season... Helped lead Bethlehem Catholic to two state titles... Was a four-time letterman as well as a two-time team captain... Two-time Pennsylvania title winner as an individual at Bethlehem Catholic.

**PERSONAL**

Born in the fall of 2005, Nate Desmond is the eldest child of Sara and Scott Desmond... He has two younger siblings, a sister named Nicole and brother named Noah... His sister, Nicole, is a gymnast at Oklahoma... He has three uncles who competed in wrestling at the collegiate level, Matt Ciasulli and Seth Ciasulli at Lehigh, as well as Andy Ciasulli at Drexel... His aunt, Jaime, attended Penn State University... Desmond is studying communications in the Donald P. Bellisario College of Communications at Penn State... He hopes to continue his wrestling career professionally on the freestyle circuit after graduation and will look to also fight in the UFC after college.

## MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/23 | 125 | W, 15-0 | Connor Smith, Columbia (TF; 4:02) | BKI | 1-0 |
| 11/23 | 125 | W, 7-0 | #16 Cooper Flynn, Chattanooga | BKI | 2-0 |
| 11/23 | 125 | W, 17-4 | #23 Charlie Farmer, Army (MD) | BKI | 3-0 |
| 12/13 | 141 | W, 11-4 | John Alden, Wyoming | Dual | 4-0 |
| 12/20 | 141 | W, 4-1 | Michael Olsen, North Dakota State | Dual | 5-0 |
| 12/20 | 141 | W, 9-0 | Lain Yapoujian, Stanford (MD) | Dual | 6-0 |
| 2/6 | 141 | W, 8-5 (sv) | #26 Dylan Ragusin, Michigan | Dual | 7-0 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 7-0 | 4-0 (1-0) | 3-0 (0-0/0-0) | 0-0 | 1-0 | 2-0 | 13 |
| **Career** | **7-0** | **4-0 (1-0)** | **3-0 (0-0/0-0)** | **0-0** | **1-0** | **2-0** | **13** |





# MASON ELLIS

## 197 | SOPHOMORE
Gurley, Ala.
Madison County

**FOLLOW MASON ON...**
Instagram.....@masonellis007
X.....@ThatsMasonEllis

**PERSONAL**
Parents.....Lori & Mark
Major.....Business

**STATISTICS**
Career Record.....10-3
Career Dual Record.....0-0
Career Dual Points.....0
Career B1G Record.....0-0
Career Falls.....1
Career Tech. Falls.....3
Career Major Dec.....2
Career Bonus Rate.....46.2%

**2025-26 • FRESHMAN SEASON**

Season: Impressed in his inaugural season of collegiate wrestling, publishing a 10-3 overall record highlighted by a pair of major decisions, three technical falls and one win by fall... Opened his season with a second-place result at the Kent State Holiday Classic Open on December 20, going 4-0 with a non-counting loss to a non-collegiate athlete in the final... Went 1-2 at the Southern Scuffle... Rolled to a 4-0 showing at the Edinboro Open on January 31, winning the tournament title at 197... Booked a 19-3 technical fall in the first match of the Lock Haven College Open 2 on February 15 before medically forfeiting out of the remainder of the tournament.

**HIGH SCHOOL**

Ellis comes to Penn State from Madison County High School... Won two Alabama State Championships and placed third as a freshman... Served as a four-time team captain... Posted a 111-3 overall record in three years as a starter... Was named a 16U Fargo freestyle and Greco All-American as well as a Folkstyle All-American.

**PERSONAL**

A native of Gurley, Alabama, Ellis is the only son of Lori and Mark Ellis... He has one sister, named Britt... Is studying business at the prestigious Penn State Smeal College of Business.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 10-3 | 0-0 (0-0) | 10-3 (0-0/0-0) | 1-0 | 3-0 | 2-0 | 0 |
| **Career** | **10-3** | **0-0 (0-0)** | **10-3 (0-0/0-0)** | **1-0** | **3-0** | **2-0** | **0** |



## KYISON GARCIA



# KYISON GARCIA

**141 | SENIOR**
**South Jordan, Utah**
**Mountain Ridge**
**PRONUNCIATION | Ky-Sin**

**FOLLOW KYISON ON...**
**Instagram**..... @kyison_garcia

**PERSONAL**
**Parents**..... Josie & Patrick
**Major**..... Finance

**STATISTICS**
**Career Record**..... 15-10
**Career Dual Record**..... 1-2
**Career Dual Points**..... 3
**Career B1G Record**..... 1-1
**Career Falls**..... 0
**Career Tech. Falls**..... 4
**Career Major Dec.**..... 2
**Career Bonus Rate**..... 24.0%

**CAREER**

**Academic:** 2X Academic All-Big Ten (2025, 2026).

**2025-26 • JUNIOR SEASON**

Season: Published a 7-4 overall record in 2025-26, including a pair of major decision victories and a technical fall, all in open tournaments.

**Black Knight Invite (11/23):** Went 4-2 with a tech and a major to place sixth. **Patriot Open (2/22):** Went 2-0, plus a third win against a non-collegiate wrestler, to claim the 141-pound title.

**2024-25 • SOPHOMORE SEASON**

**Season:** Went 2-3 overall... Made dual meet debut, going 1-2 in duals and 1-1 in Big Ten action.

**Black Knight Invite (11/24):** Went 1-1 in addition to logging a 1-1 mark against teammates. **Michigan (2/7):** Made his Penn State dual meet debut, beating Nolan Wertanen of Michigan in a BJC Dual. **Maryland (2/9):** Lost to No. 15 Braxton Brown, 9-1. **American (2/21):** Lost a close 9-7 decision to Raymond Lopez.

**2023-24 • FRESHMAN SEASON**

**Season:** Went 6-3 in open tournaments.

**Edinboro Open (2/3):** Went 3-2 at Edinboro Open with a tech fall. **NCO (2/25):** Posted 3-1 mark with a tech fall at National Collegiate Open in late February.

**HIGH SCHOOL**

Graduate of Mountain Ridge High School... Three-time Utah State Champion, placed third as a sophomore battling through injury... Logged a 156-12 career record... Fargo All-American... Placed Top 5 at high school nationals twice... Reno TOC finalist... Four-time letterman and team captain at MRHS.

**PERSONAL**

Hailing from South Jordan, Utah, Kyison Garcia is the son of Josie and Patrick Garcia... High honors student in high school, near-4.0 GPA and won Shining Sentinel Award as best student-athlete

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2023-24 | 6-3 | 0-0 (0-0) | 6-3 (0-0/0-0) | 0-0 | 2-1 | 0-0 | 0 |
| 2024-25 | 2-3 | 1-2 (1-1) | 1-1 (0-0/0-0) | 0-0 | 1-0 | 0-1 | 3 |
| 2025-26 | 7-4 | 0-0 (0-0) | 7-4 (0-0/0-0) | 0-0 | 1-0 | 2-1 | 0 |
| **Career** | **15-10** | **1-2 (1-1)** | **14-8** | **0-0** | **4-1** | **2-2** | **3** |



2026-27



# CONNOR MIRASOLA

**285 | JUNIOR**
**Jackson, Wis.**
**West Bend**
**PRONUNCIATION | Meer-Uh-So-Luh**

**FOLLOW CONNOR ON...**
**Instagram**.....@connor.mirasola
**X**.....@connor_mirasola

**PERSONAL**
**Parents**.....Roberta & John
**Major**.....Kinesiology

**STATISTICS**
**Career Record**.....14-1
**Career Dual Record**.....3-1
**Career Dual Points**.....12
**Career B1G Record**.....0-0
**Career Falls**.....4
**Career Tech. Falls**.....4
**Career Major Dec.**.....3
**Career Bonus Rate**.....73.3%

**CAREER**

**Athletic:** 2X U23 Pan American Champion (2025, 2026)... 2X U20 Pan American Champion (2024, 2025)

**Academic:** Academic All-Big Ten (2026)

**2025-26 • SOPHOMORE SEASON**

**Season:** Booked a 6-1 individual record in the 2025-26 season, appearing in four dual meets and racking up a 3-1 mark in those opportunities... Outscored opponents in terms of dual team points by a 12-4 differential... Had a pair of pins, pair of technical falls and a major decision while representing the Blue & White at 197 pounds.

**Oklahoma (11/14):** Recorded his first Penn State dual win, posting convincing 13-3 major decision over No. 8 DJ Parker in the BJC. **Black Knight Invite (11/23):** Won the BKI title with a 3-0 showing at 197 pounds, including two falls and a technical fall... Teched No. 25 William Frable 17-2 (7:00) in the finals. **Drexel (12/5):** Rolled up seven takedowns in a 22-5 tech fall over Justin Griffith (5:38). **Lehigh (12/7):** Posted an 8-3 win over Remy Brancato. **Wyoming (12/13):** Lost 10-2 to No. 4 Joey Novak in Laramie.

**2024-25 • FRESHMAN SEASON**

**Season:** Posted an 8-0 overall record during redshirt season as a true freshman... Wrestled in two tournaments, winning one.

**Black Knight Invite (11/24):** Posted a 3-0 mark and placed third... Only loss was to teammate Josh Barr... Had a major and a fall over Michigan State's Kael Wisler. **Southern Scuffle (1/3-4):** Won the Southern Scuffle title with a 5-0 run at 197... Had two tech falls over Liam Volk-Klos of American and Max Shulaw of Virginia, a pin against Andrew Liber of Bellarmine and a major over Wolfgang Frable of Army... Beat No. 27 Patrick Brophy of American 7-3 to secure the title.

**HIGH SCHOOL**

Graduate of West Bend High School... Won four straight Wisconsin individual state titles... Voted team captain four straight seasons at WBHS... Also played football as a freshman... Competed in U.S. Olympic Trials in the Bryce Jordan Center as well as Senior Nationals... Tied for fifth at the 2024 U20 World Championships in Spain, just one win shy of a Bronze Medal.

**PERSONAL**

Hailing from Jackson, Wisconsin, Connor Mirasola is the son of Roberta and John Mirasola and twin brother of Cole... His father, John, played football collegiately at the University of Wisconsin-Lacrosse... Is studying kinesiology at Penn State in the College of Health and Human Development.

## MATCH-BY-MATCH

### 2025-26

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/14 | 197 | W, 13-3 | #8 DJ Parker, Oklahoma (MD) | Dual | 1-0 |
| 11/23 | 197 | WBF | Eli Pack, Army (2:38) | BKI | 2-0 |
| 11/23 | 197 | WBF | Adam Haselius, Columbia (2:28) | BKI | 3-0 |
| 11/23 | 197 | W, 17-2 | #25 William Frable, Army (TF; 7:00) | BKI | 4-0 |
| 12/5 | 197 | W, 22-5 | Justin Griffith, Drexel (TF; 5:38) | Dual | 5-0 |
| 12/7 | 197 | W, 8-3 | Remy Brancato, Lehigh | Dual | 6-0 |
| 12/13 | 197 | L, 2-10 | #4 Joey Novak, Wyoming | Dual | 6-1 |

### 2024-25

| Date | Wt. | Result | Opponent | Place | Rec |
|---|---|---|---|---|---|
| 11/17 | 197 | W, 15-6 | Reid Schroeder, Army WP (MD) | BKI | 1-0 |
| 11/17 | 197 | WBF | Kael Wisler, Michigan State (5:33) | BKI | 2-0 |
| 11/17 | 197 | W, 8-4 | Remy Cotton, Michigan State | BKI | 3-0 |
| 1/3 | 197 | W, 24-5 | Liam Volk-Klos, American (TF; 6:35) | Scuffle | 4-0 |
| 1/3 | 197 | W, 14-4 | Wolfgang Frable, Army WP (MD) | Scuffle | 5-0 |
| 1/3 | 197 | WBF | Andre Liber, Bellarmine (3:20) | Scuffle | 6-0 |
| 1/4 | 197 | W, 21-5 | Max Shulaw, Virginia (TF; 6:12) | Scuffle | 7-0 |
| 1/4 | 197 | W, 7-3 | #27 Patrick Brophy, The Citadel | Scuffle (1st) | 8-0 |

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | 8-0 | 0-0 (0-0) | 8-0 (0-0/0-0) | 2-0 | 2-0 | 2-0 | 0 |
| 2025-26 | 6-1 | 3-1 (0-0) | 3-0 (0-0/0-0) | 2-0 | 2-0 | 1-1 | 12 |
| **Career** | **14-1** | **3-1 (0-0)** | **11-0 (0-0/0-0)** | **4-0** | **4-0** | **3-1** | **12** |



## CAEL NASDEO



# CAEL NASDEO

**149 | JUNIOR**
**Williamsport, Pa.**
**Williamsport**
**PRONUNCIATION | Nazz-Dee-Oh**

**FOLLOW CAEL ON...**
**Instagram**.....@cael__nasdeo
**X**.....@nasdeo_cael

**PERSONAL**
**Parents**.....Keri & Brian
**Major**.....Kinesiology

**STATISTICS**
**Career Record**.....8-11
**Career Dual Record**.....0-3
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....0
**Career Tech. Falls**.....2
**Career Major Dec.**.....2
**Career Bonus Rate**.....21.1%

### CAREER

**Academic:** Academic All-Big Ten (2026)

### 2025-26 • SOPHOMORE SEASON

**Season:** Published a 2-6 individual record in the 2025-26 campaign with one major decision to his credit... Appeared in a pair of dual meets for the Nittany Lions.

**Black Knight Invite (11/23):** Went 1-2 at the Black Knight Invite, including a 15-12 win over #26 Lorenzo Frezza of Columbia. **Drexel (12/5):** Lost, 8-5, to Jordan Soriano in Philadelphia. **Lehigh (12/7):** Dropped a 5-1 decision to Carter Bailey. **Southern Scuffle (1/3-4):** Went 1-2 at the tournament with a major decision.

### 2024-25 • FRESHMAN SEASON

**Season:** Went 6-5 during his first collegiate season... Made his Penn State dual meet debut against Drexel on November 17.

**Drexel (11/17):** Made his Penn State dual meet debut in the season opener, losing an 11-8 decision to Drexel's Jordan Soriano in Rec Hall. **Black Knight Invite (11/24):** Went 1-2 at the Black Knight Invite with a technical fall at Army. **Kauffman Open (1/4):** Posted A 3-0 mark, plus non-collegiate win, with a technical fall and a major decision. **F&M Open (1/10):** Went 1-2, plus win over teammate, at the F&M Open.

### HIGH SCHOOL

Graduated from Williamsport High School in 2023... Won Pennsylvania State Championship individually in 2023... Multiple time PIAA place winner... Team was district runner-up... Was selected as a three-time state All-Academic honoree.

### PERSONAL

Hailing from Williamsport, Pennsylvania, Cael Nasdeo is the son of Keri and Brian Nasdeo... He has two siblings, a brother named Collin and sister named Mari... His father, Brian, wrestled collegiately at Drexel... Nasdeo majors in kinesiology in the Penn State College of Health and Human Development.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | 6-5 | 0-1 (0-0) | 6-4 (0-0/0-0) | 0-0 | 2-0 | 1-0 | 0 |
| 2025-26 | 2-6 | 0-2 (0-0) | 2-4 (0-0/0-0) | 0-0 | 0-0 | 1-1 | 0 |
| **Career** | **8-11** | **0-3 (0-0)** | **8-8 (0-0/0-0)** | **0-0** | **2-0** | **2-1** | **0** |



2026-27



# MASANOSUKE ONO

**133 | SENIOR**
**Matsue City, Japan**
**Tosu Technical**
**PRONUNCIATION | Masa-No-Soo-Kay Oh-No**

**FOLLOW MASANOSUKE ON...**
**Instagram**.....@onomasanosuke61

**PERSONAL**
**Parents**.....Noriko & Masaharu
**Major**.....Philosophy

**STATISTICS**
**Career Record**.....0-0
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....0
**Career Tech. Falls**.....0
**Career Major Dec.**.....0
**Career Bonus Rate**.....N/A

**CAREER**

**Athletic:** Senior World Champion (2024)... U20 World Champion (2024)... Japanese National Champion (2024)

**2025-26 • JUNIOR SEASON**

**Season:** Did not compete during the 2025-26 season.

**BEFORE PENN STATE**

One of the most decorated freestyle wrestlers in the world, Masanosuke Ono is both a senior and age-group World Champion with international acclaim... Notably took home the gold medal at the 2024 Senior World Championships in Tirana, Albania... Also boasts a U20 World Championship title from 2024, with both his senior and age-group world titles coming at 61 kilograms... Won the 2024 Yaşar Doğu Gold Medal in Antalya, Turkey at 61kg... Took gold at the 2024 Japanese National Championships a year following his silver-medal result up a weight class at 65kg from 2023... Added a bronze medal result at the 2024 Asian Championships at 65 kilos.

**PERSONAL**

Born in the winter of 2004, Masanosuke Ono is the son of Noriko and Masaharu Ono... He has one sister, named Konami... Ono graduated from Tosu Technical School and went to Yamanashi Gakuin University in Japan prior to enrolling at Penn State.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | - | - | - | - | - | - | - |
| **Career** | - | - | - | - | - | - | - |



2026-27



# DALTON PERRY

## 149 | SOPHOMORE
Renovo, Pa.
Central Mountain

**FOLLOW DALTON ON...**
Instagram.....@daltonperry70

**PERSONAL**
Parents.....Carrie & Richard
Major.....Business

**STATISTICS**
Career Record.....5-1
Career Dual Record.....0-0
Career Dual Points.....0
Career B1G Record.....0-0
Career Falls.....1
Career Tech. Falls.....0
Career Major Dec.....2
Career Bonus Rate.....50.0%

**2025-26 • FRESHMAN SEASON**

**Season:** Finished his collegiate debut campaign with a 5-1 overall record, highlighted by the fastest fall on the Penn State roster in 2025-26... Booked a pair of victories by major decision in addition to one pin for a 50 percent bonus rate... Pinned Bloomsburg's Alec Baxley in a mere 10 seconds in his first collegiate match at the 2026 Bloomsburg Open on January 24, the fastest fall on PSU's roster... Went on to finish second at Bloomsburg following a major decision win and narrow 4-3 defeat in the final... Took the 149-pound title at the Lock Haven College Open-2 on February 15, going 3-0 with an additional win over a non-collegiate opponent.

**HIGH SCHOOL**

Graduated from Central Mountain High School in Lock Haven, Pennsylvania, in 2025... Was a four-time letterman at Central Mountain... Won a state championship with four top-three finishes at PIAA Championships over his career... Combined for an overall record of 161-16 during his time in high school

**PERSONAL**

A native of Renovo, Pennsylvania, Dalton Perry is the son of Carrie and Richard Perry... He has one brother named Richard... While enrolled at Penn State, Perry is studying business in the prestigious Smeal College of Business.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2025-26 | 5-1 | 0-0 (0-0) | 5-1 (0-0/0-0) | 1-0 | 0-0 | 2-0 | 0 |
| **Career** | **5-1** | **0-0 (0-0)** | **5-1 (0-0/0-0)** | **1-0** | **0-0** | **2-0** | **0** |





# CONNOR PIERCE

## 149 | SENIOR
Erie, Pa.
Harbor Creek

**FOLLOW CONNOR ON...**
Instagram.....@connorpierce__
Instagram.....@connorpierce___

**PERSONAL**
Parents.....Sarah & Sean
Major.....Business

**STATISTICS**
Career Record.....35-12
Career Dual Record.....1-2
Career Dual Points.....3
Career B1G Record.....0-1
Career Falls.....7
Career Tech. Falls.....5
Career Major Dec.....7
Career Bonus Rate.....40.4%

**2025-26 • JUNIOR SEASON**
**Season:** Rolled to the tune of an 11-1 overall record in his junior year, with all 12 matches coming in open tournament competition... Posted a win by fall, three technical falls and a pair of major decisions in his third collegiate campaign.

**Journeymen Collegiate (11/9):** Recorded a second-place result at the Journeymen Collegiate Classic, publishing a pair of wins by technical fall before falling in a 4-2 decision to Penn's Cross Wasilewski. **Black Knight Invite (11/23):** Booked a runner-up finish at the 2025 Black Knight Invite, posting a 3-0 record with his sole loss coming against PSU teammate Shayne Van Ness at 149... Won his first three matches by bonus, posting a tech, pin and major en route to the final. **Southern Scuffle (1/2-3):** Roared to a 6-0 finish at the Southern Scuffle to take the event title at 149 pounds.

**2024-25 • SOPHOMORE SEASON**
**Season:** Posted a 7-3 overall mark, including picking up his first dual meet win as a Nittany Lion... Had two majors and a fall... Lost in the finals at the 2025 Southern Scuffle.

**Drexel (11/17):** Started in the season opener against Drexel in Rec Hall, picking up a 5-4 win over Dominic Findora for his first dual win as a Nittany Lion. **Black Knight Invite (11/24):** Went 2-2 with a major decision. **Southern Scuffle (1/3-4):** Went 4-1 at the Southern Scuffle with a pin and a major to finish as runner-up at 149... Only loss was a 10-5 decision to No. 11 Jordan Williams of Little Rock in the finals.

**2023-24 • FRESHMAN SEASON**
**Season:** Went 10-7 overall, including two dual meet appearances with one in the Big Ten... Had four pins, a tech and a major.

**Journeymen Collegiate (11/12):** Went 2-1 at the Journeymen Collegiate. **Black Knight Invite (11/19):** Went 1-2 with a pin. **Hofstra (12/10):** Made his Penn State dual meet debut against Hofstra, losing to Noah Tapia. **Maryland (1/28):** Made his Big Ten Conference dual debut against Maryland, dropping a decision to No. 25 Ethen Miller. **Edinboro Open (2/3):** Posted a 4-1 mark with two pins. **National Collegiate Open (2/25):** Went 3-1 with a pin.

**2022-23 • REDSHIRT SEASON**
**Season:** Amassed a 7-1 record in open tournaments during his redshirt campaign... Had two majors, a tech and a fall.

**HIGH SCHOOL**
Graduated from Harbor Creek High School... Was a four-time Pennsylvania state place winner, including a runner-up finish as a senior... Was named team captain for four straight seasons... Was a three-time All-District, three-time All-Region and two-time Region Wrestler of the Year honoree... Went 140-18 over four years as a high school wrestler... Posted a 38-1 record as a senior, with his lone loss by decision in the state title bout... Graduated cum laude from Harbor Creek... Wrestled for Pennsylvania at the Fargo National Championships on two occasions.

**PERSONAL**
A native of Erie, Pennsylvania, Connor Pierce is the son of Sarah and Sean Pierce... He has two sisters, Aubrey and Lindsey... Pierce is currently studying business at the prestigious Penn State Smeal College of Business.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2022-23 | 7-1 | 0-0 (0-0) | 7-1 (0-0/0-0) | 1-0 | 1-0 | 2-0 | 0 |
| 2023-24 | 10-7 | 0-2 (0-1) | 10-5 (0-0/0-0) | 4-0 | 1-0 | 1-3 | 0 |
| 2024-25 | 7-3 | 1-0 (0-0) | 6-3 (0-0/0-0) | 1-0 | 0-0 | 2-0 | 3 |
| 2025-26 | 11-1 | 0-0 (0-0) | 11-1 (0-0/0-0) | 1-0 | 3-0 | 2-0 | 0 |
| **Career** | **35-12** | **1-2 (0-1)** | **34-10 (0-0/0-0)** | **7-0** | **5-0** | **7-3** | **3** |





# JOE SEALEY

## 165 | JUNIOR
**Bear Creek Township, Pa.**
**Wyoming Seminary**

**FOLLOW JOE ON...**
**Instagram**.....@joesealey.jit

**PERSONAL**
**Parent**.....Joe
**Major**.....Computer Science

**STATISTICS**
**Career Record**.....12-3
**Career Dual Record**.....1-2
**Career Dual Points**.....5
**Career B1G Record**.....0-2
**Career Falls**.....2
**Career Tech. Falls**.....4
**Career Major Dec.**.....2
**Career Bonus Rate**.....53.3%

### CAREER
**Academic:** Academic All-Big Ten (2026)

### 2025-26 • SOPHOMORE SEASON
**Season:** Went 12-1 over the course of his second collegiate season, highlighted by his first dual meet victory in November against Oklahoma... Registered a 5-0 dual point scoring differential following a tech fall against the Sooners... Recorded a pair of major decisions, four technical falls and a pair of pins, his fastest of which coming at the 3:24 mark.

**Journeymen Collegiate (11/9):** Opened the season in the round-robin portion of event... Went 2-1 overall at the tournament with a pin, his only loss coming to No. 24 Jimmy Harrington of Harvard by 4-2 decision. **Oklahoma (11/14):** Picked up his first dual win as a Nittany Lion with a 19-4 tech fall over Ladyn Sommer at the 5:47 mark. **Black Knight Invite (11/23):** Went 3-0 with a pin, a tech and a major to place second. **Southern Scuffle (1/3-4):** Went 6-0 to win the Southern Scuffle title... Majored Kyrel Leavell of The Citadel in the semis and downed Daniel Zepada of North Carolina State 11-8 in the finals.

### 2024-25 • FRESHMAN SEASON
**Season:** Went 0-2 during his redshirt season, making his Penn State debut in a pair of Big Ten road duals in February.

**Ohio State (2/14):** Made collegiate debut at Ohio State, dropping a 10-1 bout to No. 11 Brandon Cannon. **Illinois (2/16):** Lost a close 2-1 decision to Jason Kraisser of Illinois in B1G road action.

### HIGH SCHOOL
Hails from Bear Creek Township, Pennsylvania... Graduate Wyoming Seminary... Won a state title as a freshman while living in North Carolina... Won two National Prep Titles at Wyoming Seminary.

### PERSONAL
Son of Joe Sealey... Has one sister named Lillian... Majoring in computer science in the Penn State College of Engineering.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | 0-2 | 0-2 (0-2) | 0-0 (0-0/0-0) | 0-0 | 0-0 | 0-0 | 0 |
| 2025-26 | 12-1 | 1-0 (0-0) | 11-1 (0-0/0-0) | 2-0 | 4-0 | 2-0 | 5 |
| **Career** | **12-3** | **1-2 (0-2)** | **11-1 (0-0/0-0)** | **2-0** | **4-0** | **2-0** | **5** |





# TY WATSON

## 174 | JUNIOR
**Centre Hall, Pa.**
**Penns Valley**

**FOLLOW TY ON...**
**Instagram**.....@tywatsonpsu
**X**.....@ty_watsonpsu

**PERSONAL**
**Parents**.....Kennette & Michael
**Major**.....Telecommunications

**STATISTICS**
**Career Record**.....11-10
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....4
**Career Tech. Falls**.....3
**Career Major Dec.**.....2
**Career Bonus Rate**.....42.9%

**2025-26 • SOPHOMORE SEASON**

**Season:** Registered a 3-4 record in his sophomore season, all in tournament competition... Booked a trio of bonus-point victories in 2025-26, logging one major decision, one technical fall and one pin.

**Southern Scuffle (1/3):** Had a 1-2 finish at the Southern Scuffle, booking a win by fall over Pete Winterstein of North Carolina State. **Lock Haven College Open II (2/15):** Went 2-2 and took sixth place in Lock Haven, rebounding from an early 5-0 defeat to tech Logan Shugar of Sacred Heart 15-0 and major Cameron Milheim of American in a 12-1 affair... Ultimately dropped the fifth-place bout to finish sixth.

**2024-25 • FRESHMAN SEASON**

**Season:** Posted an 8-6 mark in tournaments during his freshman season, booking three pins, two techs and a major decision.

**Black Knight Invite (11/24):** Went 1-2 with a pin at Army. **F&M Open (1/10):** Went 2-2 with a technical fall. **Messiah Open (2/8):** Picked up five wins with two falls, a tech and a major.

**HIGH SCHOOL**

Graduate of Penns Valley High School... Was a regional qualifier as a freshman in high school... Won multiple district and regional titles... Placed at state championships multiple times during his stint at PVHS... Also played football at Penns Valley from 2022-24... Earned All-State recognition on the gridiron, leading the state in points scored... Was a three-time captain for the wrestling team.

**PERSONAL**

A native of Centre Hall, Pennsylvania, Ty Watson is the son of Kennette and Michael Watson... He has one brother, Tripp, and two sisters, Tessa and Taylinn... Watson is studying telecommunications and media industries in the Donald P. Bellisario College of Communications.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | 8-6 | 0-0 (0-0) | 8-6 (0-0/0-0) | 3-0 | 2-1 | 1-0 | 0 |
| 2025-26 | 3-4 | 0-0 (0-0) | 3-4 (0-0/0-0) | 1-1 | 1-0 | 1-1 | 0 |
| **Career** | **11-10** | **0-0 (0-0)** | **11-10 (0-0/0-0)** | **4-1** | **3-1** | **2-1** | **0** |





# BROCK WEISS

**149 | JUNIOR**
**Jersey Shore, Pa.**
**Jersey Shore**
**PRONUNCIATION | Why-Ss**

**FOLLOW BROCK ON...**
**Instagram**.....@brockweiss1

**PERSONAL**
**Parents**.....Lee Ann & Ted
**Major**.....Business

**STATISTICS**
**Career Record**.....10-6
**Career Dual Record**.....0-0
**Career Dual Points**.....0
**Career B1G Record**.....0-0
**Career Falls**.....0
**Career Tech. Falls**.....3
**Career Major Dec.**.....3
**Career Bonus Rate**.....37.5%

**2025-26 • SOPHOMORE SEASON**

**Season:** Turned in a 6-3 season in his sophomore campaign, with all matches coming in tournament action... Booked a pair of wins by major decision and one by technical fall.

**Shorty Hitchcock Memorial Open (11/15):** Went 2-2 in the 149 pounds at the Shorty Hitchcock Memorial Open, booking a major decision to highlight his time at the event. **Edinboro Open (1/4):** Had a 4-1 showing en route to a fifth-place finish at the Edinboro Open, booking a technical fall and major decision at the tournament.

**2024-25 • FRESHMAN SEASON**

**Season:** Went 4-3 during his freshman season, competing at two open tournaments and adding two wins over non-collegiates athletes as well.

**F&M Open (1/10):** Went 1-2 with a major plus a non-collegiate win. **Messiah Open (2/8):** Went 3-1 with two techs and a non-collegiate victory.

**HIGH SCHOOL**

Graduate of Jersey Shore High School... Was a four-year letterwinner and starter for the Bulldogs, tallying a 133-13 overall record... Had 76 pins as a high school student-athlete, adding 17 technical falls and six major decisions to his record... Voted team captain as a senior... Was a two-time district champion, in addition to being a PIAA place winner in 2022 and a regional champion in 2024.

**PERSONAL**

Hailing from Jersey Shore, Pennsylvania, Brock Weiss is the son of Lee Ann and Ted Weiss... Was an outstanding student at Jersey Shore High School, maintaining a membership in the National Honor Society and German Honor Society... While at Penn State, Weiss is studying business in the Smeal College of Business.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2024-25 | 4-3 | 0-0 (0-0) | 4-3 (0-0/0-0) | 0-0 | 2-0 | 1-0 | 0 |
| 2025-26 | 6-3 | 0-0 (0-0) | 6-3 (0-0/0-0) | 0-2 | 1-0 | 2-0 | 0 |
| **Career** | **10-6** | **0-0 (0-0)** | **10-6 (0-0/0-0)** | **0-2** | **3-0** | **3-0** | **0** |





# BRANDEN WENTZEL

**125 | SENIOR**
**Montoursville, Pa.**
**Montoursville**

**FOLLOW BRANDEN ON...**
**Instagram**.....@branden_wentzel1

**PERSONAL**
**Parents**.....Jamie & Mike
**Major**.....Education

**STATISTICS**
**Career Record**.....4-10
**Career Dual Record**.....1-5
**Career Dual Points**.....3
**Career B1G Record**.....0-0
**Career Falls**.....0
**Career Tech. Falls**.....1
**Career Major Dec.**.....0
**Career Bonus Rate**.....7.1%

**2025-26 • JUNIOR SEASON**

**Season:** Did not compete in the 2025-26 season.

**2024-25 • SOPHOMORE SEASON (AT LOCK HAVEN)**

**Season:** Spent one semester enrolled at Lock Haven before returning to Penn State ahead of the 2025-26 season... Booked a 1-8 overall record on the season, with his lone win coming by way of a 6-4 decision in dual meet competition against Bucknell's Chris Nucifora at 125 pounds on January 30.

**2023-24 • FRESHMAN SEASON**

**Season:** Went 3-2, with all five of his matches coming at one open tournament.

**National Collegiate Open (2/25):** Posted a 3-2 mark at the National Collegiate Open, including one tech fall in late February.

**HIGH SCHOOL**

Graduate of Montoursville High School... Won a Pennsylvania state championship and placed inside the top three all four years of his high school career, booking a first-place finish in addition to a runner-up result and pair of third-place finishes... Was a four-year letterman and two-time team captain at Montoursville... Was named an All-Conference Academic honoree.

**PERSONAL**

Hailing from Montoursville, Pennsylvania, Branden Wentzel is the son of Jamie and Mike Wentzel... Has one sister named Daytona, who played college softball at Pitt-Bradford... Is studying education at Penn State in the College of Education.

## CAREER STATISTICS

| YEAR | OVERALL | DUALS (B1G) | TRN (B1G/NCAA) | F | TF | M | PTS |
|---|---|---|---|---|---|---|---|
| 2023-24 | 3-2 | 0-0 (0-0) | 3-2 (0-0/0-0) | 0-0 | 1-0 | 0-0 | 0 |
| 2024-25* | 1-8 | 1-5 (0-0) | 0-3 (0-0/0-0) | 0-2 | 0-2 | 0-2 | 3 |
| 2025-26 | - | - | - | - | - | - | - |
| **Career** | **4-10** | **1-5 (0-0)** | **3-5 (0-0/0-0)** | **0-2** | **1-2** | **0-2** | **3** |

* - AT LOCK HAVEN



## NEWCOMERS





# ELIJAH BROWN

**285 | FRESHMAN**
**Belle Vernon, Pa.**
**Belle Vernon**

**FOLLOW ELIJAH ON...**
**Instagram**.....@elijahbrown504
**X**.....@elijah_bro31500

**PERSONAL**
**Parents**.....Elisabeth & Aaron
**Major**.....Aerospace Engineering

## HIGH SCHOOL

Attended Belle Vernon Area High School in Belle Vernon, Pennsylvania, training under the direction of coaches Robert Bove, Anthony Sayles and Todd Miller... Was a two-time Pennsylvania State Champion, winning the 215-pound bracket in both 2025 and 2026 at the PIAA Championships... Published a 173-20 varsity record in high school, going 35-13 as a freshman before rattling off 44-5, 48-1 and 46-1 overall record the next three seasons... Published 85 pins over the course of his high school career... Was a three-time sectional champion, three-time district champion and three-time regional champion in high school... Trained in freestyle wrestling at The Shop under the direction of coach Taylor Cahill from 2024 to 2026... Was a 2024 U.S. Marine Corps Cadet National Champion at 190 pounds.

## PERSONAL

Born in the winter of 2008, Elijah Brown is the youngest son and one of five children of Elisabeth and Aaron Brown... He has one older brother named Jalen, and three younger sisters named Aubrey, Sydney and Jordyn... Is studying aerospace engineering in the Penn State College of Engineering, with goals of working in the aeronautics industry upon the conclusion of his wrestling career... In his spare time, Brown loves to cook and enjoys building Legos.





# SAM HERRING

**141 | FRESHMAN**
**Olive Branch, Miss.**
**Bishop McCort (Pa.)**

**FOLLOW SAM ON...**
**Instagram**..... @samherring06
**X** ..... @samherring06

**PERSONAL**
**Parents**.....Shannon & Tom
**Major**..... Finance

## HIGH SCHOOL

Graduate of Bishop McCort High School, training under the direction of coaches Bill Bassett, Howard Forrest and Nestor Varona... Published an 89-17 record in three seasons of high school competition from 2022 to 2025... Capped off his high school career in his junior season with a 50-5 individual record competing in PIAA Class AA at 139 pounds... Placed first in the district and region in 2025, ultimately taking third place at the PIAA AA Championships in Hershey.

## PERSONAL

Born in the summer of 2006, Sam Herring is a native of Olive Branch, Mississippi, and is the son of Shannon and Tom Herring... He has four older siblings, Cady Woods, Zac, Alli Asfour, and Jackson, as well as a younger brother named Eli... Was a member of his high school speech and debate team, taking sixth place in the state during his high school career... Herring plans to study finance in the prestigious Penn State Smeal College of Business... Upon graduation, he hopes to spend time working in ministry, or will look to become a college wrestling coach... In his free time, Herring enjoys reading, apologetics, studying scripture, playing spike ball and spending time on a boat.



## BRAIDEN WEAVER



# BRAIDEN WEAVER

**133 | FRESHMAN**
**Altoona, Pa.**
**Altoona**

**FOLLOW BRAIDEN ON...**
**Instagram**.....@braiden._.weaver

**PERSONAL**
**Parents**.....Crystal & Erik
**Major**.....Kinesiology

### HIGH SCHOOL

Graduate of Altoona Area High School, wrestling under the direction of coaches Joel Gilbert and Ryan Barr... Published a 153-28 overall record in high school, recording 65 pins, 26 technical falls and 14 major decisions over his four-year run at Altoona Area... Was a four-time district champion, two-time regional champion and three-time PIAA state place winner, accomplishing those feats at four different weight classes... Took fifth-place in the PIAA Championships in 2023 and 2026, adding a third-place result in 2025... Was a two-time Powerade placer, finishing fourth and seventh during his high school career... Wrestled freestyle with the M2 Training Center under the leadership of coach Mark McKnight... Won a pair of freestyle state championships while in high school.

### PERSONAL

Born in the spring of 2007, Braiden Weaver is the son of Crystal and Erik Weaver... He has three siblings, two older sisters named Teiha and Gracie, as well as a younger brother named Bryce... While at Penn State, Weaver plans to study kinesiology in the College of Health and Human Development... Upon graduation, he hopes to continue his wrestling career as a coach, fight in the UFC, or become a physical therapist... In his free time, Weaver enjoys hanging out with friends, in addition to playing golf, spikeball or video games... He is an avid collector of Pokémon cards and loves to travel.




WRESTLING NATIONAL CHAMPIONS
NCAA
2026
NATIONAL CHAMPION

# 2025-26 PENN STATE WRESTLING INDIVIDUAL RECORDS & STATS

## 2026 NCAA CHAMPIONS // 2026 B1G CHAMPIONS // 2026 B1G REGULAR SEASON CHAMPIONS

### 15-0 OVERALL, 8-0 B1G, 7-0 HOME, 6-0 ROAD, 2-0 NEUTRAL

| Wrestler, Weight | Overall Record | Dual Record | B1G Dual Record | Dual Pts. For/Against | SV W-L | TB W-L | MD W-L | TF W-L | Pins W-L | Fastest Fall |
|---|---|---|---|---|---|---|---|---|---|---|
| Josh Barr, 197 | 24-0 | 11-0 | 8-0 | 55/0 | 0-0 | 0-0 | 6-0 | 12-0 | 5-0 | 1:23 |
| Sam Beckett, 174 | 15-7 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 4-5 | 1-0 | 0-0 | ---- |
| Marcus Blaze, 133 | 25-3 | 15-0 | 8-0 | 68/0 | 1-0 | 1-2 | 7-0 | 9-0 | 3-0 | 0:46 |
| Dawson Bundy, 285 | 4-4 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-1 | 1-0 | 0-0 | ---- |
| Lucas Cochran, 197/285 | 8-1 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 3-0 | 2-0 | 0-0 | ---- |
| Asher Cunningham, 174/184 | 7-0 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 4-0 | 0-0 | 2-0 | 4:29 |
| Hayden Cunningham, 141 | 12-10 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-2 | 1-0 | 4-1 | 0:48 |
| Braeden Davis, 141 | 14-7 | 5-3 | 4-3 | *18/14 | 0-0 | 0-0 | 6-0 | 0-2 | 3-1 | 0:36 |
| Sean Degl, 165/174 | 3-5 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 0-2 | 0-0 | 0-0 | ---- |
| Nate Desmond, 125/141 | 7-0 | 4-0 | 1-0 | 13/0 | 1-0 | 0-0 | 2-0 | 1-0 | 0-0 | ---- |
| PJ Duke, 157 | 24-2 | 13-1 | 7-1 | 64/3 | 0-0 | 0-2 | 3-0 | 5-0 | 10-0 | 1:15 |
| Mason Ellis, 184/197 | 10-3 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-0 | 3-0 | 1-0 | 4:33 |
| Kyison Garcia, 133/141 | 7-4 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-1 | 1-0 | 0-0 | ---- |
| Levi Haines, 174 | 26-0 | 15-0 | 8-0 | 74/0 | 0-0 | 0-0 | 2-0 | 13-0 | 6-0 | 1:33 |
| William Henckel, 174 | 9-0 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-0 | 3-0 | 0-0 | ---- |
| Tyler Kasak, 157 | 0-0 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 0-0 | 0-0 | 0-0 | ---- |
| Luke Lilledahl, 125 | 25-0 | 15-0 | 8-0 | 65/0 | 2-0 | 1-0 | 4-0 | 8-0 | 1-0 | 4:20 |
| Mitchell Mesenbrink, 165 | 27-0 | 15-0 | 8-0 | 78/0 | 0-0 | 0-0 | 6-0 | 11-0 | 8-0 | 1:41 |
| Cole Mirasola, 285 | 19-8 | 11-4 | 6-2 | 49/12 | 1-0 | 0-0 | 1-0 | 5-0 | 5-0 | 0:25 |
| Connor Mirasola, 197 | 6-1 | 3-1 | 0-0 | 12/4 | 0-0 | 0-0 | 1-1 | 2-0 | 2-0 | 2:38 |
| Aaron Nagao, 141 | 5-2 | 1-0 | 0-0 | 3/0 | 0-0 | 0-0 | 0-0 | 2-0 | 0-0 | ---- |
| Cael Nasdeo, 141 | 2-6 | 0-2 | 0-0 | 0/6 | 0-0 | 0-0 | 1-1 | 0-0 | 0-0 | ---- |
| Masanosuke Ono, 133 | 0-0 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 0-0 | 0-0 | 0-0 | ---- |
| Dalton Perry, 141/149 | 5-1 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-0 | 0-0 | 1-0 | 0:10 |
| Connor Pierce, 149 | 11-1 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-0 | 3-0 | 1-0 | 4:00 |
| Joe Sealey, 165 | 12-1 | 1-0 | 0-0 | 5/0 | 0-0 | 0-0 | 2-0 | 4-0 | 2-0 | 3:24 |
| Shayne Van Ness, 149 | 25-1 | 15-0 | 8-0 | 69/0 | 1-1 | 0-0 | 4-0 | 10-0 | 6-0 | 1:12 |
| Ty Watson, 157 | 3-4 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 1-1 | 1-0 | 1-1 | ---- |
| Brock Weiss, 149 | 6-3 | 0-0 | 0-0 | 0/0 | 0-0 | 0-0 | 2-0 | 1-0 | 0-2 | ---- |
| Rocco Welsh, 184 | 24-1 | 15-0 | 8-0 | 59/0 | 1-0 | 3-0 | 4-0 | 6-0 | 1-0 | 3:52 |
| Dual Forfeit losses | | 0-0 | 0-0 | 0/0 | | | | | | |
| **TOTALS** | **365-75** | **139-11** | **74-6** | ***632/39** | **7-1** | **5-4** | **77-14** | **105-2** | **62-5** | **0:10** |

SV - sudden victory • TB - tiebreak • MD - major decision • TF - technical fall • * by dual pts total indicates loss of team point during dual meet

## SEASON LEADERS | OVERALL

**WINS**

| | | |
|---|---|---|
| 1. | Mitchell Mesenbrink, 165 | 27 |
| 2. | Levi Haines, 174 | 26 |
| 3. | Marcus Blaze, 133 | 25 |
| | Luke Lilledahl, 125 | 25 |
| | Shayne Van Ness, 149 | 25 |
| 6. | Josh Barr, 197 | 24 |
| | PJ Duke, 157 | 24 |
| | Rocco Welsh, 184 | 24 |
| 9. | Cole Mirasola | 19 |
| 10. | Sam Beckett, 174 | 15 |
| 11. | Braeden Davis, 141 | 14 |
| 12. | Hayden Cunningham, 141 | 12 |
| | Joe Sealey, 165 | 12 |
| 14. | Connor Pierce, 149 | 11 |
| 15. | Mason Ellis, 184/197 | 10 |
| 16. | William Henckel, 174 | 9 |
| 17. | Lucas Cochran, 197/285 | 8 |
| 18. | Asher Cunningham, 174/184 | 7 |
| | Nate Desmond, 125/141 | 7 |
| | Kyison Garcia, 133/141 | 7 |
| 21. | Connor Mirasola, 197 | 6 |
| | Brock Weiss, 149 | 6 |
| 23. | Aaron Nagao, 141 | 5 |
| | Dalton Perry, 141/149 | 5 |
| 25. | Dawson Bundy, 285 | 4 |
| 26. | Sean Degl, 165/174 | 3 |
| | Ty Watson, 157 | 3 |
| 28. | Cael Nasdeo, 141 | 2 |

**FALLS**

| | | |
|---|---|---|
| 1. | PJ Duke, 157 | 10 |
| 2. | Mitchell Mesenbrink, 165 | 8 |
| 3. | Levi Haines, 174 | 6 |
| | Shayne Van Ness, 149 | 6 |
| 5. | Josh Barr, 197 | 5 |
| | Cole Mirasola, 285 | 5 |
| 7. | Hayden Cunningham, 141 | 4 |
| 8. | Marcus Blaze, 133 | 3 |
| | Braeden Davis, 141 | 3 |
| 10. | Asher Cunningham, 174/184 | 2 |
| | Connor Mirasola, 197 | 2 |
| | Joe Sealey, 165 | 2 |
| 13. | Mason Ellis, 184/197 | 1 |
| | Luke Lilledahl, 125 | 1 |
| | Dalton Perry, 141/149 | 1 |
| | Connor Pierce, 149 | 1 |
| | Ty Watson, 157 | 1 |
| | Rocco Welsh, 184 | 1 |

**TECHNICAL FALLS**

| | | |
|---|---|---|
| 1. | Levi Haines, 174 | 13 |
| 2. | Josh Barr, 197 | 12 |
| 3. | Mitchell Mesenbrink, 165 | 11 |
| 4. | Shayne Van Ness, 149 | 10 |
| 5. | Marcus Blaze, 133 | 9 |
| 6. | Luke Lilledahl, 125 | 8 |
| 7. | Rocco Welsh, 184 | 6 |
| 8. | PJ Duke, 157 | 5 |
| | Cole Mirasola, 285 | 5 |
| 10. | Joe Sealey, 165 | 4 |
| 11. | Mason Ellis, 184/197 | 3 |
| | William Henckel, 174 | 3 |
| | Connor Pierce, 149 | 3 |
| 14. | Lucas Cochran, 197/285 | 2 |
| | Connor Mirasola, 197 | 2 |
| | Aaron Nagao, 141 | 2 |
| 17. | Sam Beckett, 174 | 1 |
| | Dawson Bundy, 285 | 1 |
| | Hayden Cunningham, 141 | 1 |
| | Nate Desmond, 125/141 | 1 |
| | Kyison Garcia, 133/141 | 1 |
| | Ty Watson, 157 | 1 |
| | Brock Weiss, 149 | 1 |

**MAJOR DECISIONS**

| | | |
|---|---|---|
| 1. | Marcus Blaze, 133 | 7 |
| 2. | Josh Barr, 197 | 6 |
| | Braeden Davis, 141 | 6 |
| | Mitchell Mesenbrink, 165 | 6 |
| 5. | Sam Beckett, 174 | 4 |
| | Asher Cunningham, 174/184 | 4 |
| | Luke Lilledahl, 125 | 4 |
| | Shayne Van Ness, 149 | 4 |
| | Rocco Welsh, 184 | 4 |
| 10. | Lucas Cochran, 197/285 | 3 |
| | PJ Duke, 157 | 3 |
| 12. | Dawson Bundy, 285 | 2 |
| | Hayden Cunningham, 141 | 2 |
| | Nate Desmond, 125/141 | 2 |
| | Mason Ellis, 184/197 | 2 |
| | Kyison Garcia, 133/141 | 2 |
| | Levi Haines, 174 | 2 |
| | William Henckel, 174 | 2 |
| | Dalton Perry, 141/149 | 2 |
| | Connor Pierce, 149 | 2 |
| | Joe Sealey, 165 | 2 |
| | Brock Weiss, 149 | 2 |
| 23. | Cole Mirasola, 285 | 1 |
| | Connor Mirasola, 197 | 1 |
| | Cael Nasdeo, 141 | 1 |
| | Ty Watson, 157 | 1 |

## DUAL TAKEDOWNS

| Wt. | Wrestler | 1st | 2nd | 3rd | OT | Total |
|---|---|---|---|---|---|---|
| 125 | Luke Lilledahl | 23-1 | 14-0 | 13-0 | 1-0 | 51-1 |
| 133 | Marcus Blaze | 19-1 | 17-0 | 14-0 | 0-0 | 50-1 |
| 141 | Braeden Davis | 12-3 | 4-4 | 7-3 | 0-0 | 23-10 |
| 141 | Aaron Nagao | 1-0 | 0-1 | 0-0 | 0-0 | 1-1 |
| 141 | Nate Desmond | 1-0 | 1-1 | 3-0 | 1-0 | 6-1 |
| 141 | Cael Nasdeo | 1-1 | 0-1 | 0-1 | 0-0 | 1-3 |
| 149 | Shayne Van Ness | 22-5 | 19-0 | 19-1 | 0-0 | 58-6 |
| 157 | PJ Duke | 31-1 | 11-0 | 8-1 | 0-0 | 50-2 |
| 157 | Joe Sealey | 3-0 | 2-0 | 1-0 | 0-0 | 6-0 |
| 165 | Mitchell Mesenbrink | 31-0 | 89-0 | 5-1 | 0-0 | 45-1 |
| 174 | Levi Haines | 22-0 | 14-2 | 12-1 | 0-0 | 48-3 |
| 184 | Rocco Welsh | 26-2 | 12-0 | 12-2 | 0-0 | 50-4 |
| 197 | Josh Barr | 20-0 | 12-0 | 13-1 | 0-0 | 45-1 |
| 197 | Connor Mirasola | 4-0 | 6-0 | 3-2 | 0-0 | 13-2 |
| 285 | Cole Mirasola | 31-0 | 4-3 | 2-3 | 1-0 | 38-6 |
| **TOTAL** | | **246-14** | **125-12** | **112-16** | **3-0** | **486-42** |

(numbers listed FOR - AGAINST)

## DUAL MEET STATISTICS

# 2025-26 DUAL MEET TEAM POINTS SCORED BY WEIGHT/FINAL SCORES

| Opponent | 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | FINAL |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 11/14: OKLAHOMA | 4-0 | 5-0 | 3-0 | 5-0 | 5-0 | 5-0 | 6-0 | 5-0 | 4-0 | 3-0 | 45-0 |
| 12/5: at Drexel | 4-0 | 6-0 | 0-3 | 5-0 | 6-0 | 5-0 | 4-0 | 4-0 | 5-0 | 4-0 | 43-3 |
| 12/7: LEHIGH | 5-0 | 5-0 | 0-3 | 4-0 | 6-0 | 4-0 | 6-0 | 3-0 | 3-0 | 0-3 | 36-6 |
| 12/13: at Wyoming | 5-0 | 6-0 | 3-0 | 6-0 | 6-0 | 6-0 | 5-0 | 3-0 | 0-4 | 0-3 | 40-7 |
| 12/20: vs. North Dakota State# | 3-0 | 4-0 | 3-0 | 5-0 | 4-0 | 5-0 | 6-0 | 5-0 | 5-0 | 6-0 | 46-0 |
| 12/20: vs. Stanford# | 3-0 | 6-0 | 3-0 | 3-0 | 3-0 | 6-0 | 4-0 | 3-0 | 5-0 | 5-0 | 42-0 |
| 1/10: RUTGERS+ | 3-0 | 4-0 | 4-0 | 6-0 | 5-0 | 6-0 | 6-0 | 4-0 | 5-0 | 3-0 | 46-0 |
| 1/16: at Iowa+ | 3-0 | 3-0 | 0-3 | 4-0 | 3-0 | 4-0 | 3-0 | 3-0 | 6-0 | 3-0 | 32-3 |
| 1/18: at Northwestern+ | 5-0 | 4-0 | 4-0 | 5-0 | 6-0 | 6-0 | 5-0 | 5-0 | 6-0 | 5-0 | 51-0 |
| 1/23: INDIANA+ | 6-0 | 5-0 | 4-0 | 5-0 | 5-0 | 6-0 | 5-0 | 3-0 | 4-0 | 5-0 | 48-0 |
| 1/24: at Maryland+ | 5-0 | 4-0 | 4-0 | 5-0 | 6-0 | 5-0 | 5-0 | 6-0 | 5-0 | 6-0 | 51-0 |
| 1/30: NEBRASKA+ | 5-0 | 3-0 | *0-6 | 3-0 | 0-3 | 5-0 | 3-0 | 4-0 | 4-0 | 0-3 | 26-12 |
| 2/6: at Michigan+ | 5-0 | 5-0 | 3-0 | 4-0 | 3-0 | 5-0 | 5-0 | 3-0 | 5-0 | 0-3 | 38-3 |
| 2/13: OHIO STATE+ | 3-0 | 3-0 | 0-5 | 5-0 | 6-0 | 4-0 | 5-0 | 3-0 | 4-0 | 3-0 | 36-5 |
| 2/20: PRINCETON | 6-0 | 4-0 | 3-0 | 4-0 | 5-0 | 6-0 | 6-0 | 5-0 | 6-0 | 5-0 | 50-0 |
| **TEAM TOTALS** | **65-0** | **67-0** | **34-20** | **68-0** | **69-3** | **78-0** | **74-0** | **59-0** | **67-4** | **48-12** | **630-39** |

+ Big Ten Dual // # Journeymen Collegiate Duals, Nashville, Tenn. -- * by score denotes loss of team point during dual meet.

## INDIVIDUAL DUAL RECORD BY WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 15-0 | 15-0 | 10-5 | 15-0 | 14-1 | 15-0 | 15-0 | 15-0 | 14-1 | 11-4 | 139-11 |

## DUAL PINS BY WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 1-0 | 3-0 | 0-1 | 2-0 | 6-0 | 6-0 | 5-0 | 1-0 | 3-0 | 2-0 | 29-1 |

## DUAL TECHNICAL FALLS BY WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 6-0 | 4-0 | 0-1 | 7-0 | 4-0 | 5-0 | 6-0 | 4-0 | 6-0 | 4-0 | 46-1 |

## DUAL MAJOR DECISIONS BY WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 2-0 | 5-0 | 5-0 | 4-0 | 1-0 | 3-0 | 2-0 | 3-0 | 4-1 | 1-0 | 30-1 |

## DUAL FORFEITS/DQs/INJURY DEFAULTS BY WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 1-0 | 0-0 | 0-0 | 0-0 | 1-0 | 1-0 | 0-0 | 0-0 | 0-0 | 0-0 | 3-0 |

## DUAL DECISIONS BY WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 5-0 | 4-0 | 4-3 | 2-0 | 2-2 | 0-0 | 2-0 | 7-0 | 1-0 | 4-4 | 31-8 |

## TEAM RECORD AT DUAL'S STARTING WEIGHT

| 125 | 133 | 141 | 149 | 157 | 165 | 174 | 184 | 197 | 285 | TOTAL |
|---|---|---|---|---|---|---|---|---|---|---|
| 13-0 | 0-0 | 0-0 | 0-0 | 0-0 | 0-0 | 1-0 | 0-0 | 1-0 | 0-0 | 15-0 |

2026-27

# SEASON LEADERS | DUAL MEETS

**DUAL POINTS**

| | | |
|---|---|---|
| 1. | Mitchell Mesenbrink, 165 | 78 |
| 2. | Levi Haines, 174 | 74 |
| 3. | Shayne Van Ness, 149 | 69 |
| 4. | Marcus Blaze, 133 | 67 |
| 5. | Luke Lilledahl, 125 | 65 |
| 6. | PJ Duke, 157 | 64 |
| 7. | Rocco Welsh, 184 | 59 |
| 8. | Josh Barr, 197 | 55 |
| 9. | Cole Mirasola, 285 | 48 |
| 10. | Braeden Davis, 141 | 19 |
| 11. | Connor Mirasola, 197 | 12 |
| 12. | Nate Desmond, 141 | 13 |
| 13. | Joe Sealey, 157 | 5 |
| 14. | Aaron Nagao, 133 | 3 |

**DUAL BONUS POINTS**

| | | |
|---|---|---|
| 1. | Mitchell Mesenbrink, 165 | 33 |
| 2. | Levi Haines, 174 | 29 |
| 3. | PJ Duke, 157 | 25 |
| | Shayne Van Ness, 149 | 24 |
| 5. | Luke Lilledahl, 125 | 23 |
| 6. | Marcus Blaze, 133 | 22 |
| | Josh Barr, 197 | 22 |
| 8. | Cole Mirasola, 285 | 15 |
| 9. | Rocco Welsh, 184 | 14 |
| 10. | Braeden Davis, 141 | 4 |
| | Connor Mirasola, 197 | 3 |
| 12. | Joe Sealey, 157 | 2 |
| 13. | Nate Desmond, 141 | 1 |

**DUAL PINS**

| | | |
|---|---|---|
| 1. | PJ Duke, 157 | 5 |
| | Levi Haines, 174 | 5 |
| | Mitchell Mesenbrink, 165 | 5 |
| 4. | Josh Barr, 197 | 3 |
| | Marcus Blaze, 133 | 3 |
| 6. | Cole Mirasola, 285 | 2 |
| | Shayne Van Ness, 149 | 2 |
| 8. | Luke Lilledahl, 125 | 1 |
| | Rocco Welsh, 184 | 1 |

**DUAL TECH FALLS**

| | | |
|---|---|---|
| 1. | Shayne Van Ness, 149 | 7 |
| 2. | Levi Haines, 174 | 6 |
| | Luke Lilledahl, 125 | 6 |
| | Mitchell Mesenbrink, 165 | 6 |
| 5. | Josh Barr, 197 | 5 |
| 6. | Marcus Blaze, 133 | 4 |
| | Cole Mirasola, 285 | 4 |
| | Rocco Welsh, 184 | 4 |
| 9. | PJ Duke, 157 | 3 |
| 10. | Connor Mirasola, 197 | 1 |
| | Joe Sealey, 157 | 1 |

**DUAL MAJOR DECISIONS**

| | | |
|---|---|---|
| 1. | Marcus Blaze, 133 | 5 |
| 2. | Braeden Davis, 141 | 4 |
| | Shayne Van Ness, 149 | 4 |
| 4. | Josh Barr, 197 | 3 |
| | Mitchell Mesenbrink, 165 | 3 |
| | Rocco Welsh, 184 | 3 |
| 7. | PJ Duke, 157 | 2 |
| | Levi Haines, 174 | 2 |
| | Luke Lilledahl, 125 | 2 |
| 10. | Nate Desmond, 141 | 1 |
| | Cole Mirasola, 285 | 1 |
| | Connor Mirasola, 197 | 1 |

**DUAL FORFEIT/INJ. DEF./DQ WINS**

| | | |
|---|---|---|
| 1. | PJ Duke, 157 | 1 |
| | Luke Lilledahl, 125 | 1 |
| | Mitchell Mesenbrink, 165 | 1 |

**DUAL REVERSALS**

| | | |
|---|---|---|
| 1. | Shayne Van Ness, 149 | 6 |
| 2. | Mitchell Mesenbrink, 165 | 5 |
| 3. | Marcus Blaze, 133 | 2 |
| | Nate Desmond, 141 | 2 |
| | Luke Lilledahl, 125 | 2 |
| 6. | Levi Haines, 174 | 1 |
| | Connor Mirasola, 197 | 1 |

**DUAL TAKEDOWNS**

| | | |
|---|---|---|
| 1. | Shayne Van Ness, 149 | 58 |
| 2. | Luke Lilledahl, 125 | 51 |
| 3. | Marcus Blaze, 133 | 50 |
| | PJ Duke, 157 | 50 |
| | Rocco Welsh, 184 | 50 |
| 6. | Levi Haines, 174 | 48 |
| 7. | Josh Barr, 197 | 45 |
| | Mitchell Mesenbrink, 165 | 45 |
| 9. | Cole Mirasola, 285 | 38 |
| 10. | Braeden Davis, 141 | 23 |
| 11. | Connor Mirasola, 197 | 13 |
| 12. | Nate Desmond, 141 | 6 |
| | Joe Sealey, 157 | 6 |
| 14. | Aaron Nagao, 141 | 1 |
| | Cael Nasdeo, 141 | 1 |

**DUAL NEAR FALL 2**

| | | |
|---|---|---|
| 1. | Luke Lilledahl, 125 | 2 |
| 2. | Levi Haines, 174 | 1 |
| | Mitchell Mesenbrink, 165 | 1 |
| | Shayne Van Ness, 149 | 1 |
| | Rocco Welsh, 184 | 1 |

**DUAL NEAR FALL 3**

| | | |
|---|---|---|
| 1. | Shayne Van Ness, 149 | 2 |
| 2. | Mitchell Mesenbrink, 165 | 1 |

**DUAL NEAR FALL 4**

| | | |
|---|---|---|
| 1. | Mitchell Mesenbrink, 165 | 11 |
| 2. | Shayne Van Ness, 149 | 7 |
| 3. | Levi Haines, 174 | 4 |
| 4. | Josh Barr, 197 | 3 |
| 5. | Marcus Blaze, 133 | 2 |
| 6. | Braeden Davis, 141 | 1 |
| | Luke Lilledahl, 125 | 1 |
| | Cole Mirasola, 285 | 1 |

**DUAL STALLS FORCED/TAKEN**

| | | |
|---|---|---|
| 125: Luke Lilledahl | 15 | 0 |
| 133: Marcus Blaze | 15 | 1 |
| 141: Braeden Davis | 6 | 5 |
| 141: Aaron Nagao | 1 | 1 |
| 141: Cael Nasdeo | 2 | 0 |
| 141: Nate Desmond | 4 | 3 |
| 149: Shayne Van Ness | 14 | 0 |
| 157: PJ Duke | 6 | 0 |
| 157: Joe Sealey | 2 | 0 |
| 165: Mitchell Mesenbrink | 12 | 0 |
| 174: Levi Haines | 12 | 0 |
| 184: Rocco Welsh | 16 | 2 |
| 197: Josh Barr | 5 | 2 |
| 197: Connor Mirasola | 4 | 0 |
| 285: Cole Mirasola | 9 | 2 |
| TOTALS | 123 | 16 |

**DUAL RIDING TIME POINTS FOR/AGAINST**

| | | |
|---|---|---|
| 125: Luke Lilledahl | 4 | 0 |
| 133: Marcus Blaze | 2 | 0 |
| 141: Braeden Davis | 4 | 0 |
| 141: Aaron Nagao | 1 | 0 |
| 141: Nate Desmond | 1 | 0 |
| 141: Cael Nasdeo | 0 | 2 |
| 149: Shayne Van Ness | 6 | 0 |
| 157: PJ Duke | 2 | 0 |
| 157: Joe Sealey | 0 | 0 |
| 165: Mitchell Mesenbrink | 1 | 0 |
| 174: Levi Haines | 2 | 0 |
| 184: Rocco Welsh | 3 | 1 |
| 197: Josh Barr | 4 | 0 |
| 197: Connor Mirasola | 2 | 0 |
| 285: Cole Mirasola | 1 | 1 |
| TOTALS | 33 | 4 |

# 2025-26 SCHEDULE

## NOVEMBER

| | | | |
|---|---|---|---|
| **Fri.** | **14** | **#22 OKLAHOMA, BJC (BTN)** | **W, 45-0** |
| *Sun.* | *23* | *at Army Black Knight Invitational (Flo)* | *10 a.m.* |

*(Nate Desmond, 1st at 125; Marcus Blaze 1st at 133; Shayne Van Ness 1st at 149; PJ Duke 1st at 157; Mitchell Mesenbrink 1st at 165; Levi Haines 1st at 174; Rocco Welsh 1st at 184; Connor Mirasola 1st at 197; Cole Mirasola 1st at 285 )*

## DECEMBER

| | | | |
|---|---|---|---|
| Fri. | 5 | at Drexel (Flo) | W, 43-3 |
| **Sun.** | **7** | **#13 LEHIGH, Rec Hall (B1G+)`** | **W, 36-6** |
| Sat. | 13 | at #18 Wyoming (Flo) | W, 40-7 |
| Sat. | 20 | Collegiate Duals, Nashville, Tenn. | |
| | | vs. North Dakota State (Flo) | W, 46-0 |
| | | vs. #9 Stanford (Flo) | W, 42-0 |

## JANUARY

| | | | |
|---|---|---|---|
| **Sat.** | **10** | **#19 RUTGERS*, Rec Hall (B1GN)** | **W, 46-0** |
| Fri. | 16 | at #3 Iowa* (B1GN) | W, 32-3 |
| Sun. | 18 | at Northwestern* (B1G+) | W, 51-0 |
| **Fri.** | **23** | **INDIANA*, Rec Hall (B1G+)** | **W, 48-0** |
| Sat. | 24 | at Maryland* (B1GN) | W, 51-0 |
| **Fri.** | **30** | **#5 NEBRASKA*, BJC (B1GN)** | **W, 26-12** |

## FEBRUARY

| | | | |
|---|---|---|---|
| Fri. | 6 | at #13 Michigan (B1GN) | W, 38-3 |
| **Fri.** | **13** | **#2 OHIO STATE*, BJC (B1GN)** | **W, 26-5** |
| **Fri.** | **20** | **PRINCETON, Rec Hall (B1G+)** | **W, 50-0** |

## MARCH

**Sa.-Sn. 7-8 2026 B1G CHAMPIONSHIPS 1st -- 184.0 pts.**
**Bryce Jordan Center, University Park, Pa.**

*(Luke Lilledahl, 1st at 125; Shayne Van Ness, 1st at 149; PJ Duke, 1st at 157; Mitchell Mesenbrink, 1st at 165; Levi Haines, 1st at 165; Rocco Welsh, 1st at 184; Josh Barr, 1st at 197; Marcus Blaze, 2nd at 133; Cole Mirasola, 5th at 285; Braeden Davis, 7th at 141)*

*Th.-Sa. 19-21 2026 NCAA Championships 1st -- 181.5 pts.*
*Rocket Arena, Cleveland, Ohio*
*(Luke Lilledahl, 1st at 125; Mitchell Mesenbrink, 1st at 165; Levi Haines, 1st at 174; Josh Barr, 1st at 197; Shayne Van Ness, 2nd at 149; Rocco Welsh, 2nd at 184; PJ Duke, 3rd at 157; Marcus Blaze, 4th at 133)*

** Big Ten Dual -- Home events in CAPS --*
*All Times EASTERN*
*Team rankings are InterMat TPI at time of dual*

# 2025-26 BIG TEN STANDINGS

| | | Big Ten | | Overall | |
|---|---|---|---|---|---|
| **Pl.** | **Team** | **W-L-T** | **PCT** | **W-L-T** | **PCT** |
| **1.** | **$!#PENN STATE** | **8-0** | **1.000** | **15-0** | **1.000** |
| 2. | Ohio State | 7-1 | .875 | 18-1 | .947 |
| 3. | Illinois | 5-3 | .625 | 12-5 | .706 |
| | Iowa | 5-3 | .625 | 12-6 | .667 |
| | Minnesota | 5-3 | .625 | 11-5 | .688 |
| | Nebraska | 5-3 | .625 | 13-6 | .684 |
| | Rutgers | 5-3 | .625 | 12-5 | .706 |
| 8. | Indiana | 4-4 | .500 | 9-5 | .643 |
| | Michigan | 4-4 | .500 | 8-6 | .571 |
| | Wisconsin | 4-4 | .500 | 12-5 | .706 |
| 11. | Purdue | 2-6 | .250 | 9-7 | .563 |
| 12. | Michigan State | 1-7 | .125 | 4-10 | .286 |
| | Northwestern | 1-7 | .125 | 3-9 | .250 |
| 14. | Maryland | 0-8 | .000 | 5-9 | .357 |

! Big Ten Champions
# Big Ten Regular Season Champions
$ NCAA Champions

# WRESTLERS OF THE WEEK

| | |
|---|---|
| 11/5 | Koy Hopke, Minnesota |
| 11/12 | Stoney Buell, Purdue |
| 11/19 | Angelo Ferrari, Iowa |
| 11/26 | Massoma Endene, Iowa |
| 12/3 | Ryder Block, Iowa |
| 12/10 | Joey Blaze, Purdue |
| 12/17 | Carson Kharchla, Ohio State |
| **12/24** | **SHAYNE VAN NESS, PENN STATE** |
| **1/7** | **JOSH BARR, PENN STATE** |
| 1/14 | Zan Fugitt, Wisconsin |
| **1/21** | **ROCCO WELSH, PENN STATE** |
| 1/28 | Nick Feldman, Ohio State |
| 2/4 | Joseph Zargo, Wisconsin |
| 2/11 | Nic Bouzakis, Ohio State |
| **2/18** | **COLE MIRASOLA, PENN STATE** |
| 2/25 | Derek Gilcher, Indiana |

# FRESHMEN OF THE WEEK

| | |
|---|---|
| 11/5 | Koy Hopke, Minnesota |
| 11/12 | Isaiah Schaeffer, Purdue |
| 11/19 | Ben Davino, Ohio State |
| 11/26 | Cameron Catrabone, Michigan |
| 12/3 | Angela Ferrari, Iowa |
| 12/10 | Eddie Enright, Northwestern |
| **12/17** | **PJ DUKE, PENN STATE** |
| **12./24** | **MARCUS BLAZE, PENN STATE** |
| 1/7 | Koy Hopke, Minnesota |
| 1/14 | e'Than Birden, Ohio State |
| **1/21** | **COLE MIRASOLA, PENN STATE** |
| **1/28** | **MARCUS BLAZE, PENN STATE** |
| 2/4 | Charlie Millard, Minnesota |
| 2/11 | Ayden Smith, Rutgers |
| **2/18** | **MARCUS BLAZE, PENN STATE** |
| 2/25 | LJ Araujo, Nebraska |

# 2025-26 ATTENDANCE

| | | |
|---|---|---|
| **11/14** | **OKLAHOMA (BJC)** | **8,003** |
| **12/7** | **LEHIGH** | **6,334** |
| **1/10** | **RUTGERS** | **6,457** |
| **1/23** | **INDIANA** | **6,223** |
| **1/30** | **NEBRASKA (BJC)** | **13,225** |
| **2/13** | **OHIO STATE (BJC)** | **16,006** |
| **2/20** | **PRINCETON** | **6,356** |
| **TOTAL** | | **62,604** |
| **AVG.** | | **8,943** |

*(Penn State has wrestled in front of 91 sellouts in its last 98 home events, including 80-straight in Rec Hall and 11 of 18 in the BJC)*

# HONORS WON

**JOSH BARR, 197**
Penn State Male Athlete of the Week, 1/6/26
B1G Wrestler of the Week, 1/7/26
Big Ten Champion
First Team All-Big Ten
NCAA Champion
All-American

**MARCUS BLAZE, 133**
Penn State Male Athlete of the Week, 12/15/25
Penn State Male Athlete of the Week, 12/22/25
B1G Freshman of the Week, 12/24/25
B1G Freshman of the Week, 1/29/26
B1G Freshman of the Week, 2/18/26
Big Ten Runner-Up
Second Team All-Big Ten
All-American

**PJ DUKE, 157**
Penn State Male Athlete of the Week, 12/15/25
B1G Freshman of the Week, 12/17/25
2026 B1G Championship Outstanding Wrestler
Big Ten Champion
First Team All-Big Ten
2026 NCAA Gorriaran Award Winner
All-American

**LEVI HAINES, 174**
B1G Preseason Wrestler to Watch
Big Ten Champion
First Team All-Big Ten
NCAA Champion
All-American

**LUKE LILLEDAHL, 125**
Big Ten Champion
First Team All-Big Ten
NCAA Champion
All-American

**MITCHELL MESENBRINK, 165**
B1G Preseason Wrestler to Watch
Penn State Male Athlete of the Week, 12/8/25
Big Ten Champion
First Team All-Big Ten
NCAA Champion
All-American
2026 NCAA Championship Outstanding Wrestler
2026 NCAA Most Dominant Wrestler
2026 Hodge Trophy Award

**COLE MIRASOLA, 285**
B1G Freshman of the Week, 1/21/26
Penn State Male Athlete of the Week, 2/16/26
B1G Wrestler of the Week, 2/18/26

**CONNOR MIRASOLA, 197**
Penn State Male Athlete of the Week, 11/17/25

**SHAYNE VAN NESS, 149**
B1G Wrestler of the Week, 12/24/25
Big Ten Champion
First Team All-Big Ten
National Runner-Up
All-American

**ROCCO WELSH, 184**
B1G Wrestler of the Week, 12/21/26
Penn State Male Athlete of the Week, 1/19/26
Big Ten Champion
First Team All-Big Ten
National Runner-Up
All-American

**2025-26 RIDGE RILEY AWARD WINNERS (home)**

| | | |
|---|---|---|
| 11/14 | Oklahoma | Connor Mirasola, 197 |
| 12/7 | Lehigh | Mitchell Mesenbrink, 165 |
| 1/10 | Rutgers | Josh Barr, 197 |
| 1/23 | Indiana | Mitchell Mesenbrink, 165 |
| 1/30 | Nebraska | Rocco Welsh, 184 |
| 2/13 | Ohio State | Marcus Blaze, 133 |
| 2/20 | Princeton | Levi Haines, 174 |

**2025-26 ERNIE LUCAS AWARD WINNERS (away)**

| | | |
|---|---|---|
| 12/5 | at Drexel | PJ Duke, 157 |
| 12/13 | at Wyoming | Shayne Van Ness, 149 |
| 12/20 | vs. North Dakota State | Cole Mirasola, 285 |
| 12/20 | vs. Stanford | Marcus Blaze, 133 |
| 1/16 | at Iowa | Rocco Welsh, 184 |
| | | Cole Mirasola, 285 |
| 1/18 | at Northwestern | Luke Lilledahl, 125 |
| 1/25 | at Maryland | Shayne Van Ness, 149 |
| 2/6 | at Michigan | Nate Desmond, 141 |

## #FUNSTATS AFTER THE 2026 NCAA CHAMPIONSHIPS

// Most Individual NCAA Titles Since 2011 -- PENN STATE 44, Oklahoma State 15, Cornell 14, Ohio State 11, Iowa 8
// Penn State National Finalists Since 2011 -- 65
// Penn State in NCAA Finals Since 2011 -- 44-21 (Since 2011, winning percentage in NCAA finals is .677)
// Penn State in NCAA Semifinals Since 2011 -- 65-14 (Since 2011, winning percentage in NCAA semis is .811)
// Penn State Team Championships Since 2011 -- 13 (of 15, no NCAA tournament in 2020)
// Penn State Percentage of Team Titles Won Since 2011 - .867 (no NCAA tournament in 2020)
// Penn State has 14 NCAA Championships (13 under Sanderson), third most in NCAA history
// Penn State is the only team in the nation to win at least one individual title at EACH WEIGHT in the last decade
// Penn State is one of only two teams in NCAA history to have five individual champions in one year TWICE.
// Penn State is one of only two teams in NCAA history to have 10 All-Americans in one year.
// Penn State's Cael Sanderson has won 13 NCAA titles as a coach, second most in NCAA history.

## PENN STATE WINS FIFTH STRAIGHT NCAA CHAMPIONSHIP; 13 OF LAST 15 TITLES IN NITTANY LIONS' HANDS

The Penn State Nittany Lions set yet another NCAA all-time record for points in a season, for the third straight year, scoring 181.5 points to win their fifth straight NCAA title and grabbing their 13th in the last 15 tournaments. Penn State claimed four individual champions, had two more NCAA finalists, and tallied eight All-Americans, all of whom finished in the top four. The Nittany Lions won the title by over 50 points over the second place team.

## MITCHELL MESENBRINK CLAIMS SECOND NCAA CROWN; WINS NCAA O.W., MOST DOMINANT AND HODGE TROPHY

Junior Mitchell Mesenbrink went 5-0 with three tech falls and a major at the 2026 NCAA Championship to win his second straight national title at 165. Mesenbrink was named the 2026 NCAA Championship Outstanding Wrestler and the 2026 NCAA Most Dominant Award winner at the end of the tournament. A week later he won the 2026 Hodge Trophy. Mesenbrink ended the year with a 27-0 record with eight pins, 11 tech falls and six majors.

## LILLEDAHL, HAINES AND BARR JOIN MESENBRINK AS PENN STATE'S 4 UNBEATEN NCAA CHAMPS (FIRST TIME IN HISTORY!)

Luke Lilledahl went 5-0 with a major to win his first NCAA title at 125, including a 2-1 win over Marc-Anthony McGowan of Princeton in the finals. Lilledahl is now a two-time All-American and went 25-0 this year. Levi Haines capped off his career with a 5-0 run in Cleveland to win his second NCAA title, with three tech falls and a pin. He downed Nebraska's Christopher Minto 2-1 in the title bout and ends his season with a 26-0 record and his career as a four-time All-American and two-time champ. Josh Barr went 5-0 with two techs and two majors to win his first title at 197. Barr downed Cody Merrill of Oklahoma State in the finals and his now a two-time All-American and finalist. Combined with Mesenbrink's 27-0 run to a title at 165, Penn State had four unbeaten national champions, the first time in NCAA history.

## VAN NESS AND WELSH END SEASON AS NCAA RUNNERS-UP

Shayne Van Ness went 4-1 to become a three-time All-American and advanced to the NCAA finals for the first time before dropping a close 8-5 (sv) decision to Aden Valencia of Stanford in the finals. Rocco Welsh went 4-1 to become a two-time All-American and national finalist, losing 4-3 to Minnesota's Max McEnelly in the finals. The duo were part of Penn State's NCAA record tying six national finalists.

## DUKE & BLAZE BECOME TRUE FRESHMEN ALL-AMERICANS

True freshmen PJ Duke and Marcus Blaze both became All-Americans in their first trips to the national tournament. Duke went 5-1 with two pins and two techs to place third at 157. His only loss was a controversial 3-1 (tb) decision in the national semifinals. He ended his year with a 24-2 overall record. Duke won the 2026 Gorriaran Award at the end of the tournament. Blaze went 4-2 with three tech falls to place fourth at 133. He ended his season with a 25-3 overall record.

## DAVIS AND MIRASOLA REACH BLOOD ROUND, HELPING PENN STATE SET ANOTHER NCAA SCORING RECORD

Junior Braeden Davis went 2-2 at 133, advancing to the blood round before bowing out of the tournament. He is a three-time NCAA qualifier and 2025 All-American. Cole Mirasola went 2-2 at 285 and also advanced to the blood round in his first trip to nationals. Both wrestlers were one win shy of becoming 2026 All-Americans and contributed points towards Penn State's NCAA all-time record 181.5 team points.

## PENN STATE ROLLS TO 2026 BIG TEN CHAMPIONSHIP

The Penn State Nittany Lion wrestling team rolled through the field to win 2026 Big Ten Championship. Penn State crowned seven individual championships as well. The Nittany Lions won the team race with 184.0 points, a new school record. The Nittany Lions were nearly 40 points ahead of second place Ohio State, which had 148.5 points. The Championships is the 10th for Penn State, all under head coach Cael Sanderson. This is Penn State's tenth conference championship, having also won in 2011, 2012, 2013, 2014, 2016, 2019, 2023, 2024, 2025 and now 2026. Penn State now has 76 Big Ten Champions spread among 41 individuals. Penn State's seven champions is a new school record, set in 2024 and 2011.

## PENN STATE CROWNS SCHOOL-RECORD SEVEN BIG TEN CHAMPS

Penn State crowned seven Big Ten Champions and had another Big Ten Runner-Up at the 2026 Big Ten Championships, also setting a school record with eight finalists. Sophomore Luke Lilledahl won his second straight Big Ten title at 125, Shayne Van Ness claimed his first title at 149, PJ Duke won his first at 157, Mitchell Mesenbrink claimed his third at 165, Levi Haines earned his fourth at 174, Rocco Welsh won his first at 184 and Josh Barr claimed his first at 197. Marcus Blaze earned Big Ten runner-up status at 133. All eight earned auto-bids to the NCAA Championship. Penn State's seven champions were named first team All-Big Ten while its runner-up was second team All-Big Ten.

## MIRASOLA AND DAVIS MAKE IT 10 QUALIFIERS FOR PSU

Heavyweight Cole Mirasola went 3-2 at 285 to place fifth and earn Penn State's ninth automatic bid to NCAAs. Junior Braeden Davis went 3-2, including a win in the seventh place bout, to earn the Nittany Lions' 10th spot at nationals. This marks the third straight year Penn State has qualified all ten wrestlers for the national championship.

# 2025-26 SEASON-ENDING NOTES



## PJ DUKE NAMED 2026 BIG TEN CHAMPIONSHIP OUTSTANDING WRESTLER

PJ Duke rolled the 157 pound title with a perfect run in Penn State's Bryce Jordan Center. Duke opened the tourney with a 20-7 major decision over #1 Brandon Cannon of Ohio State in the quarterfinals. He beat #9 Kannon Webster of Illinois 4-2 in the semifinals. In the title bout, Duke downed defending NCAA Champion Antrell Taylor, rolling to a 12-4 major decision to earn his first Big Ten crown. Duke was named the 2026 Big Ten Championship Outstanding Wrestler for his performance.

## LEVI HAINES BECOMES PENN STATE'S FOURTH FOUR-TIME BIG TEN CHAMPION

Levi Haines won the 174 pound title at Big Tens in State College, going 3-0 with a tech fall to claim his fourth Big Ten Championship. Haines became the fourth Nittany Lion ever to win four Big Ten individual titles. He joins Ed Ruth, Davit Taylor and Aaron Brooks as Penn State's four-timers.

## RECORDS FALL AS PENN STATE TALLIES GAUDY NUMBERS AT BIG TEN CHAMPIONSHIP

Penn State set numerous school records as it rolled to its tenth conference championship, all under head coach Cael Sanderson. Penn State set school record for points scored (184.0), finalists (8) and champions (7). The Nittany Lions ended the tournament with a gaudy 29-5 overall record for an .853 win percentage. Penn State collected 20.0 bonus points off five majors, four tech falls, three pins and a forfeit victory.

## PENN STATE'S DUAL SEASON / INSIDE THE NUMBERS

* Record: 15-0 // Big Ten: 8-0
* Bout record in duals: 139-11 // Big Ten: 74-6
* Dual Pts for/against: 630-39 // Big Ten: 328-23
* Average points per dual: 42.0 // Big Ten: 41.0
* Margin of victory: +39.4 // Big Ten: +38.1
* Shutouts: 8 // Big Ten: 4
* Penn State in dual meets:
    - 108 of its 139 dual wins are for bonus points
    - (29-1 by FALL, 46-1 by TF, 30-1 by MD, 3-0 by FF/DQ, 31-8 by DEC)
    - Owns a 123-16 edge in stall warnings forced
    - Has a 33-4 edge in riding time points earned
    - Has amassed a 486-42 advantage in takedowns

## PENN STATE SHUTS OUT PRINCETON 50-0 IN DUAL FINALE

The Penn State Nittany Lions closed out the 2025-26 dual meet season in style, shutting out Princeton 50-0 in Rec Hall on Feb. 20. Senior Levi Haines pinned Tiger Cody Tavoso at 4:05 in his final appearance in Rec Hall. His pin was one of three for Penn State (Mitchell Mesenbrink and Josh Barr). The shutout was the eighth of the year for the Nittany Lions and allowed Penn State to close out the season with an unblemished 15-0 record. Penn State ends the regular season having won 86 straight dual meets. Penn State has now posted six straight unbeaten seasons.

## GARCIA WINS PATRIOT OPEN AT GEORGE MASON

Nittany Lion Kyison Garcia went 2-0 plus a third win against a non-collegiate at the Patriot Last Chance Open at George Mason on Sunday, Feb. 22. Garcia's run earned him the 141-pound title at the event.

## PENN STATE WINS SIXTH STRAIGHT B1G REGULAR SEASON CHAMPIONSHIP; 12TH OVERALL

With a 36-5 rout of Ohio State as the capstone to the 2026 Big Ten dual meet season, the Penn State Nittany Lions won their sixth straight B1G Regular Season Championship, closing out the dual slate with an 8-0 record. The title is also the 12th overall (including co-titles in '12, '14, ;16 and '21). All 12 titles have been won since head coach Cael Sanderson's arrival in 2009-10.

## NITTANY LIONS SET NEW NCAA INDOOR/ PENN STATE ATTENDANCE RECORD IN BJC DUAL WIN OVER OHIO STATE

A new NCAA and Penn State all-time record for indoor dual meet attendance was set when Penn State crushed visiting Ohio State 36-5 on Feb. 13, 2026, in the Bryce Jordan Center. A sell-out crowd of 16,006 filled the BJC for the event, breaking the old mark of 15,998. Penn State owned that mark as well, setting it on three different occasions (the most recent being last year's BJC Dual win over Iowa on Jan. 31, 2025. Penn State now owns all ten of the top ten NCAA indoor dual meet attendance marks.

## DALTON PERRY WINS FEB. 15 LOCK HAVEN OPEN

True freshman Dalton Perry went 4-0 overall to win the Lock Haven Open on Feb. 15 in Thomas Fieldhouse. Perry was one of five Nittany Lions to compete in the open event. Hayden Cunningham went 2-1 to take fifth at 141, Ty Watson went 2-2 to place sixth at 157, Mason Ellis went 1-1 at 197 and Sean Degl competed at 174.

## PENN STATE WINS NINE OF 10 TO ROUT NO. 2 OHIO STATE IN BJC DUAL VICTORY

Penn State won nine of ten bouts, including five for bonus points, against #2 Ohio State in a 36-5 rout of the Buckeyes on Feb. 13, 2026. The win clinched the 2026 Big Ten Regular Season Championship for Penn State and was wrestled in front of a sellout crowd of 16,006, a new NCAA and Penn State record for indoor wrestling dual meet attendance. The win was highlighted by Luke Lilledahl's 4-1 (sv) win over #2 Nic Bouzakis, at 125 Marcus Blaze's 3-2 (tb) win over #2 Ben Davino at 133, Rocco Welsh's 7-6 come-from-behind win over #8 Dylan Fishback at 184 and Cole Mirasola's 4-1 (sv) win over #3 Nick Feldman at 285. Shayne Van Ness (149), PJ Duke (157), Mitchell Mesenbrink (165), Levi Haines (174) and Josh Barr (197) also posted impressive wins (all five for bonus points).

## NITTANY LIONS ROUT MICHIGAN, 38-3, IN ANN ARBOR

The Penn State Nittany Lions rolled into Ann Arbor, Mich., on Friday, Feb. 6, and routed the homestanding Wolverines 38-3 in Big Ten action. Penn State won nine of ten bouts, including five technical falls. Seven of Penn State's nine victories were over ranked grapplers. True freshman 125-pounder Nate Desmond once again moved up to 141 and posted a thrilling 8-5 (sv) win over #26 Dylan Ragusin to highlight a dominant first half. Levi Haines then used six takedowns to roll to a 19-4 tech fall (6:58) over #11 Beau Mantanona and Rocco Welsh downed #7 Brock Mantanona 8-1 to highlight the second half.

## 2025-26 SEASON-ENDING NOTES

### PENN STATE ROLLS OVER #5 NEBRASKA IN BJC DUAL

The Penn State Nittany Lions won seven of ten bouts in rolling to a 26-12 victory over Nebraska in a BJC Dual on Jan. 30. Penn State picked up tech falls from Luke Lilledahl at 125 (20-4 over Alan Koehler) and Mitchell Mesenbrink at 165 (20-5 over #7 LJ Araujo) and two majors from Rocco Welsh at 184 (14-5 over #6 Silas Allred) and Josh Barr at 197 (21-9 over #9 Camden McDanel) as well as three decisions from Marcus Blaze at 133, Shayne Van Ness at 149 and Levi Haines at 174.

### NITTANY LIONS POST 51-0 SHUTOUT WIN AT MARYLAND

Less than 24 hours after shutting out Indiana 48-0, Penn State rolled into College Park, Md., and throttled the homestanding Terrapins 51-0 on Saturday, Jan. 24. The dual was moved up a day due to an incoming winter storm. Penn State picked up bonus point wins in all 10 victories. Marcus Blaze majored #15 Braxton Brown 15-3 at 133, Shayne Van Ness picked up nine takedowns in a 31-10 tech fall over #7 Carter Young at 149 (6:41) and Josh Barr posted a 19-4 tech fall over #13 Branson John at 197 (6:51).

### PENN STATE SHUTS OUT INDIANA 48-0

Penn State shut out the visiting Indiana Hoosiers in Rec Hall on Friday, Jan. 24, with nine of its ten victories coming with bonus points. Luke Lilledahl pinned #11 Jacob Moran at 5:20 at 125, and Mitchell Mesenbrink pinned #19 Tyler Lillard at 4:01 at 165 to highlight the lopsided win. Braeden Davis majored #25 Henry Porter 24-10 at 141, Rocco Welsh downed #15 Sam Goin 15-9 at 184 and Josh Barr majored #14 Gabe Sollars 14-6 at 197 for other ranked victories.

### 5 NITTANY LIONS COMPETE AT BLOOMSBURG OPEN

Five Nittany Lion wrestlers competed at the Bloomsburg Open on Saturday, Jan. 24. Dalton Perry went 2-1 with a pin and a major to take second at 149. Hayden Cunningham went 2-2 with a major for fourth at 141. Sam Beckett went 2-2 with a tech fall for fourth at 174. Dawson Bundy was 2-0 and 1-2 vs. non-collegiates to place fourth at 285. Sean Degl went 2-2 at 174.

### PENN STATE TALLIES TEN BONUS POINT WINS IN 51-0 SHUTOUT VICTORY AT NORTHWESTERN

The Penn State Nittany Lions shut out Northwestern 51-0 in Evanston on Sunday, Jan. 18. Each of Penn State's ten victories was for bonus. The Lions picked up 21 bonus points off one forfeit (Mitchell Mesenbrink), two pins (Josh Barr, PJ Duke), five technical falls (Levi Haines, Rocco Welsh, Cole Mirasola, Luke Lilledahl, Shayne Van Ness) and two majors (Marcus Blaze, Braeden Davis).

### NITTANY LIONS ROLL TO HISTORIC 32-3 WIN AT #3 IOWA

Penn State rolled into Iowa City, Iowa, on Jan. 16, 2026 and rolled out with an historic 32-3 win. The Nittany Lions won nine of ten bouts on the Hawkeyes' mat and handed Iowa its worst home defeat in 60 years. Penn State's margin of victory (29) was also the largest for the Lions in series history. Then #4 Rocco Welsh downed #1 Angelo Ferrari 2-1 (tb) at 184 and then #13 Cole Mirasola took down #5 Ben Kueter 4-3 at 285 for two notable wins for Penn State.

### PENN STATE BLANKS #19 RUTGERS 46-0 IN REC HALL

Penn State picked up its fourth shutout win in its first seven dual meets on Saturday, Jan. 10, when the Nittany Lions blanked Rutgers 46-0 in Rec Hall. Penn State tallied three pins (Shayne Van Ness, Mitchell Mesenbrink, Levi Haines), two tech falls (PJ Duke, Josh Barr) and three majors (Marcus Blaze, Braeden Davis, Rocco Welsh) and got decisions from Luke Lilledahl and Cole Mirasola.

### A REMINDER PER NCAA RULES: TOURNAMENT RESULTS AGAINST TEAMMATES DO NOT COUNT TOWARDS RECORD

When two wrestlers from the same team meet in a tournament, the result is not official. It does not count as a win or a loss. Please see rule 9, section 6, article 4, found on page 79 of the official 2025-26 NCAA Wrestling rule book.

*"Art. 4. Non-Allowable ISRF Matches. Matches between teammates, against opponents who are not listed on an institutional roster, a club-level wrestler, a prospective student-athlete or an armed services student-athlete shall not be counted."*

### PIERCE, SEALEY, HENCKEL, CUNNINGHAM AND BARR CLAIM SOUTHERN SCUFFLE TITLES; BARR B1G W.O.W.

Penn State sent 13 wrestlers to the 2026 Southern Scuffle and five came home with individual titles. Connor Pierce went 6-0 with a major to win at 149. Joe Sealey went 6-0 with a major and two techs to win at 157. William Henckel went 6-0 with two majors and a tech to win at 174. Asher Cunningham went 5-0 with two majors and two pins to win at 184. Josh Barr went 5-0 with a major, two techs and a pin (including a 9-1 major over #3 Stephen Little of Little Rock in the finals) to win at 197. The Nittany Lions came away with the team title as well, while not entering wrestlers at two weights. Barr was named Big Ten Wrestler of the Week for his efforts.

### BRAEDEN DAVIS WINS KAUFFMAN OPEN TITLE AT EDINBORO

Penn State sent three wrestlers to Edinboro's Kauffman Open on Jan. 4, each wrestling unattached. Braeden Davis went 4-0 at 141 to win the title. Davis had two majors and two pins on the day. Hayden Cunningham went 3-1 with a pin to take third at 141. Brock Weiss was 3-2 with a major and a tech at 149.

### VAN NESS AND BLAZE SWEEP B1G WEEKLY HONORS FOR WEEK ENDING DEC. 21, 2025

Nittany Lion junior Shayne Van Ness was named Big Ten Wrestler of the Week and true freshman Marcus Blaze was named Big Ten Freshman of the Week for the week ending Dec. 21, 2025. The duo earned the honors for their performances in Penn State's 2-0 run at the Collegiate Duals in Nashville on Dec. 20. Van Ness picked up two ranked wins, posting a 19-2 tech fall (5:16) over #24 Max Petersen of North Dakota State and downing #14 Aden Valencia of Stanford 10-4. Blaze also had two ranked victories, majoring #29 Tristan Daugherty of NDSU 11-3 and pinning #6 Tyler Knox of Stanford at the 6:44 mark (while leading 16-2 at the time). Penn State shut out the Bison 46-0 and blanked the Cardinal 42-0.

# 2025-26 SEASON-ENDING NOTES

## PENN STATE SHUTS OUT #9 STANFORD 42-0 TO BREAK D1 ALL-TIME WIN STREAK RECORD

Penn State dominated #9 Stanford to close out the Collegiate Duals in Nashville on Dec. 20, shutting out the Cardinal 42-0. Penn State got pins from Marcus Blaze and Mitchell Mesenbrink; tech falls from Josh Barr and Cole Mirasola; majors from Nate Desmond and Levi Haines; and decisions from Luke Lilledahl, Shayne Van Ness, PJ Duke and Rocco Welsh. Penn State set a new NCAA Division I dual meet win streak record with the victory, having won its 77th-straight. The old mark was 76 set by Oklahoma St. from 1937 to 1951. Ranked wins in the dual included Lilledahl's 4-2 win over #12 Nicco Provo at 125, Blaze pinning #6 Tyler Knox at 133, Van Ness' 10-4 win over #14 Aden Valencia, Duke's 5-2 win over #5 Daniel Cardenas at 157 and Josh Barr's 19-3 tech fall over #19 Angelo Posada at 197.

## NITTANY LIONS SHUT OUT NORTH DAKOTA STATE 46-0 AT COLLEGIATE DUALS

Penn State won all ten bouts in a rousing 46-0 shutout win over North Dakota State on Dec. 20 in Nashville, opening up the Collegiate Duals with a victory. The Lions got pins from Levi Haines and Cole Mirasola; techs from Shayne Van Ness, Mitchell Mesenbrink, Rocco Welsh and Josh Barr; majors from Marcus Blaze and PJ Duke; and decisions from Luke Lilledahl and Nate Desmond. Ranked wins in the dual included Lilledahl's 6-4 win over #31 Ezekial Witt at 125, Blaze's 11-3 major over #29 Tristan Daugherty at 133, Van Ness' 19-2 tech over #24 Max Petersen at 149, and Duke's 16-5 major over #21 Gavin Drexler at 157.

## DUKE NAMED B1G FRESHMAN OF THE WEEK

Nittany Lion freshman PJ Duke was named Big Ten Freshman of the Week for the week ending Dec. 14, 2025. Duke pinned #23 Jared Hill of Wyoming to help lead Penn State to a 40-7 win at Wyoming in Laramie on Dec. 13.

## LIONS TALLY 6 PINS, 2 TECHS, FIVE RANKED WINS IN 40-7 VICTORY OVER WYOMING IN LARAMIE

Penn State rolled into Laramie, Wyo., on Dec. 13 and walked away with a dominant 40-7 victory over #18 Wyoming. The Nittany Lions picked up four pins, two tech falls and notched five wins over ranked opponents to secure the victory. Marcus Blaze pinned #22 Luke Willochell at 133, Shayne Van Ness pinned #30 Gabe Willochell at 149, PJ Duke pinned #23 Jared Hill at 157 and Mitchell Mesenbrink picked up a pin at 165. Luke Lilledahl had a tech fall win at 125 and Levi Haines posted an 18-1 tech fall over #28 Riley Davis at 174. Rocco Welsh picked up Penn State's other ranked win, a 4-1 victory over #12 Eddie Neitenbach at 184. True freshman Nate Desmond also moved up two weights to 141 and grabbed his first dual win as a Nittany Lion.

## MESENBRINK DOWNS #7 MAX BRIGNOLA AS NITTANY LIONS ROLL OVER LEHIGH 36-6 IN REC HALL

Junior Mitchell Mesenbrink took care of #7 Max Brignola, posting a 15-7 major over the Mountain Hawk in Rec Hall on Sunday, Dec. 7. Mesenbrink's victory highlighted Penn State's 36-6 victory over Lehigh in front of yet another Rec Hall sellout crowd. Mesenbrink had four takedowns in the top-10 win. Penn State won eight of ten bouts against Lehigh, including PJ Duke's win over #10 Logan Rozynski at 157 (Duke was up 14-3 when Rozynski injury defaulted at 5:41) and Rocco Welsh's 4-2 win over #23 Rylan Rogers at 184.

## HAINES DOMINATES #17 JASAIAH QUEEN TO LEAD PENN STATE TO 43-3 WIN AT DREXEL

Senior Levi Haines rolled up over 2:00 in riding time and added three takedowns to post a dominant 12-1 major decision over #17 Jasaiah Queen of Drexel on Friday, Dec. 5. Haines' win was one of nine for Penn State as the Nittany Lions rolled to a 43-3 victory in front of a sellout crowd in Philadelphia. All nine of Penn State's wins were for bonus points. The Nittany Lions had two pins (Marcus Blaze, PJ Duke), three technical falls (Shayne Van Ness, Mitchell Mesenbrink, Connor Mirasola) and four majors (Haines, Luke Lilledahl, Rocco Welsh and Cole Mirasola).

## PENN STATE DOMINATES BLACK KNIGHT INVITATIONAL NINE LIONS WIN INDIVIDUAL TITLES, SIX TAKE SECOND

Penn State sent 20 wrestlers to the Black Knight Invitational at Army West Point on Sunday, Nov. 23. Nineteen of those wrestlers placed (one suffered an injury in his second match). Penn State came away with nine of the ten individual champions and six second place finishers. Nate Desmond (125), Marcus Blaze (133), Shayne Van Ness (149), PJ Duke (157), Mitchell Mesenbrink (165), Levi Haines (174), Rocco Welsh (184), Connor Mirasola (197) and Cole Mirasola (285) all won their weight classes. Luke Lilledahl (125), Aaron Nagao (133, injured in finals), Connor Pierce (149), Joe Sealey (157), William Henckel (174) and Asher Cunningham (184) placed second.

## NITTANY LIONS SHUT OUT #22 OKLAHOMA 45-0 IN BJC TO OPEN UP SEASON

Penn State rolled to a 45-0 shutout win over visiting Oklahoma in the Bryce Jordan Center on Friday, Nov. 14, in the season opener for the Nittany Lions. Penn State tallied eight bonus point wins in the victory, the teams third shutout win in its last four duals in the Jordan Center. The Lions had a pin (Levi Hines), five technical falls (Marcus Blaze, Shayne Van Ness, Joe Sealey, Mitchell Mesenbrink, Rocco Welsh) and two majors (Luke Lilledahl, Connor Mirasola) as well as two decisions (Aaron Nagao, Cole Mirasola) to round out the shutout. Connor Mirasola majored #8 DJ Parker 13-3 at 197, Cole Mirasola downed #24 Juan Mora at 285 and Haines pinned #33 Carter Schubert (4:15) for three ranked victories.

## LUCAS COCHRAN WINS HITCHCOCK INVITATIONAL; HAYDEN CUNNINGHAM TAKES THIRD

Four members of the Penn State wrestling team competed in the Floyd 'Shorty' Hitchcock Invitational at Millersville University on Sunday, Nov. 15. Lucas Cochran won the 285 pound title, going 3-0 with another win over a non-collegiate wrestler. Hayden Cunningham went 3-0 and 1-1 vs. non-collegiates to take third place at 141. Sam Becket went 3-1 and 1-1 vs. non-collegiates to take sixth at 165 and Brock Weiss went 2-2 at 149,

## PENN STATE CONCLUDES OUTSTANDING FREESTYLE SEASON WITH FOUR U23 MEDALS

Seven Penn State wrestlers took part in the United World Wrestling U23 World Championships in Novi Sad, Serbia, this weekend. Four of those seven Nittany Lions brought home U23 World Championships and Gold Medals while another won Bronze. The United States U23 World Team featured ten wrestlers, seven of whom were current Nittany Lions. Junior Mitchell Mesenbrink won the Gold Medal at 74 kg, sophomore Luke Lilledahl won the Gold Medal 57 kg, senior Levi Haines won the Gold Medal 79 kg, true freshman PJ Duke won a Bronze Medal at 70 kg, sophomore Rocco Welsh went 2-1 at 86 kg, sophomore Josh Barr went 1-1 at 92 kg before bowing out with an injury and true freshman Marcus Blaze competed at 65 kg. Penn State and the Penn State Olympic Regional Training Center had a very successful freestyle season winning a combined 11 world medals at the Senior World Championships, U20 World Championships and these U23 World Championships. Haines won Silver at Senior Worlds while RTC wrestler Kyle Snyder won Gold. Blaze and Duke had already won U20 Gold while William Henckel won U20 Silver and Connor and Cole Mirasola won U20 Bronze. Mesenbrink, Lilledahl and Haines won Gold while Duke won Bronze at U23s.

## FOUR NITTANY LIONS COMPETE IN JOURNEYMEN COLLEGIATE ROUND ROBIN EVENT

Four members of the Penn State wrestling team opened up the 2025-26 season by competing in the round robin portion of the Journeymen Collegiate on Sunday, Nov. 9. Connor Pierce went 2-1 with two technical falls at 149, Joe Sealey went 2-1 with a pin at 157, Sam Beckett went 2-1 at 165 and Dawson Bundy went 1-2 with a major at 285.

## HAINES AND MESENBRINK NAMED TO B1G PRESEASON WRESTLER TO WATCH LIST

The Big Ten released, for the first time, a pre-season Wrestler to Watch list that featured a maximum of two wrestlers per school. Penn State Nittany Lion National Champions Levi Haines (2024) and Mitchell Mesenbrink (2025) were included on the list.

## #1 PENN STATE 45, #22 OKLAHOMA 0

**Friday, Nov. 14, 2025 -- Bryce Jordan Center -- University Park, Pa.**

| | |
|---|---|
| 197: Connor Mirasola PSU maj. dec. #8 DJ Parker OU, 13-3 | 4-0 |
| 285: #11 Cole Mirasola PSU dec. #24 Juan Mora OU, 5-2 | 7-0 |
| 125: #3 Luke Lilledahl PSU maj. dec. Conrad Hendrickson OU, 14-4 | 11-0 |
| 133: Marcus Blaze PSU tech fall Tyson Charmoli OU, 18-3 (TF; 5:13) | 16-0 |
| 141: #11 Aaron Nagao PSU dec. Alex Braun OU, 9-5 | 19-0 |
| 149: #1 Shayne Van Ness PSU tech fall Layton Schneider OU, 20-1 (TF; 5:29) | 24-0 |
| 157: Joe Sealey PSU tech fall Landyn Sommer OU, 19-4 (TF; 5:47) | 29-0 |
| 165: #1 Mitchell Mesenbrink PSU tech fall Owen Eck OU, 19-4 (TF; 2:45) | 34-0 |
| 174: #1 Levi Haines PSU pinned #33 Carter Schubert OU, WBF (4:15) | 40-0 |
| 184: #2 Rocco Welsh PSU tech fall Anders Thompson OU, 19-4 (5:28) | 45-0 |

Attendance: 8,003 (Penn State has wrestled in front of 86 sellouts in its last 92 home events, including 76-straight in Rec Hall and 10 of 16 in the BJC)

Penn State wrestling (1-0, 0-0 B1G) opened up the 2025-26 wrestling season by shutting out visiting Oklahoma (0-1). The Nittany Lions, under the guidance of head coach Cael Sanderson, rolled to a 45-0 win over the Sooners in the season opener, held in the Bryce Jordan Center.

The Nittany Lion line-up featured four freshmen and two sophomores. Penn State picked up its first shutout since blanking Michigan 39-0 on Feb. 7, 2025, in the Jordan Center.

The dual began at 197 where redshirt freshman Connor Mirasola got the call and took on No. 8 DJ Parker. Mirasola dominated the action, notching four takedowns and riding time to post an impressive 13-3 major decision. Redshirt freshman Cole Mirasola, ranked No. 11 at 285, followed up his brother's win with a strong 5-2 victory over No. 24 Juan Mora to give the Nittany Lions a 7-0 lead.

Luke Lilledahl, ranked No. 3 at 125, continued Penn State's hot start. He used a late takedown to secure bonus points in a 14-4 major decision over Conrad Hendrickson. True freshman Marcus Blaze made his collegiate debut and thrilled the Jordan Center crowd with an 18-3 tech fall over Conrad Hendrikson, picking up the final points with back points at 5:13. Junior Aaron Nagao, ranked No. 11 at 141, returned to the mat for the first time in over a year and posted 9-5 win over Alex Braun . Penn State led 19-0 at halftime.

Junior Shayne Van Ness, ranked No. 1 at 149, got the second half off to a hot start, rolling to a 20-1 tech fall over Layton Schneider at the 5:29 mark to put Penn State up 24-0. Redshirt freshman Joe Sealey got the call at 157 and thrilled the BJC faithful by rolling to a 19-4 tech fall (5:47) over Landyn Sommer. Junior Mitchell Mesenbrink, ranked No. 1 at 165, picked up more bonus points for Penn State, posting the 19-4 tech fall in the first period at 2:45.

Senior Levi Haines, ranked No. 1 at 174, posted Penn State's first fall of the night, getting a second period pin over No. 33 Carter Schubert at 4:15 to put Penn State on top 40-0. Sophomore Rocco Welsh, ranked No. 2 at 184, made his Penn State debut and thrilled the Penn State fans with a dominating 19-4 tech fall over Andres Thompson at 5:28. Welsch's debut win made the final score 45-0 in Penn State's favor.

Penn State posted a gaudy 35-1 edge in takedowns. The Nittany Lions picked up 15 points off a pin (Haines), five tech falls (Blaze, Van Ness, Sealey, Mesenbrink, Welsh) and two majors (Connor Mirasola, Lilledahl).

DUAL MEET BOUT-BY-BOUT:

197: Redshirt freshman Connor Mirasola took on No. 8 DJ Parker. Mirasola and Parker worked the middle of the mat in neutral for the first minute-plus. Mirasola worked his way in on a low single and notched the bout's first takedown at the :48 mark to take a 3-0 lead. Parker escaped to a 3-1 score and the bout moved to the second period with Mirasola leading by two. Parker chose down to start the second period and escaped to a 3-2 score. Mirasola quickly moved in for another takedown, nabbing Parker's ankle for a 6-2 lead at 1:20. Mirasola maintained control long enough to work his riding time over 1:00 before Parker escaped to a 6-3 score. Parker took a late shot and Mirasola countered for a last second takedown to lead 9-3 after two periods. Mirasola chose neutral to start the third period. The duo battled evenly in neutral for the bulk of the period. Mirasola battled for a final takedown to post the 13-3 major decision with 1:12 in riding time.

285: Redshirt freshman No. 11 Cole Mirasola met No. 24 Juan Mora. Mora worked his way in on a single at the 2:00 mark but Mirasola countered the effort for a takedown of his own to lead 3-0. Mora escaped to a 3-1 score after a :35 Mirasola ride and the first period ended with the Nittany Lion leading by two. Mora chose down to start the middle stanza. Mirasola controlled the Sooner until he had 1:14 in riding time before Mora escaped to a 3-2 score. Mirasola countered another Mora shot at :30 but the Sooner was able to defend the move and force a reset out of bounds. Mirasola chose down to start the third period and quickly escaped to a 4-2 lead, maintaining 1:06 in riding time. Mirasola finished the bout on his feet and walked away with a 5-2 win.

125: No. 3 Luke Lilledahl met Conrad Hendrikson. Lilledahl connected on a low shot at 2:10 and finished off the takedown for a 3-0 lead just over a minute into the bout. Hendrikson escaped as he moved his way out of bounds and Lilledahl led by two with 1:30 on the clock. The Nittany Lion sophomore quickly took the Sooner down again to lead 6-1. Lilledahl maintained control through the :40 mark before Hendrikson escaped to a 6-2 score. Lilledahl led 6-2 with 1:02 in riding time after one. He chose down to start the second and quickly escaped to a 7-2 lead. Lilledahl controlled the action in the middle of the mat, battling in neutral for the rest of the period, and led 7-2 after two. Hendrickson chose down to start the third period. Lilledahl worked his riding time back over 1:00 with a strong ride. He cut the Sooner loose to a 7-3 score, working for bonus points. Lilledahl blew through Hendrickson's waist for another takedown and a 10-3 lead with :41 on the clock. Lilledahl cut Hendrickson loose to a 10-4 score and began chasing the Sooner down for another takedown, which he picked up with :05 on the clock. He walked away with a 14-4 major with 1:55 in riding time.

133: True freshman Marcus Blaze took on Tyson Charmoli. Blaze picked up his first collegiate takedown at the 1:11 mark, using a low double to take a 3-0 lead. Blaze controlled action on top, forcing Charmoli into a stall warning. He then locked up a cradle and turned Charmoli to his back, but time ran out before he could score and Blaze led 3-0 with 1:11 in time after one. Blaze chose down to start the second period and quickly escaped to a 4-0 lead. He pressured Charmoli back to the outside circle and took him down again to take a 7-1 lead after cutting him loose. He added another takedown and cut at :40 to lead 10-1, picked up a point on a stall and then took a 14-3 lead with another takedown and cut at :20. Charoli chose down to start the third and Blaze quickly ended the match, turning him for four back points to post the 18-3 technical fall at 5:13.

141: No. 11 Aaron Nagao battled Alex Braun. Nagao turned an early scramble into a takedown at 2:35 and led 3-0 early. He then dominated the action on top, building up over 1:00 in riding time but giving up a stall warning in the process. Nagao gave up reversal after a reset, then reversed Bruan himself to lead 5-2 with 2:07 in riding time after one. Braun chose neutral to start the second period and took Nagao down to tie the bout, but Nagao quickly reversed him for a 7-5 lead at 1:00. Nagao finished with a rideout and led 7-5 with clinched riding time (3:09). Nagao chose down to start the third and quickly escaped to an 8-5 lead. Nagao countered a Braun shot, forcing a scramble that ended in potentially dangerous with :40 on the clock. Nagao finished the bout in neutral and, with 3: riding time, posted the 9-5 win.

149: No. 1 Shayne Van Ness faced off against Layton Schneider. Van Ness scored quickly, taking Schneider down to open up a 3-0 lead. He built up a big riding time edge, forcing Schneider into a stall warning at :40 as well. Van Ness worked to turn the Sooner for the entirety of the period but sleeting for a 3-0 lead with 2:29 in time after one. Schneider chose neutral to start the second period and Van Ness quickly took the Sooner down to lead 6-1 after cutting him loose. He used a high shot for a third takedown, then worked for four nearfall and a 13-1 lead with :50 on the clock. Van Ness picked up a stall points with :13 on the clock and led 14-1 with clinched riding time after two. Van Ness chose down to start the third period and quickly reversed the Sooner. He added four back points and rolled to the 20-1 tech fall at 5:29.

157: Redshirt freshman Joe Sealey met Landyn Sommer. Sealey scored first, taking Sommer down for an early 3-1 after a quick Sooner escape. The Lion freshman nearly scored on a scramble at 1:50 but the wrestlers rolled out of bounds, forcing a reset. Sealey continued to work his offense, picking up a second takedown to lead 6-2 with :40 on the clock. He quickly turned another low shot into a third takedown and led 9-2 after the first period. Sommer chose down to start the second period. Sealey worked his time up over 1:00 before the Sooner escaped to a 9-3 score. Sealey worked the outside circle perfectly in picking up a fourth takedown to take a 12-3 lead at 1:20. The Sooner escaped to a 12-4 score and then Sealey forced a stall warning before taking him down again to lead 15-4 after two. Sealey chose neutral to start the third and picked up a quick stall point. He then moved in for a final takedown, ending the match with a 19-4 tech fall at 5:47.

165: No. 1 Mitchell Mesenbrink battled Owen Eck. Mesenbrink scored quickly, taking Eck down in the opening seconds to lead 3-1. He muscled the Sooner over for a second takedown at 2:20 and led 6-1. Mesenbrink worked Eck to his back briefly, but the Sooner rolled out of danger and Mesenbrink continued on top. Mesenbrink cut Eck loose at a reset and immediately connected on a low single to open up a 9-3 lead after a quick Sooner escape. Mesenbrink quickly took him down a fourth time and turned him for four back points to lead 16-3 at :22. He cut Eck loose and finished off the match with a final takedown, winning 19-4 at 2:45.

174: No. 1 Levi Haines met No. 33 Carter Schubert. Haines and Schubert moved in at the same time when Schubert hit his head and sent Haines into concussion protocol. The Lion returned to the mat after a couple minutes and action resumed with 2:54 on the clock. Haines and Schubert battled in the center circle through the 2:00 mark. Haines worked a high single into a late takedown and then turned Schubert for four nearfall to lead 7-0 after one. Schubert chose down to start the second period. Haines controlled the action on top, building up over 1:00 in time, forcing a stall warning and then turning the Sooner to his back for the fall at 4:15.

285: No. 2 Rocco Welsh faced off against Anders Thompson. Welsch scored quickly, taking Thompson down for a 3-1 lead after a Sooner escape. The new Nittany Lion used a fast single for a second takedown and a 6-2 lead after cutting Thompson loose at 1:03. Welsh took a 9-2 lead with a third first period takedown and carried that lead, with 1:30 in riding time. Welsh chose down to start the second period and quickly escaped to a 10-2 lead. Welsh took a 13-2 lead with a quick takedown, cut Thomspon loose and took him down again to lead 16-3 after two. Thompson chose down to start the third period, Welsh cut him loose, and then ended the bout with a final takedown, posting the 19-4 tech fall at 5:28.

## #1 PENN STATE at BLACK KNIGHT INVITATIONAL

**Sun., Nov. 23, 2025 -- West Point, N.Y.**

The Penn State wrestling team (1-0, 0-0 B1G) dominated the action at the Black Knight Invitational on Sunday, Nov. 23. Head coach Cael Sanderson's squad notched nine individual champions and had six runners-up.

Penn State sent 20 wrestlers into competition at West Point and 19 placed (with the other bowing out with an injury). An important reminder, NCAA rules state that any result against a teammate does not count as a win or loss, including forfeits, medical forfeits, defaults, etc.

True freshman Nate Desmond won the title at 125. Desmond went 3-0 plus picked up a victory over teammate No. 1 Luke Lilledahl in the finals, winning 5-3. Sophomore Lilledahl went 2-0 with two tech falls to place second.

True freshman Marcus Blaze, ranked No. 14 at 133, won the title as well. Blaze went 4-0 with a pin, two techs and a major, including a 21-6 win over No. 27 Ethan Berginc of Army in the finals.

Junior Aaron Nagao, ranked No. 10 at 141, placed second, suffering an injury default. Nagao used two techs and a decision to advance to the finals before, while leading, suffering an injury to end the bout.

Junior Shayne Van Ness, ranked No. 1 at 149, took the crown for Penn State. Van Ness went 3-0 with two pins and a tech to advance to the finals. He met teammate Connor Pierce in the title bout and won 14-7. Pierce went 3-0 with a pin, a tech and a major to take second place.

True freshman PJ Duke won the championship at 157. Duke went 3-0 with three first period falls to advance to the title bout. He took on teammate Joe Sealey in the finals and notched a hard fought 2-1 win. Sealey went 3-0 with a pin, a tech fall and a major to move to the finals before dropping the close 2-1 bout to Duke.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, rolled to the title as well. Mesenbrink went 4-0 with three pins and a tech fall. He pinned No. 18 Gunner Filipowicz of Army in the championship match.

Senior Levi Haines, ranked No. 1 at 174, took first for Penn State. Haines went 3-0 with three tech falls to advance to the title bout. He took on teammate William Henckel in the finals and posted a hard fought 4-0 win. Henckel, a true freshman, went 3-0 with two tech falls to take second place.

Sophomore Rocco Welsh, ranked No. 4 at 184, took first place at the tournament. Welsh went 2-0 with a tech fall and a major to advance to the finals. He met teammate Asher Cunningham in the finals and notched a 13-5 major. Cunningham, a true freshman, went 2-0 with two majors to place second in his collegiate debut.

Redshirt freshman Connor Mirasola won the title at 197. Mirasola went 3-0 with a pin and two tech falls to win the crown, including a 17-2 tech over No. 25 William Frable of Army in the finals.

Redshirt freshman Cole Mirasola, ranked No. 10 at 285, capped off Penn State's great day with another individual crown. Mirasola went 3-0 with two pins (plus a win over teammate Lucas Cochran in the semifinals) to grab Penn State's ninth title. Cochran placed third at 285, going 2-0 with a tech and major.

Redshirt freshman Cael Nasdeo placed fourth at 141. Nasdeo began the tournament with a 15-12 win over No. 26 Lorenzo Frezza of Columbia before dropping two bouts. Sophomore Kyison Garcia took sixth at 133. Garcia went 4-2 overall, including a tech and two majors. Senior Sam Beckett placed fifth at 165. Beckett went 3-1 with a major, bouncing back from an opening round loss to win three straight. True freshman Dalton Perry went 1-1 at 149. Perry won his first match by tech fall and then was injured during his second, bowing out of the tournament with an injury default loss.

Weight-by-weight agatee:
NOTE: RESULTS AGAINST TEAMMATES DO NOT COUNT AS WINS, LOSSES, OR TOWARDS NCAA METRICS

125: #1 Luke Lilledahl, So.
Rd. 1: bye
Rd. 2: Sawyer Ostroff, LIU – W, 17-2 (TF; 2:48)
Semi: Sulayman Bah, Columbia – W, 17-2 (TF; 6:49)
*Final: Nate Desmond, Penn State – L, 3-5 dec.

125: Nate Desmond, Fr.
Rd. 1: Connor Smith, Columbia – W, 15-0 (TF; 4:02)
Rd. 2: #16 Cooper Flynn, Chattanooga – W, 7-0 dec.
Semi: #23 Charlie Farmer, Army – W, 17-4 maj. dec.
*Final: #1 Luke Lilledahl, Penn State – W, 5-3 dec.

133: #14 Marcus Blaze, Fr.
Rd. 1: bye
Rd. 2: Jackson Baglio, Gardner-Webb – W, 17-1 (TF; 3:00)
Rd. 3: Max Elton, Buffalo – WBF (0:46)
Semi: Jack Crapps, Army – W, 19-5 maj. dec.
Final: #27 Ethan Berginc, Army – W, 21-6 (TF; 7:00)

133: Kyison Garcia, So.
Rd. 1: Troy Guerra, Buffalo – W, 15-0 (TF; 5:33)
Rd. 2: Ethan Uhorchuck, Chattanooga – W, 4-2 dec.
Rd. 3: #11 Takeo Davis, Gardner-Webb – L, 3-11 maj. dec.
Cn. 2: Ethan Lipsey, Chattanooga – W, 12-4 maj. dec.
Cn. S: Bryce Luna, Chattanooga – W, 11-2 maj. dec.
5th: Evan Gursoy, Columbia – L, 0-6 dec.

141: #10 Aaron Nagao, Jr.
Rd. 1: Till Helms, Garnder-Webb – W, 19-4 (TF; 3:31)
Rd. 2: Yuta Otero, Chattanooga – W, 18-2 (TF; 4:21)
Semi: Hunter Mason, Chattanooga – W, 13-6 dec.
Final: #25 Braden Basile, Army – L, inj. def.

141: Cael Nasdeo, R-Fr.
Rd. 1: bye
Rd. 2: #26 Lorenzo Frezza, Columbia – W, 15-12 dec.
Semi: #25 Braden Basile, Army – L, 3-11 maj. dec.
3rd: Hunter Mason, Chattanooga – L, 1-5 dec.

149: #1 Shayne Van Ness, Jr.
Rd. 1: Marco Frinzi, Columbia – WBF (1:12)
Rd. 2: Justin Holly, Buffalo – WBF (1:31)
Semi: Mason Barvitskie, Army – W, 16-1 (TF; 6:49)
*Final: Connor Pierce, Penn State – W, 14-7 dec.

149: Connor Pierce, Jr.
Rd. 1: Ryan Franco, Army – W, 19-4 (TF; 5:55)
Rd. 2: Sam Ewing, Buffalo – WBF (4:00)
Semi: Richard Fedalen, Columbia – W, 18-5 maj. dec.
*Final: #1 Shayne Van Ness, Penn State – L, 7-14 dec.

149: Dalton Perry, Fr.
Rd. 1: Billy Meiszner, Chattanooga – W, 19-4 (TF; 5:22)
Rd. 2: Richard Fedalen, Columbia – L, inj. def.

157: PJ Duke, Fr.
Rd. 1: Owen Hicks, Army – WBF (1:38)
Rd. 2: CJ Liddle, Chattanooga – WBF (2:37)
Semi: #30 Kaleb Burgess, Buffalo – WBF (1:29)
*Final: Joe Sealey, Penn State – W, 2-1 dec.

157: Joe Sealey, R-Fr.
Rd. 1: Owen O'Conner, Army – WBF (3:24)
Rd. 2: Kellen Smith, Army – W, 21-8 maj. dec.
Semi: Braden Roberts, LIU – W, 22-6 (TF; 6:40)
*Final: PJ Duke, Penn State – L, 1-2 dec.

165: #1 Mitchell Mesenbrink, Jr.
Rd. 1: Nathan McCartney, Gardner-Webb – WBF (4:40)
Rd. 2: Jack Valentin, LIU – WBF (1:41)
Semi: Mason Reiniche, Chattanooga – W, 20-4 (TF; 5:19)
Final: #18 Gunner Filipowicz, Army – WBF (2:03)
165: Sam Beckett, Sr.
Rd. 1: bye
Rd. 2: Cesar Alvan, Columbia – L, 3-14 maj. dec.
Cn. 2: Brady Unger, Buffalo – W, 8-0 maj. dec.
Cn. S: Kellen Laffey, Buffalo – W, 4-1 dec.
5th: Micah Hanau, Army – W, 4-1 dec.

174: #1 Levi Haines, Sr.
Rd. 1: Andrew Christie, Army – W, 18-2 (TF; 5:21)
Rd. 2: Isaiah Guerrero, Gardner-Webb – W, 21-4 (TF; 4:08)
Semi: Cooper Haase, Army – W, 19-4 (TF; 5:45)
*Final: William Henckel, Penn State – W, 4-0 dec.

174: William Henckel, Fr.
Rd. 1: Eric Tigue, Buffalo – W, 19-4 (TF; 4:52)
Rd. 2: Andrew Wilson, Gardner-Webb – W, 15-0 (TF; 3:53)
Semi: #29 Nick Fine, Columbia – W, 7-3 dec.
*Final: #1 Levi Haines, Penn State – L, 0-4 dec.

184: #4 Rocco Welsh, So.
Rd. 1: bye
Rd. 2: Cole Karpinski, Army – W, 20-4 (TF; 3:40)
Semi: Joseph Curtis, Columbia – W, 20-7 maj. dec.
*Final: Asher Cunningham, Penn State – W, 13-5 maj. dec.

184: Asher Cunningham, Fr.
Rd. 1: bye
Rd. 2: David Barrett, Army – W, 12-0 maj. dec.
Semi: Aaron Ayzerov, Columbia – W, 11-3 maj. dec.
*Final: #4 Rocco Welsh, Penn State – L, 5-13 maj. dec.

197: Connor Mirasola, R-Fr.
Rd. 1: bye
Rd. 2: Eli Pack, Army – WBF (2:38)
Semi: Adam Haselius, Columbia – W, 19-2 (TF; 2:18)
Final: #25 William Frable, Army – W, 17-2 (TF; 7:00)

285: #10 Cole Mirasola, R-Fr.
Rd. 1: Rocky Files, Gardner-Webb – WBF (1:53)
Rd. 2: Tristan Hitchcock, Army – WBF (2:44)
*Semi: Lucas Cochran, Penn State – W, 3-1 dec.
Final: #15 Brady Colbert, Army – W, 10-6 dec.

285: Lucas Cochran, Sr.
Rd. 1: bye
Rd. 2: Sam Sorenson, Army – W, 19-1 (TF; 4:46)
*Semi: #10 Cole Mirasola – L, 1-3 dec.
3rd: Vincent Mueller, Columbia – W, 12-2 maj. dec.

* Results against teammates do not count (wins, losses, inj. def., med. forf., etc.)

## #1 PENN STATE 43, DREXEL 3

**Friday, Dec. 5, 2025 -- Philadelphia, Pa.**

| | |
|---|---|
| 125: #2 Luke Lilledahl PSU maj. dec. Desmond Pleasant DREX, 19-7 | 4-0 |
| 133: #11 Marcus Blaze PSU pinned Kyle Waterman DREX, WBF (4:33) | 10-0 |
| 141: Jordan Soriano DREX dec. Cael Nasdeo PSU, 8-5 | 10-3 |
| 149: #1 Shayne Van Ness PSU tech fall Patrick Kelly DREX, 20-4 (TF; 6:52) | 15-3 |
| 157: #15 PJ Duke PSU pinned Luke Nichter DREX, WBF (1:15) | 21-3 |
| 165: #1 Mitchell Mesenbrink PSU tech fall Cody Walsh, 19-4 (5:13) | 26-3 |
| 174: #1 Levi Haines PSU maj. dec. #17 Jasaiah Queen DREX, 12-1 | 30-3 |
| 184: #4 Rocco Welsh PSU maj. dec. Ethan Wilson DREX, 13-3 | 34-3 |
| 197: Connor Mirasola PSU tech fall Justin Griffith DREX, 22-5 (TF; 5:38) | 39-3 |
| 285: #10 Cole Mirasola PSU maj. dec. Nate Schon DREX, 10-2 | 43-3 |

Attendance: 2,217 (sell out)

Penn State wrestling (2-0, 0-0 B1G) dominated homestanding Drexel (2-1) in non-conference action on Friday night in Philadelphia. Penn State won nine of ten bouts to post a 43-3 victory in Drexel's sold out Daskalaskis Athletic Center.

The sellout crowd watched as Penn State won all but one but, and each for bonus points. The dual began at 125. Nittany Lion sophomore Luke Lilledahl, ranked No. 2 at 125, tallied five takedowns in a 19-7 major decision victory over Desmond Pleasant. True freshman Marcus Blaze, ranked No. 11 at 133, followed that up by pinning Kyle Waterman at 4:33 to put Penn State up 10-0 early. With No. 8 Aaron Nagao not competing, Cael Nasdeo took to the mat at 141. Nasdeo dropped a tough 8-5 decision to Drexel's Jordan Soriano.

Junior Shayne Van Ness, ranked No. 1 at 149, used four takedowns and a couple turns to roll to a 20-4 technical fall over Patrick Kelly at 6:52. True freshman PJ Duke, ranked No. 15 at 157, roared in his Penn State dual meet debut, notching four first period takedowns before wrapping up a cradle on the last and pinning Luke Nichter at the 1:15 mark. Penn State led 21-3 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, racked up five takedowns in the first period and dominated the action in a 19-4 tech fall at 5:13. Senior Levi Haines, ranked No. 1 at 174, followed that up with a dominant win. Haines posted a 12-1 major decision over No. 17 Jasaiah Queen, including three takedowns and 2:20 in riding time, to put Penn State on top 30-3.

Sophomore Rocco Welsh, ranked No. 4 at 184, pressured Ethan Wilson for seven minutes, picking up a handful of stall points and notching three takedowns in a 13-3 major decision. Redshirt freshman Connor Mirasola tallied seven takedowns on his way to a convincing 22-5 tech fall over Justin Griffith at 197. He got the tech at the 5:38 mark in the third period. Redshirt freshman Cole Mirasola, ranked No. 10 at 285, capped off the dual with a strong 10-2 major decision over Nate Schon, picking up the major clinching takedown in the final seconds.

Penn State won the takedown battle as well, 38-2. The Nittany Lions tallied 16 bonus points off two pins (Blaze, Duke), three tech falls (Van Ness, Mesenbrink, Connor Mirasola) and four majors (Lilledahl, Haines, Welsh, Cole Mirasola).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, took on Drexel's Desmond Pleasant. Lilledahl wasted no time getting in on a low single, taking Pleasant down for an early 3-0 lead. Pleasant reversed Lilledahl to cut the lead to a 3-2 but Lilledahl returned the favor to up his lead to 5-2 at 1:34. Pleasant escaped to a 5-3 score at 1:15 and then forced a scramble with a low shot. Lilledahl forced a stalemate at :48. Lilledahl took Pleasant down at :18 to extend his lead to 8-3 after the first period. Pleasant chose down to start the second period and escaped to an 8-4 score. Lilledahl worked in neutral through the 1:00 mark and then turned a low single into a takedown and an 11-4 lead with :40 on the clock. Pleasant escaped to an 11-5 score after the second period. Lilledahl escaped quickly to start the third period, countered a Pleasant shot at 1:40 and took a 15-5 lead with 1:36 left to wrestle. Lilledahl cut Pleasant loose, scored again to open up an 18-6 lead. Pleasant added an escaped, Lilledahl 2:33 in riding time and the Nittany Lion posted the 19-7 major decision.

133: True freshman Marcus Blaze, ranked No. 11 at 133, met senior Kyle Waterman. Blaze opened the bout with a quick takedown at the 2:41 mark. He worked on top, looking for a turn while building up riding time. Waterman escaped to a 3-1 score and Blaze immediately moved in for a second takedown and a 6-1 lead. Blaze worked his time up to 1:16 before cutting Waterman loose. Blaze used a quick low single to open up a 9-2 lead and carried it plus 1:52 in riding time into the second period. Blaze escaped to a 10-2 lead to open up the second stanza. He worked his way around Waterman for another takedown and a 14-2 lead at 1:30, forced a stall warning, cut the Dragon loose and went back to work on offense. Blaze took Waterman down and then locked up a cradle on the takedown, getting the fall at 4:33.

141: Cael Nasdeo took on Dragon Jordan Soriano at 141. Nasdeo notched the first takedown of the bout, taking a 3-0 lead at 2:30 in the first period. Nasdeo worked up over a minute of riding time, looking for a chance to turn Soriano. The Dragon was able to escape to a 3-1 score at 1:11. Nasdeo and Soriano worked on their feet through the :30 mark, trading quick shots at :20. Nasdeo fired off a late shot, forcing a scramble as the period ended but did not get the takedown and led 3-1 after one. Nasdeo chose down to start the second period. Soriano was able to maintain control to the 1:12 mark before Nasdeo escaped to a 4-1 lead. Soriano got in on a single and took Nasdeo down to tie the bout at 4-4 with :46 left in the second period. Soriano was able to ride the Lion out and the bout moved to the third period tied 4-4. Soriano chose down to start the third period and escaped to a 5-4 lead at 1:40. Nasdeo appeared to have a takedown as the clock moved through the :40 mark but none was called and Penn State threw the brick, challenging the no call. The call was upheld and Nasdeo trailed by one at :30. Nasdeo took a late shot that Soriano countered and the Dragon won 8-5.

149: Shayne Van Ness, ranked No. 1 at 149, met Patrick Kelly. Van Ness scored quickly, taking Kelly down in the opening :30 to lead 3-0. Kelly scrambled to a reversal at 2:18 and Van Ness returned the favor, reversing Kelly to open up a 5-2 lead at :42. Van Ness controlled Kelly for the rest of the period and led 5-2 after one. Kelly chose down to start the second period, Van Ness, cut him loose and moved in on offense. He took Kelly down and turned him to his back, working for a pin but settling for four back points and a 12-3 lead after two periods. Van Ness chose neutral to start the third period. He worked a low double into a scramble and another takedown with 1:15 on the clock, taking a 15-3 lead. He locked up riding time and added two back points to lead 17-3 at :30. He cut Kelly loose once more and iced the tech fall with :08 on the clock, winning 20-4 at 6:52.

157: True freshman PJ Duke, ranked No. 15 at 157, battled Luke Nichter. Duke took a 3-1 lead with a quick takedown and cut, a second, then a third, then a fourth before he locked up a cradle and got the first period pin. Duke picked up the fall at 1:15 in the opening stanza.

165: Mitchell Mesenbrink, ranked No. 1 at 165, met Cody Walsh. Mesenbrink took the Dragon down quickly to open up a 3-1 lead. He took Walsh down a second time at the 2:00 mark, cut him loose and added a third takedown to lead 9-2 with 1:06 on the clock. Walsh escaped a third time at :30 but Mesenbrink quickly moved in for a fourth takedown to lead 12-3 with nearly 2:00 in riding time after one. Mesenbrink chose down to start the second period and scrambled his way to a reversal and a 14-3 lead. He forced a stall, cut Walsh and then took him down to lead 17-4 at :58. Mesenbrink controlled action on top for the rest of the period and led 17-4 after two. Walsh chose top to start the third period. Mesenbrink quickly rolled to a reversal and clinched the tech fall with the move, winning 19-4 at 5:13.

174: Senior Levi Haines, ranked No. 1 at 174, faced No. 17 Jasaiah Queen. Haines and Queen battled evenly for the first two minutes before Haines picked up the bout's first takedown at :51 to lead 3-0. Haines forced a stall warning and then rode Queen out to lead by three after one. Haines chose down to start the second period. He escaped to a 4-0 lead then fought off a Queen shot and picked up a point on a second stall call on the Dragon. Haines turned a high shot into a scramble and a second takedown to open up an 8-0 lead at the :48 mark. Haines finished the period on top and led 8-0 after two. Queen chose down to start the third period and Haines cut him loose. He quickly moved in on offense. Queen was able to flee the mat without giving up a stall call and Haines led 8-1 at the 1:18 mark. Haines continued to work on offense, turning a low shot into another takedown to lead 11-1 with :50 left to wrestle. Haines finished the period on top and added 2:20 in riding time to roll to the 12-1 major.

184: Sophomore Rocco Welsh, ranked No. 4 at 184, battled Ethan Wilson. The duo worked in neutral through the 2:00 mark before Welsh used a high single to take Wilson down for a 3-0 lead at 1:58. Wilson escaped to a 3-1 score and Welsh moved in on offense. Walsh forced a stall at :20 and led 3-1 after the opening period. Welsh chose down to start the second period and quickly escaped to a 4-1 lead. Wilson fought off a solid Welsh shot at 1:20 then took a 5-1 lead on another Wilson stall. Walsh blew through a low double to take an 8-1 lead as the period ended. Wilson chose down to start the third period and escaped to an 8-2 score. Welsh used a quick low shot for another takedown and an 11-2 lead with 1:33 on the clock. Wilson escaped to a 12-3 score and Welsh picked up another point on another Wilson stall to lead 13-3. The Lion sophomore continued to pressure Wilson for the rest of the bout and rolled to a 13-3 major decision.

197: Redshirt freshman Connor Mirasola took on Justin Griffith. Mirasola scored quickly, taking a 3-0 lead at 2:34 in the opening stanza. Leading 3-1, Mirasola notched a second takedown at 1:28 to lead 6-2 after cutting Griffith loose. He added a third takedown and a rideout to lead 9-2 after one. Griffith chose down to start the second period and escaped to a 9-3 score. Mirasola quickly took the Dragon down and opened up a 12-3 lead at 1:32. Mirasola cut Griffith loose and then moved in for another takedown and cut to lead 15-5. Mirasola fought off a quick Griffith shot at :35 and then picked pa stall point to lead 16-5 with :21 on the clock. Mirasola finished off the second with a late takedown and led 19-4 after two. Mirasola chose neutral to start the third period and ended the match with a final takedown, posting the 22-5 tech fall at 5:28.

285: Redshirt freshman Cole Mirasola, ranked No. 10 at 285, battled Nate Schon. Mirasola took Schon down quickly to open up a 3-1 lead early in the first period. The duo battled evenly in the center of the mat through the 1:00 mark, working in neutral. Schon got hit with an illegal hold at :31 and Mirasola led 4-1. Mirasola fought off a solid Schon shot and nearly countered down the stretch but settled for a 4-1 lead after the opening period. Mirasola chose down to start the second period and quickly escaped to a 5-1 lead. He worked the middle of the mat for the next minute plus, looking for a chance to break through Schon's defense but the Dragon was able to defend his way to the third period. Schon chose down to start the final stanza and escaped to a 5-2 score. Mirasola continued to pressure the Dragon towards the outside circle. Schon gave up a stall point took injury time at 1:09 and chose down on the reset. Mirasola escaped to a 7-2 lead and then finished off the major with a late takedown to win 10-2.

## #1 PENN STATE 36, # 13 LEHIGH 6

**Sunday, Dec. 7, 2025 -- Rec Hall -- University Park, Pa.**

| | |
|---|---|
| 125: #2 Luke Lilledahl PSU tech fall Logan Wadle LEH, 17-2 (TF; 3:21) | 5-0 |
| 133: #11 Marcus Blaze PSU tech fall Mason Ziegler LEH, 19-4 (TF; 5:37) | 10-0 |
| 141: Carter Bailey LEH dec. Cael Nasdeo PSU, 5-1 | 10-3 |
| 149: #1 Shayne Van Ness PSU maj. dec. Owen Reinsel LEH, 19-6 | 14-3 |
| 157: #15 PJ Duke PSU inj. def. #10 Logan Rozynski LEH, inj.def. (5:41, up 14-3) | 20-3 |
| 165: #1 Mitchell Mesenbrink PSU maj. dec. #7 Max Brignola LEH, 15-7 | 24-3 |
| 174: #1 Levi Haines PSU pinned Bekhruz Sadriddinov LEH, WBF (2:15) | 30-3 |
| 184: #4 Rocco Welsh PSU dec. #23 Rylan Rogers LEH, 4-2 | 33-3 |
| 197: Connor Mirasola PSU dec. Remy Brancato LEH, 8-3 | 36-3 |
| 285: #7 Nathan Taylor LEH dec. #10 Cole Mirasola PSU, 7-2 | 36-6 |

Attendance: 6,334 (Penn State has wrestled in front of 87 sellouts in its last 93 home events, including 77-straight in Rec Hall and 10 of 16 in the BJC)

Penn State wrestling (3-0, 0-0 B1G) beat Lehigh (3-4) in sold out Rec Hall on Sunday afternoon. The Nittany Lions dominated the dual meet, rolling to a 36-6 victory. The Nittany Lions, wrestling in front of its second sellout crowd of the weekend, controlled the dual from start to finish and won eight of ten bouts in front of over 6,300 fans in Rec Hall.

The dual began at 125. Nittany Lion sophomore Luke Lilledahl, ranked No. 2 at 125, opened up the dual meet with a dominant performance at 125. Lilledahl downed Logan Wadle 17-2, getting the tech fall at 3:21 in the second period. True freshman Marcus Blaze, ranked No. 11 at 133, followed Lilledahl's tech up with one of his own. Blaze posted a 19-4 tech fall over Mason Ziegler at 5:37 to put Penn State up 10-0 after two bouts.

With No. 8 Aaron Nagao not in action once more, Cael Nasdeo got the call at 141. Nasdeo pushed action for the full 7:00 but a first period takedown allowed Lehigh's Carter Bailey to post a 5-1 win. Junior Shayne Van Ness, ranked No. 1 at 149, posted a strong 19-6 major decision over Owen Reinsel in the next match. True freshman PJ Duke, ranked No. 15 at 157, dominated No. 10 Logan Rozynski in his Penn State dual meet debut. Duke was controlling the bout, leading 14-3, when Rozynski was injured and could not continue, giving Duke the injury default victory at 5:41. Penn State led 20-3 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, opened up the second half by dominating No. 7 Max Brignola. Mesenbrink roared to a 15-7 major decision to put Penn State up 24-3. Senior Levi Haines, ranked No. 1 at 174, picked up Penn State's first fall of the match, pinning Bekhruz Sadriddinov at the 2:15 mark in the opening period.

Sophomore Rocco Welsh, ranked No. 4 at 184, battled No. 23 Rylan Rogers through seven tough minutes and used a late takedown to post a hard fought 4-2 win to put the Nittany Lions up 33-3. Redshirt freshman Connor Mirasola continued Penn State's prowess at 197, notching the bout's only takedowns in an 8-3 win over Remy Brancato. Redshirt freshman Cole Mirasola, ranked No. 10 at 285, battled No. 7 Nathan Taylor tough in the dual's final matchup. Mirasola dropped a 7-2 decision to Taylor, with the Mountain Hawk scoring on two counter takedowns to grab the victory. The Nittany Lions won eight bouts and rolled to the 36-6 win.

Penn State posted a lopsided 26-5 takedown advantage. The Nittany Lions picked up 12 bonus points off one fall (Haines), two tech falls (Lilledahl, Blaze), two major (Van Ness, Mesenbrink) and an injury default (Duke).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, took on Logan Wadle. Lilledahl opened up the dual with a takedown at the 2:24 mark to take a 3-1 lead after a Wadle escape. Lilledahl countered a Wadle shot, took him to his back and opened up a 10-1 lead with a takedown and four back points. Lilledahl forced Wadle into a stall leading 10-2 and added a late takedown to lead 13-2 after the opening period. Lilledahl escaped to a 14-2 lead to start the second period and then ended the bout with a final takedown to roll to a 17-2 tech fall at 3:21.

133: True freshman Marcus Blaze, ranked No. 11 at 133, met Mason Ziegler. Blaze drew first blood with a takedown at the 2:00 mark to lead 3-1 after a quick Lehigh escape. Blaze and Ziegler worked the center of the mat through the 1:00 mark. Blaze turned a low single at the :25 mark into a late takedown and led 6-1 after one. Blaze chose down to start the second period and quickly escaped to a 7-1 lead. Blaze worked Ziegler's shoulders down and finished off his third takedown at the 1:00 mark then moved in through a high double to force a scramble that led to another takedown with :20 on the clock. Blaze led 13-2 after two. Ziegler chose down to start the third period and Blaze let him to his feet. He then moved around the Hawk for another takedown and a 16-4 lead at 1:35. Blaze finished off the bout with a final takedown and posted the 19-4 tech fall at 5:37.

141: Cael Nasdeo took on Mountain Hawk Carter Bailey at 141. Bailey turned a low single into a takedown to open up a 3-0 lead at 1:30. Nasdeo worked to break free of Bailey's strong ride, but the Mountain Hawk was able to maintain control and finish the period on top to lead 3-0 with 1:31 in riding time after the opening period. Nasdeo chose neutral to start the second period. He worked his way in on a low shot at 1:25 but Bailey countered and scrambled his way to a stalemate with 1:04 on the clock. Nasdeo turned a low double into a late scramble, but Bailey once again fought off the move and killed the clock. Bailey, leading 3-0, chose down to start the third. He escaped to a 4-0 lead and Nasdeo continued to shoot low on the Hawk. Nasdeo forced a first stall warning at 1:35. He then picked up a point with a quick second stall to cut the lead to 4-1. Nasdeo blew through a low shot and forced a scramble at :45. Bailey fought off the effort and worked action out of bounds to force a reset with :08 on the clock. Nasdeo battled through the buzzer but dropped the 5-1 bout to Bailey.

149: Shayne Van Ness, ranked No. 1 at 149, met Owen Reinsel. Van Ness took a 3-1 lead with an early takedown and cut. He moved in on Reinsel again at the 1:50 mark but potentially dangerous stopped action and forced a reset. Van Ness continued to press, using a high shot for a second takedown and a 6-1 lead with 1:13 on the clock. Van Ness nearly added a third takedown late in the period, but time ran out on the Lion, and he settled for a 6-2 lead after one. Van Ness chose down to start the second period. Van Ness worked his way to his feet and moved under the Hawk for a reversal and an 8-2 lead with :40 on the clock. Reinsel chose neutral and then took Van Ness down to cut the lead to 8-5. Van Ness quickly reversed him to lead 10-5. Van Ness picked up a stall point then took Reinsel down to lead 14-5. He turned him to his back for four back points to lead 18-6 and, with 1:42 in riding time, posted the 19-6 major.
157: True freshman PJ Duke, ranked No. 15 at 157, battled No. 10 Logan Rozynski. Duke came out and set the offensive pace, taking quick shots that forced Rozynski into a defensive posture through the opening minute. Duke forced Rozynski into a stall warning at 1:00 and then forced a scramble with a low single. But Rozynski was able to work action out of bounds, Penn State challenged for a takedown during the scramble but the call on the mat was confirmed, forcing a reset at :22. Tied 0-0 after one, Rozynski chose down to start the second period and escaped to a 1-0 lead. Duk continued to work on offense, moving in for a low shot, notching a takedown and leading 3-2 after a quick Lehigh escape. Duke forced Rozynski quickly backwards for another stall and led 4-2 at 1:10. Duke pressured the Hawk backwards once more, out of bounds, and led 5-2 with another stall point. Duke scrambled his way for a second takedown and an 8-2 lead with :20 on the clock and finished the period on top. Duke chose neutral to start the third period and quickly took Rozynski down for another takedown and an 11-2 lead. Duke cut the Hawk loose on a reset then moved in for another takedown to lead 14-3 when Rozynski took an injury timeout. The Hawk wrestler was unable to continue and Duke, while leading 14-3 at the time, was awarded the injury default at 5:41.

165: Mitchell Mesenbrink, ranked No. 1 at 165, met No. 7 Max Brignola. Mesenbrink worked in on a low single at the 2:00 mark and finished off the takedown for a 3-0 lead at 1:44. Brignola escaped quickly to a 3-1 score and Mesenbrink moved in on offense again. Mesenbrink worked his way into control of Brignola's ankle, but the Hawk was able to escape out of bounds, giving up a stall warning in the process. Mesenbrink quickly took Brignola down after a reset and led 6-2 late in the first. Leading by four, Mesenbrink chose down to start the second period. He quickly escaped to a 7-2 lead and once again moved in on offense. He added a third takedown to open up a 10-3 lead. Mesenbrink quickly took Brignola down once more and led 13-3. He finished the period on top and carried that lead into the third period. Brignola chose down to start the final period and Mesenbrink cut him loose. He quickly forced another stall point, but Brignola quickly moved in for his first takedown to cut the lead to 15-7 after a Mesenbrink escape. The duo battled evenly for the final :45 and Mesenbrink posted the 15-7 major decision.

174: Senior Levi Haines, ranked No. 1 at 174, faced Bekhruz Sadriddinov. Haines notched the first takedown of the bout early in the first period and led 3-1 after a quick Lehigh escape. He moved in on offense immediately and took the Hawk down once more for a 6-1 lead and then went to work on top, looking to turn Sadriddinov. Haines worked his shoulders to the mat and picked up the first period pin, getting the fall at 2:15.

184: Sophomore Rocco Welsh, ranked No. 4 at 184, battled No. 23 Rylan Rogers. Welsh and Rogers battled evenly in the center circle for the opening minute-plus. Welsh worked to find a way through Rogers' defense as the clock moved past the 1:00 mark in the opening period. Welsh worked a low shot into a scramble on a reset at :55 but Rogers was able to force a stalemate with :13 left in the period. Tied 0-0, Welsh chose down to start the second period and quickly escaped to a 1-0 lead. Welsh immediately turned in on offense and set up for position on the Nittany Lion logo. Welsh once again shot low, turning a low single into another scramble but Rogers once again forced a stalemate at 1:10. Welsh shot Rogers backwards through the :20 mark and led 1-0 after two periods. Rogers chose down to start the third period and escaped to a 1-1 tie at 1:50. Rogers forced a scramble with a low shot but potentially dangerous stopped action with 1:04 left in the third. Welsh turned a high single into a scrambling takedown and a 4-1 lead with :30 on the clock. Rogers escaped to a 4-2 score and Welsh finished the bout on his feet, walking away with a hard fought 4-2 win.

197: Redshirt freshman Connor Mirasola took on Remy Brancato at 197. Mirasola and Brancato battled on their feet through the opening period as Mirasola looked to break through Brancato's defense. Mirasola forced a late scramble, but time ran out in the opening period and the bout moved to the second tied 0-0. Mirasola chose down to start the second period and quickly escaped to a 1-0 lead. The Lion freshman then turned into Brancato, moved in on a high single and finished off the bout's first takedown at 1:15 to lead 4-0. Mirasola cut Brancato loose at :52 and went looking for more offense. Brancato was able to fight the Lion off and move the bout to the third period with Mirasola leading 4-1. Brancato chose down to start the third period. Mirasola controlled the action on top long enough to work his time up over 1:00 and then cut him loose to a 4-2 score. Mirasola worked his way to a takedown and cut with :05 on the clock and, with riding time, posted the 8-3 win.

285: Redshirt freshman Cole Mirasola, ranked No. 10 at 285, battled No. 7 Nathan Taylor. Mirasola battled the Lehigh big man in the center of the mat as the first period clock moved past 1:15. Mirasola took a handful of quick shots, forcing Taylor to defend each joust as the clock wound down. Mirasola chose down to start the second period and quickly escaped to a 1-0 lead. Mirasola maintained his position in the middle of the mat, taking shots and forcing Taylor to circle around him as the clock moved to :45. Mirasola turned a low single into a scramble at :45 but Taylor was able to scramble out of trouble, counter, and score late to lead 3-1 after two. Taylor chose down to start the third period and Mirasola cut him loose to a 4-1 score. The Lion freshman worked the center of the mat and worked in on a high single at 1:00. But Taylor was able to counter again and took a 7-1 lead with another counter takedown. Mirasola escaped to a 7-2 score with :33 on the clock and battled for another score but Taylor was able to defend each one and got the 7-2 win.

## #1 PENN STATE 40, #18 WYOMING 7

**Satuday, Dec. 13, 2025 -- Laramie, Wyo.**

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|---|---|
| 125: #2 Luke Lilledahl PSU tech fall Sefton Douglass WYO, 18-3 (TF; 3:26) | 5-0 |
| 133: #10 Marcus Blaze PSU pinned #22 Luke Willochell WYO, WBF (3:39) | 11-0 |
| 141: Nate Desmond PSU dec. John Alden WYO, 11-4 | 14-0 |
| 149: #1 Shayne Van Ness PSU pinned #30 Gabe Willochell WYO, WBF (2:54) | 20-0 |
| 157: #8 PJ Duke PSU pinned #23 Jared Hill WYO, WBF (4:09) | 26-0 |
| 165: #1 Mitchell Mesenbrink PSU pinned Sloan Swan WYO, WBF (2:00) | 32-0 |
| 174: #1 Levi Haines PSU tech fall #28 Riley Davis WYO, 18-1 (TF; 4:50) | 37-0 |
| 184: #4 Rocco Welsh PSU dec. #12 Eddie Neitenbach WYO, 4-1 | 40-0 |
| 197: #4 Joey Novak WYO maj. dec. #8 Connor Mirasola PSU, 10-2 | 40-4 |
| 285: #10 Christian Carroll WYO dec. #11 Cole Mirasola PSU, 10-4 | 40-7 |

Attendance: 4,686 (Wyoming all-time record)

Penn State wrestling (4-0, 0-0 B1G) rolled to a 40-7 win at Wyoming (2-3) in a non-conference dual meet in Laramie, Wyo., on Saturday night. The Nittany Lions tallied four pins in the lopsided road victory. A Wyoming wrestling all-time record crowd of 4,686 watched as Penn State dominated the Cowboys. The Nittany Lions added two technical falls to its four pins and won the first eight bouts of the dual meet.

The dual began at 125. Nittany Lion sophomore Luke Lilledahl, ranked No. 2 at 125, used four takedowns and a couple turns to roll to an 18-3 technical fall at the 3:26 mark to give the Nittany Lions an early 5-0 lead.. True freshman Marcus Blaze, ranked No. 10 at 133, followed that up with a second period pin of No. 22 Luke Willochell, getting the fall at 3:39.

True freshman Nate Desmond moved up two weights to make his Penn State dual meet debut at 141. He used two takedowns; a reversal and a two-point turn to post a strong 11-4 win. Junior Shayne Van Ness, ranked No. 1 at 149, picked up Penn State's second fall of the dual. The Lion junior pinned No. 30 Gabe Willochell at the 2:54 mark in the first period. True freshman PJ Duke, ranked No. 8 at 157, then picked up the third Nittany Lion fall in the first half, pinning No. 23 Jared Hill at the 4:09 mark. Penn State led 26-0 at the midway point.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, opened up the second half with Penn State's fourth pin. Mesenbrink dominated the first period, getting the fall at 2:00. Senior Levi Haines, ranked No. 1 at 174, used three takedowns and two near falls to roll to an 18-1 tech fall at 4:50, giving the Lions a 37-0 lead. Sophomore Rocco Welsh, ranked No. 4 at 184, used a first period takedown and a second period escape to post a hard fought 4-1 win over No. 12 Eddie Neitenbach.

Redshirt freshman Connor Mirasola, ranked No. 8 at 197, lost a tough 10-2 major decision to No. 4 Joey Novak as Wyoming got on the board, cutting the Lion lead to 40-4. Redshirt freshman Cole Mirasola, ranked No. 11 at 285, battled No. 10 Christian Carroll in the dual meet's final bout and dropped a hard-fought 10-4 decision to the Cowboy. Penn State walked away from Laramie with a dominant 40-7 victory.

Penn State posted a 20-8 takedown edge over Wyoming. The Nittany Lions won eight of ten bouts and tallied 16 bonus points off four pins (Blaze, Van Ness, Duke, Mesenbrink) and two technical falls (Lilledahl, Haines).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, took on Sefton Douglass. Lilledahl got in on early low single and finished off the takedown for a 3-0 lead at 2:28. Douglass escaped to a 3-1 score. Lilledahl fought off a Douglass shot and controlled the pace in neutral through the 1:00 mark. Lilledahl zipped through a fast low single to notch a second takedown and lead 6-1 at :45. He maintained control on top for the rest of the period and led 6-1 after one. Douglass chose down to start the second period and Lilledahl cut him loose to a 6-2 score with 1:06 in time. Lilledahl quickly added a third takedown to lead 9-2 at 1:31. Lilledahl turned Douglass for four back points to lead 13-2, then for two more to lead 15-2. Lilledahl cut Douglass loose to a 15-3 score, then took him down once more to finish off the bout with an 18-3 technical fall at 3:26.

133: Marcus Blaze, ranked No. 10 at 133, met No. 22 Luke Willochell. Willochell drew first blood in the match, working Blaze down for a takedown and a 3-1 lead at 2:10. Blaze retook the lead quickly after the reset with a takedown at 1:30. The Lion freshman then turned a single into a scramble and a takedown on the edge of the mat to take a 7-4 lead with :18 on the clock and led by that margin after the first period. Willochell chose down to start the second period and escaped to a 7-5 score. Blaze quickly took the Cowboy down once more with a high double, then turned the Cowboy to his back and picked up the fall at the 3:39 mark.

141: Nate Desmond battled John Alden. Desmond turned a low shot into a scramble at the 2:10 mark that Alden was able to fight off, forcing a stalemate at 1:28. Desmond continued to pressure Alden on offense and worked through a low double for a takedown and a 3-0 lead at 1:11. The Nittany Lion then controlled the action on top, building up over 1:00 in riding time with a rideout to lead by three after one. Desmond chose down to start the second period and scrambled his way to a reversal and a 5-0 lead at 1:48. Alden escaped to a 5-1 score after a reset. The duo worked in neutral through the :10 mark before Alden blew through a low double at the buzzer for a takedown, cutting the Lion lead to 5-4 after two. Desmond chose neutral to start the third period and nearly took a lead with a fast shot off the buzzer. Desmond was able to roll through the action and get a stalemate call at 1:30, leading by one. Desmond then countered an Alden shot for a quick takedown to lead 8-4 at :45. He clinched his riding time point then added two near fall points. His 2:00 in riding time added the final point and Desmond won the match 11-4.

149: Shayne Van Ness, ranked No. 1 at 149, met No. 30 Gabe Willochell. Van Ness shot Willochell off the mat at the 1:50 mark, setting a fast tempo off the opening whistle. Willochell worked his way in on a single and took a 3-1 lead with a takedown. Van Ness then moved in for a takedown, locking up a cradle. Van Ness worked Willochell's shoulders flat for the first period fall at 2:54.

157: PJ Duke, ranked No. 8 at 157, faced off against No. 23 Jared Hill. Duke scored first, notching a takedown at 2:11 to open up an early 3-0 lead. Duke cut Hill loose on the reset and went back to work on offense. Duke pressured forward and turned a fast low double into a second takedown with :48 on the clock. Duke worked his riding time up to :59 with a rideout and led 6-1 after the opening period. Hill chose down to start the second period and escaped to a 6-2 score. Duke faked a low shot, adjusted and notched a third takedown for a 9-3 lead after a quick Hill escape. Duke then took Hill down once again and turned him to his back, getting Penn State's third fall of the dual at the 4:09 mark.

165: Mitchell Mesenbrink, ranked No. 1 at 165, battled Sloan Swan. Mesenbrink took Swan down quickly to open up a 3-1 lead after a Swan escape. Mesenbrink then took the Cowboy down a second time and turned him to his back for four near fall points and a 10-1 lead. Mesenbrink adjusted on top, turned Swan to his back once more and picked up Penn State's fourth fall, this one at 2:00 in the first period.

174: Levi Haines, ranked No. 1 at 174, met No. 28 Riley Davis. Haines took Davis down midway through the opening period to open up a 3-0 lead. The Lion senior built up :38 in riding time before Davis escaped to a 3-1 score. Haines continued to work on offense and turned a fast shot into a second takedown and a 6-1 lead after the opening period. Haines chose down to start the second period and quickly escaped to a 7-1 lead. He took Davis down right away to lead 10-1 and then went to work on top, looking for a pinning combination. He used a power half to turn Davis to his back for four back points and a 14-1 lead at :38. Haines turned Davis one more time to finish off the tech fall, 18-1, at the 4:50 mark.

184: Rocco Welsh, ranked No. 4 at 184, took on No. 12 Eddie Neitenbach. The duo battled evenly in the center of the mat, working the clock down below the 1:30 mark in the opening period. Welsh worked in neutral and pressed forward through the :50 mark until he connected on a high single. He then tripped Neitenbach to the mat for a takedown and a 3-0 lead. He finished the period on top to carry that lead into the second stanza. Welsh chose down to start the second period and quickly escaped to a 4-0 lead. The Lion sophomore continued to pressure his Cowboy opponent backwards, looking for a second takedown. Welsh forced Neitenbach into a stall warning and led 4-0 after two. Neitenbach chose down to start the third period and escaped to a 4-1 score at 1:43. Welsh worked off a series of quick low shots and then slipped away from a Neitenbach shot as the clock moved past 1:00. Welsh defended another Cowboy shot and centered himself on the Cowboy logo as the clock hit :20. Welsh forced a late scramble that killed the clock and walked away with a 4-1 win.

197: Connor Mirasola, ranked No. 8 at 197, faced off against No. 4 Joey Novak. The duo battled evenly through the first minute of the match. Mirasola turned a low single into a scoring opportunity at 1:20 but Novak was able to fight off the effort and keep the bout scoreless with 1:04 on the clock. Mirasola continued to battle the Cowboy in neutral through the rest of the period and the match moved to the second tied 0-0. Mirasola chose neutral to start the second period. The duo traded quick shots on the Cowboy logo. Mirasola got in on another high shot, but Novak battled to a stalemate with 1:13 on the clock. Mirasola maintained his position as he kept Novak backing away from him for the rest of the period and the bout moved to the third period knotted in a scoreless tie. Novak chose down to start the third period and quickly escaped to a 1-0 lead. Novak countered a Mirasola shot and took the Lion down to open up a 4-0 lead before the Lion called for injury time at 1:13. Novak chose down on the reset and Mirasola cut him loose to a 5-0 score. Mirasola forced Novak into a stall warning at :57 but Novak added a takedown to lead 8-0. Mirasola reversed him to an 8-2 score. Novak reversed the Lion to open up a 10-2 lead and finished the match on top, posting the 10-2 win.

285: Cole Mirasola, ranked No. 11 at 285, met No. 10 Christian Carroll. Carroll forced a scramble with a shot at 2:15 but Mirasola countered, nearly finishing off a takedown of his own before a stalemate stopped action at 1:52. Mirasola took a couple low shots that forced Carroll to back away, working the clock down below 1:00. The match moved to the second tied 0-0. Mirasola chose down to start the second stanza and quickly escaped to a 1-0 lead. Carroll snapped through a low shot for a takedown and a 3-2 lead after a quick Mirasola escape. Mirasola worked the Cowboy backwards once more as he looked for an opening on offense. Carroll was able to defend his way to the end of the period and Mirasola trailed 3-2 after two. Carroll chose down to start the third period and quickly escaped to a 4-2 lead. Mirasola turned a quick low single into a scramble. Carroll was able to counter the shot and took a 7-2 lead with a second takedown. Mirasola escaped to a 7-3 score at 1:00. Novak countered another Mirasola shot at :40 to open up a 10-3 lead. Mirasola escaped with :20 left in the match but dropped the tough 10-4 bout.

## #1 PENN STATE 46, NORTH DAKOTA STATE 0

**Saturday, Dec. 20, 2025 -- Collegiate Duals -- Nashville, Tenn.**

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|---|---|
| 125: #2 Luke Lilledahl PSU dec. #31 Ezekial Witt NDSU, 6-5 | 3-0 |
| 133: #10 Marcus Blaze PSU maj. dec. #29 Tristan Daugherty NDSU, 11-3 | 7-0 |
| 141: Nate Desmond PSU dec. Michael Olsen NDSU, 4-1 | 10-0 |
| 149: #1 Shayne Van Ness PSU tech fall #24 Max Petersen NDSU, 19-2 (TF; 5:16) | 15-0 |
| 157: #8 PJ Duke PSU maj. dec. #21 Gavin Drexler NDSU, 16-5 | 19-0 |
| 165: #1 Mitchell Mesenbrink PSU tech fall Boeden Greenley NDSU, 18-1 (TF; 3:45) | 24-0 |
| 174: #1 Levi Haines PSU pinned Tyler Secoy NDSU, WBF (1:38) | 30-0 |
| 184: #4 Rocco Welsh PSU tech fall Andrew McMonagle NDSU, 19-4 (TF: 6:17) | 35-0 |
| 197: Josh Barr PSU tech fall Devin Wasley NDSU, 19-3 (TF; 3:20) | 40-0 |
| 285: #13 Cole Mirasola PSU pinned Drew Blackburn-Forst NDSU, WBF (0:33) | 46-0 |

The Penn State Nittany Lions (5-0, 0-0 B1G) shut out North Dakota State (1-5) in the first of two duals at the 2025 Journeymen Collegiate Duals in Nashville, Tenn. Penn State rolled to a 46-0 victory in the first of two dual meets at the event, hosted by the Montgomery Bell Academy.

The dual began at 125. Nittany Lion sophomore Luke Lilledahl, ranked No. 2 at 125, used 1:26 in riding time to grab a hard fought 6-5 win over No. 31 Ezekial Witt, giving Penn State an early 3-0 lead. True freshman Marcus Blaze, ranked No. 10 at 133, force four stall warnings as he rolled to an 11-3 major decision over No. 29 Tristan Daugherty in the next match.

True freshman Nate Desmond, again wrestling up at 141, used a late takedown to grab an exciting 4-1 win over Bison Michael Olsen. Junior Shayne Van Ness, ranked No. 1 at 149, used four takedowns and two turns to roll to a 19-2 tech fall over No. 24 Max Petersen at 5:16. True freshman PJ Duke, ranked No. 8 at 157, then tallied five takedowns in a 16-5 major decision over No. 21 Gavin Drexler to give Penn State a 19-0 lead at the dual's midway point.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, used two takedowns and four nearfall turns to roll to an 18-1 tech fall at the 3:45 mark to put Penn State up 24-0. Senior Levi Haines, ranked No. 1 at 174, followed up with the dual's first fall, pinning Tyler Secoy in the first period at 1:38. Sophomore Rocco Welsh, ranked No. 4 at 184, continued Penn State's bonus point barrage with a 19-4 tech fall over Andrew McMongagle at the 6:17 mark in the third period, giving the Nittany Lions a 35-0 lead in the dual meet.

Returning national finalist Josh Barr made his season debut at 197 and put on an offensive show. Barr picked up five takedowns in just over a period to roll to a 19-3 technical fall over Devin Wasley at the 3:20 mark. Redshirt freshman Cole Mirasola, ranked No. 13 at 285, finished off the dual with Penn State's second first period fall. Mirasola notched two quick takedowns and pinned Drew Blackburn-Forst on the second just :33 into the bout. The pin finished off the shutout for Penn State as the Nittany Lions rolled to the 46-0 victory.

The Nittany Lions posted a 29-1 takedown advantage. Penn State picked up 16 bonus points off two pins (Haines, Mirasola), four tech falls (Van Ness, Mesenbrink, Welsh, Barr) and two majors (Blaze, Duke).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, battled No. 31 Ezekial Witt. Witt got in on an early high double and took Lilledahl down to open up an early 3-0 lead. Lilledahl quickly escaped to a 3-1 score. Lilledahl turned a high single into a takedown and a 4-3 lead at 1:55. He maintained control of Witt for over 1:00 while trying to turn the Bison for back points. Witt escaped to a 4-4 at :21 and the match moved to the second period tied 4-4. Lilledahl chose down to start the second period and quickly escaped to a 5-4 lead. Lilledahl continued to pressure Witt from neutral. Witt was able to defend his way through two different Lilledahl attacks as the clock moved below 1:00. The duo battled in neutral for the rest of the period and the bout moved to the third with Lilledahl leading 5-4 with 1:07 in riding time. Witt chose down to start the third. He worked his way to an escaped to tie the bout at 5-5, with Lilledahl owning 1:26 in riding time. The match moved blow the 1:00 mark when Lilledahl countered a slight Witt shot, forcing a scramble on the edge of the mat as the clock moved below :30. A stalemate sent action back to the middle of the mat at :18. Lilledahl finished the period in neutral and on the back of the riding time point posted the 6-5 win.

133: Marcus Blaze, ranked No. 10 at 133, met No. 29 Tristan Daugherty. Blaze forced Daugherty to the outside circle for the first minute-plus, looking for the dual's first takedown. The Lion freshman forced two stalls and led 1-0 at the :45 mark as the Bison continued to back away from contact. Blaze led 1-0 after the opening period. Blaze chose down to start the second period and quickly escaped to a 2-0 lead. Blaze scrambled his way behind Daugherty on the edge of the mat to take a 5-0 lead at the 1:05 mark. Blaze cut Daugherty loose on the reset. Blaze picked up another stall points at :15 and carried that lead into the third period. Daugherty chose down to start the third period and Blaze cut him loose to a 6-2 score. Blaze turned a low single into another takedown and a 9-2 lead with 1:31 left to wrestle. He cut Daugherty loose once more and went back to work on offense. Blaze picked up two more points on another stall to lead 11-3 at :25. Blaze pressured Daugherty for the rest of the dual meet, forcing the Bison backwards, and walked away with an 11-3 major decision.

141: Nate Desmond met Michael Olsen. Desmond and Olsen worked in the center of the mat for the first half of the opening period. Desmond shot Olsen off the mat to force a reset at 1:28. The duo finished the period on their feet and the match moved to the second period tied 0-0. Desmond chose down to start the second period and quickly escaped to a 1-0 lead. Desmond and Olsen continued to work the center of the mat through the 1:00 mark in the second stanza. Olsen worked his way in on a low single at :40 but Desmond was able to work his way out of trouble and work action out of bounds with :25 on the clock. Olsen chose down to start the third period and escaped to a 1-1 tie at 1:38. Olsen tried a body lock at the 1:05 mark and Desmond countered, nearly taking the Bison down. Olsen worked free of trouble and Desmond was hit with a first stall warning. Desmond blew through a high double and finished off the bout's first takedown at the :18 mark and finished the period on top to post a 4-1 win.

149: Shayne Van Ness, ranked No. 1 at 149, took on No. 24 Max Petersen. Van Ness took Petersen down at the 1:07 mark to open up a 3-0 lead. Van Ness controlled Petersen for :43 before the Bison escaped to a 3-1 score. Van Ness then worked a quick low move into a takedown and three back points to lead 9-1 at :40. He turned Petersen for four more back points to lead 13-1 after one. Petersen chose down to start the second period. Van Ness maintained control for well over a minute, working his riding time up over 2:00. Petersen escaped to a 13-2 score with :30 left on the clock. Van Ness finished off the period with a quick takedown to lead 16-2 after two. Van Ness chose neutral to start the third period and finished off the match with a final takedown, posting the 19-2 technical fall at the 5:16 mark.

157: PJ Duke, ranked No. 8 at 157, faced off against No. 21 Gavin Drexler. Duke scored quickly to open up a 3-1 lead at the 2:20 mark. The duo battled evenly for the next minute with Duke pressing the Bison towards the outside circle. Duke notched a second takedown and cut to open up a 6-2 lead and then finished off the period with a third takedown at the :19 mark to lead 9-2 after one. Duke chose neutral to start the second and immediately took Drexler down again, cutting him loose to a 12-3 lead at 1:35. Drexler chose down to start the third, escaped, and Duke took him down once more to lead 15-4. Leading 15-5 after a Drexler escape, Duke forced a stall warning at :52. He continued to shoot the Bison backwards, working for another takedown. Drexler was able to defend his way to the end of the period and Duke, with riding time, posted the 16-5 major decision.

165: Mitchell Mesenbrink, ranked No. 1 at 165, battled Boeden Greenley. Mesenbrink scored quickly, taking Greenley down for an early 3-0 lead just seconds into the bout. Greenley escaped to a 3-1 score and Mesenbrink quickly took the Bison down again to open up a 6-1 lead with 1:25 on the clock. He force a stall warning with a strong ride as he looked to turn Greenley for back points. Mesenbrink picked up four nearfall points with :40 left in the period, reset, and added two more back points to lead 12-1 after two. Mesenbrink chose down to start the second period and reversed Greenley. He locked up a cradle and added four back points to claim an 18-1 tech fall at 3:45.

174: Levi Haines, ranked No. 1 at 174, met Tyler Secoy. Haines picked up the dual's first takedown at the 2:15 mark. He then worked Secoy over to his back to post the fall, getting the pin at 1:38 in the first period.

184: Rocco Welsh, ranked No. 4 at 184, took on Andrew McMonagle. Welsh nearly scored in the opening seconds, turning a shot into a scramble on the edge of the mat. But the Bison worked action out of bounds for a reset. Welsh continued to move forward and took the Bison down at the 1:28 mark to lead 3-0. Welsch cut McMonagle loose and immediately moved in on offense, notching a second takedown to lead 6-1 with 1:06 in riding time after the opening period. McMonagle chose down to start the second and Welsh cut him loose to a 6-2 score. The duo battled through a scramble out of bounds at 1:10 and quickly turned a high single into another takedown to lead 9-2. Welsh chose down to start the third period and quickly escaped to a 10-2 lead with over 2:00 in riding time. Welsh used a high double for a fourth takedown and a 13-2 lead with 1:23 on the clock. Welsh cut McMonagle loose and went back to work on offense. He added two quick takedowns and posted the 19-4 tech fall at 6:17.

197: Josh Barr, making his season debut at the collegiate duals, faced Devin Wasley. Barr wasted no time taking Wasley down, opening up an early 3-0 lead. Wasley worked his way to an escape and a 3-1 score at 1:45. Barr used a fast low double for a 6-2 lead after cutting Wasley loose. He picked up a third takedown at :55 and led 9-3 after another cut. Barr countered a Bison shot, took him down and then added four back points to finish the opening period with a 16-3 lead. Wasley chose neutral to start the second and Barr quickly ended the bout with a final takedown to post the 19-3 tech fall at 3:20.

285: Cole Mirasola, ranked No. 13 at 285, battled Drew Blackburn-Forst. Mirasola came out hot on offense, taking the Bison down quickly and cutting him loose to a 3-1 score. He quickly moved in on another shot, took Blackburn-Forst down and then immediately planted him on his back to pick up the fast fall, getting the pin at :33 in the opening period.

## #1 PENN STATE 42, #9 STANFORD 0

**Saturday, Dec. 20, 2025 -- Collegiate Duals -- Nashville, Tenn.**

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|---|---|
| 125: #2 Luke Lilledahl PSU dec. #12 Nicco Provo STAN, 4-2 | 3-0 |
| 133: #10 Marcus Blaze PSU pinned #6 Tyler Knox STAN, WBF (6:44) | 9-0 |
| 141: Nate Desmond PSU maj. dec. Lain Yapoujian STAN, 9-0 | 13-0 |
| 149: #1 Shayne Van Ness PSU dec. #14 Aden Valencia STAN, 10-4 | 16-0 |
| 157: #8 PJ Duke PSU dec. #5 Daniel Cardenas STAN, 5-2 | 19-0 |
| 165: #1 Mitchell Mesenbrink PSU pinned EJ Parco STAN, WBF (4:23) | 25-0 |
| 174: #1 Levi Haines PSU maj. dec. Lorenzo Norman STAN, 14-4 | 29-0 |
| 184: #4 Rocco Welsh PSU dec. Abraham Wojcikiewciz STAN, 5-1 | 32-0 |
| 197: Josh Barr PSU tech fall #19 Angelo Posada STAN, 19-3 (TF; 4:13) | 37-0 |
| 285: #13 Cole Mirasola PSU tech fall Luke Duthie STAN, 21-6 (TF; 2:59) | 42-0 |

The Penn State Nittany Lions (6-0, 0-0 BIG) rolled to their second shutout of the day, blanking Stanford (3-3) in the last of two duals at the 2025 Journeymen Collegiate Duals in Nashville, Tenn. Penn State posted the 42-0 victory over the Cardinal and finished off the event outscoring its two opponents 88-0.

The dual began at 125. Nittany Lion sophomore Luke Lilledahl, ranked No. 2 at 125, with a win over No. 12 Nicco Provo. Lilledahl turned a first period takedown into a 4-2 win for Penn State. True freshman Marcus Blaze, ranked No. 10 at 133, worked up a 16-2 lead on No. 6 Tyler Knox before pinning the Cardinal All-American at the 6:44 mark to give the Nittany Lions a 9-0 lead.

True freshman Nate Desmond, again wrestling up at 141, dominated Lain Lapoujian as he rolled to a 9-0 major decision with 3:34 in riding time. Junior Shayne Van Ness, ranked No. 1 at 149, used three takedowns to post a strong 10-4 win over No. 14 Aden Valencia. True freshman PJ Duke, ranked No. 8 at 157, notched the only takedown of the bout in a thrilling 5-2 win over No. 5 Danield Cardenas. Duke's third period takedown was the difference and Penn State led 19-0 at the dual's midway point.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, picked up four takedowns before pinning EJ Parco in the second period, getting the fall at 4:23 to put Penn State up 25-0. Senior Levi Haines, ranked No. 1 at 174, used three takedowns and forced three stall warnings in a 14-4 major decision win over Lorenzo Norman. Sophomore Rocco Welsh, ranked No. 4 at 184, followed that up with a 5-1 win over Abraham Wojcikiewicz to give the Nittany Lions a 29-0 win.

Returning national finalist Josh Barr continued his first day of action at 197 for Penn State and continued to impress. Barr rolled up five takedowns and a turn to roll to a 19-3 tech fall over No. 19 Angelo Posada at the 4:13 mark. Redshirt freshman Cole Mirasola, ranked No. 13 at 285, put on an offensive clinic against Luke Duthie in the dual's final bout. Mirasola tallied seven takedowns in the opening period to post a 21-6 tech fall at the 2:59 mark. The Nittany Lions finished off their second shutout victory of the day, posting the 42-0 win.

The Nittany Lions rolled up a 30-1 edge in takedowns (59-2 for the day) and tallied 12 bonus points off two pins (Blaze, Mesenbrink), two tech falls (Barr, Mirasola) and two majors (Desmond, Haines) Penn State set a new NCAA Division I dual meet win streak record with the victory, having won its 77th-straight. The old mark was 76 set by Oklahoma St. from 1937 to 1951.

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, battled No. 12 Nicco Provo. Lilledahl nearly scored off the opening whistle, but Provo was able to skip out of the Lions' low shot to keep the bout scoreless. The duo battled evenly through the next minute-plus, maintaining position in the center of the mat. Lilledahl shot low on Provo, working the single into a scramble s the clock moved through the :45 mark. Lilledahl finished off the takedown to lead 3-0 at the :33 mark. Provo escaped to a 3-1 score and Lilledahl led by two after the opening period. Provo chose down to start the second period. Lilledahl maintained control through the 1:30 mark before Provo escaped to a 3-2 score. Lilledahl continued to shoot, forcing Provo into defense as the clock hit 1:00. The wrestlers finished the period on their feet and Lilledahl led 3-2 after two. Lilledahl chose down to start the third period and worked his way to a quick escape and a 4-2 lead. The Nittany Lion sophomore worked to set up his offense as the clock moved into the bout's final minute. Lilledahl fought off a solid Provo high single at the :45 mark. Lilledahl battled off the effort for the rest of the bout and walked away with a 4-2 win.

133: Marcus Blaze, ranked No. 10 at 133, met No. 6 Tyler Knox. Blaze set the tempo on offense from the start of the bout, forcing Knox backwards for the first half of the period. He continued to work Knox to the mat and picked up the first takedown of he bout at the 1:02 mark. Blaze was hit with a stall warning as he worked on top. Knox escaped to a 3-1 score on the restart. Blaze forced Knox backwards and forced a stall warning as the first period ended. Leading 3-1, Blaze chose down to start the second period and quickly escaped to a 4-1 lead. Blaze pressured Knox backwards again as the Cardinal paced the outside circle. Blaze worked to engage Knox, but the Cardinal continued to pace outside as the lock hit :45. Blaze countered a slight Knox shot at the :40 mark and finished off a second takedown to open up a 7-1 lead with :23 left in the period. Knox chose top to start the third period. Blaze worked his way to his feet then moved in low for a reversal and a 9-2 lead after a quick Knox escape. Blaze turned a fast low shot into a fourth takedown to open up a 12-2 lead. Blaze cut Knox loose, took him down again late in the third period and worked the Cardinal to his back. Blaze pinned Knox at the 4:66 mark.

141: Nate Desmond faced Lain Lapoujian at 141. The duo worked in neutral through the first two minutes of the opening period. Desmond held his position in the center of the mat, working the Cardinal backwards as the clock moved to the :30 mark. Desmond fought off a Lapoujian counter with :28 on the clock, forcing a reset. The first period ended in a 0-0 tie. Lapoujian chose down to start the second period. Desmond controlled action on top, building up over 1:00 in riding time as he looked to turn Lapoujian. Desmond forced three stall warnings during the ride to take a 2-0 lead and then finished the period on top. Desmond led 2-0 with 2:00 in time after two. He chose down to start the third period and quickly escaped to a 3-0 lead. Desmond scored quickly from his feet to take a 6-0 lead with clinched riding time at the 1:30 mark. He continued to control Lapoujian on top, picked up two more points on another stall to lead 8-0, and finished on top. He added riding time and rolled to the 9-0 major decision.

149: Shayne Van Ness, ranked No. 1 at 149, battled No. 14 Aden Valencia. Van Ness chased Valencia to the outside circle over the first ninety second, taking a series of shots that forced the ranked Cardinal into defense. Van Ness shot Valencia out of bounds once more at :45. The match moved to the second period tied 0-0. Valencia chose down to start the second period and escaped to a 1-0 lead. The Cardinal shot low and Van Ness quickly countered the action, picking up a takedown to lead 3-2 after a quick Valencia escape. Van Ness added a second quick takedown to up his lead to 6-3 with another cut. Van Ness worked the center of the mat for the rest of the period and led by three after two. Van Ness chose down to start the third period and quickly escaped to a 7-3 lead. Van Ness connected on a high single, forcing a scramble through the 1:00 mark. Van Ness picked up the takedown and led 10-3 with :58 left in the period. Valencia escaped on the restart and Van Ness fought off a late Valencia shot as the period ended. Van Ness walked away with the 10-4 win.

157: PJ Duke, ranked No. 8 at 157, met No. 5 Daniel Cardenas. Duke worked Cardenas to the outside circle at 2:00, nearly working his offense to a takedown. But the Cardinal was able to defend the action and force a reset with 1:20 on the clock. Duke continued to hold position in the middle of the mat, forcing Cardenas into a first stall with :30 on the clock. Duke continued to pressure Cardenas to the outside circle as the first period ended tied 0-0. Duke chose down to start the second period. The Stanford junior maintained control of the Lion true freshman through the 1:03 mark when Cardenas forced Duke out of bounds and he got hit with a second stall to give Duke a 1-0 lead. Duke was able to escape at the :42 mark to take a 2-0 lead. Cardenas had 1:18 in riding time. Cardenas turned a high shot into a near takedown, but Duke countered, nearly scored himself, and the match moved to the third with Duke leading 2-0. Cardenas chose down to start the third and quickly escaped to a 2-1 score. Cardenas held 1:15 in riding time. Duke took a low shot and moved up to finish off the takedown, opening up a 5-1 lead with 1:18 on the clock. Cardenas escaped to a 5-2 score at 1:08 but Duke worked his riding time deficit down below 1:00. Duke skipped away from a fast low shot by Cardenas in the final :30 and held off the Cardinal down to the stretch to post the thrilling 5-2 win.

165: Mitchell Mesenbrink, ranked No. 1 at 165, wrestled EJ Parco. Mesenbrink scored quickly, taking Parco down in the opening seconds to lead 3-1 after cutting Parco loose. He added another takedown seconds later and led 6-1 with 2:07 on the clock. Parco escaped to a 6-2 score, Mesenbrink moved in on offense again and used a low single for a third takedown and a 9-2 lead. Mesenbrink finished the period on top, turned Parco once for four back points, and led 13-2 after one. Parco chose neutral to start the second period and Mesenbrink took the Cardinal wrestler down again to up his lead to 16-2. Mesenbrink then turned Parco to his back and picked up another fall, getting the pin at 4:23.

174: Levi Haines, ranked No. 1 at 174, took on Lorenzo Norman. Haines was patient on offense and eventually took a 3-1 lead with a takedown at the 1:20 mark, cutting Norman loose to return to work on his feet. Haines turned a high shot into a brief scramble and finished off the takedown with :20 left in the period to lead 6-1 after one. Haines chose down to start the second period and quickly escaped to a 7-1 lead. Norman turned a low single into a scramble with 1:10 on the clock. Norman finished off the takedown at :46 to cut the Lion's lead to 7-4. Haines escaped to an 8-4 lead with :20 on the clock, then moved in on offense and took Norman down a third time as the period ended to lead 11-4 after two. Norman chose down to start the third period. Haines went to work on top, forcing a first stall while building his riding time up over 1:00. Haines picked up a point on another stall warning and locked up his riding time point with :30 on the clock. Haines picked up another stall point and, with 2:00 in riding time, rolled to the 14-4 major.

184: Rocco Welsh, ranked No. 4 at 184, faced Abraham Wojcikiewicz. Welsh worked the Cardinal grappler backwards as the first period moved through the opening two minutes. The Nittany Lion sophomore turned a low single at the 1:00 mark into a takedown and a 3-0 lead with :48 left in the opening period. Welsh finished the period on top and led by that score after one period. Welsh chose down to start the second period and quickly escaped to a 4-0 lead. Welsh dropped in on another shot at the 1:20 mark but Wojcikiewicz was able to move out of bounds to keep the score at 4-0. Welsh continued to shoot the Cardinal wrestler towards the outside circle as the period ended. Wojcikiewicz was able to kill the clock and Welsh led 4-0 after two. Wojcikiewicz chose down to start the third period and quickly escaped to a 4-1 score. Welsh was patient on offense as the Stanford wrestler played defense through the 1:00 mark. Welsh picked up a stall point at :31. He finished the period in neutral and posted the 5-1 victory.

197: Josh Barr, making his season debut at the collegiate duals, battled No. 19 Angelo Posada. Barr worked on his feet through the first minute and then moved in on a low shot for a takedown and a 3-0 lead with 2:06 on the clock. Barr maintained control of Posada for over a minute, looking to turn the Cardinal for back points. Posada was able to work his way out of bounds, forcing a reset with 1:00 on the clock. Posada escaped on the reset, cutting the Barr lead to 3-1. Barr blazed through another shot for a takedown and a 6-1 lead. He turned Posada to his back for four late nearfall points and led 10-1 after one. Posada chose neutral to start the second period and Barr quickly took him down a third time. Barr took Posada down twice more in quickly and posted the 19-3 tech fall at the 4:13 mark.

285: Cole Mirasola, ranked No. 13 at 285, met Luke Duthie. Mirasola came out hot on offense once again, taking Duthie down twice in the opening :40 to lead 6-2 early. He picked up a third takedown as the clock hit 1:58 and led 9-3 after cutting him loose. Mirasola turned a low shot into a fourth takedown to lead 12-4 after another cut with 1:08 left. Mirasola added three more takedowns in a furious flurry, then picked up a final one with just one second left. Mirasola's seven takedowns led to a 21-6 tech fall at the 2:59 mark.

## #1 PENN STATE 46, #19 RUTGERS 0

**Saturday, Jan. 10, 2026 -- Rec Hall -- University Park, Pa.**

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| 125: #2 Luke Lilledahl PSU dec. #29 Ayden Smith RU, 8-3 | 3-0 |
| 133: #5 Marcus Blaze PSU maj. dec. #24 Dylan Shawver RU, 12-2 | 7-0 |
| 141: Braeden Davis PSU maj. dec. Tahir Parkins RU, 18-7 | 11-0 |
| 149: #1 Shayne Van Ness PSU pinned Devon Magro RU, WBF (4:54) | 17-0 |
| 157: #4 PJ Duke PSU tech fall Easton Doster RU, 19-4 (TF; 3:18) | 22-0 |
| 165: #1 Mitchell Mesenbrink PSU pinned Ryan Ford RU, WBF (2:28) | 28-0 |
| 174: #1 Levi Haines PSU pinned Jordan Chapman RU, WBF (4:49) | 34-0 |
| 184: #4 Rocco Welsh PSU maj. dec. #15 Shane Cartagena-Welsh RU, 13-3 | 38-0 |
| 197: #1 Josh Barr PSU tech fall #18 Remy Cotton RU, 18-3 (TF; 7:00) | 43-0 |
| 285: #15 Cole Mirasola PSU dec. #21 Hunter Catka RU, 4-2 | 46-0 |

Records: Penn State (7-0, 1-0 B1G); Rutgers (6-3, 0-1 B1G)
Attendance: 6,457 (Penn State has wrestled in front of 88 sellouts in its last 94 home events, including 78-straight in Rec Hall and 10 of 16 in the BJC)

The Penn State Nittany Lions (7-0, 1-0 B1G) shut out Rutgers (6-3, 0-1 B1G) in the Big Ten dual meet opener for both teams Saturday in Rec Hall. The Nittany Lions rode the wave of three pins to roll to a 46-0 win over the visiting Scarlet Knights in front of a sold out Rec Hall crowd of nearly 6,500 fans.

The dual began at 125. Sophomore Luke Lilledahl, ranked No. 2 at 125, turned two takedowns into an 8-3 win over No. 29 Ayden Smith. True freshman Marcus Blaze, ranked No. 5 at 133, dominated No. 24 Dylan Shawver, tallying three takedowns in a 12-2 major to put Penn State up 7-0. Junior Braeden Davis made his season dual debut at 141 and was impressive, rolling to an 18-7 major with nearly 3:00 in riding time.

Junior Shayne Van Ness, ranked No. at 149, built up a big lead midway through the second period before taking Devon Magro to his back for a pin at 4:54 to put the Nittany Lions on top 17-0. True freshman PJ Duke, ranked No. 4 at 157, blazed his way to six takedowns in just over a period to post a 19-4 technical fall over Easton Doster at the 3:18 mark. Penn State led 22-0 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, began the second half with another fall for Penn State, pinning Ryan Ford in the first period at 2:28. Senior Levi Haines, ranked No. 1 at 174, picked up the Nittany Lions' third fall of the dual, pinning RU's Jordan Chapman at the 4:49 mark to put Penn State up 34-0. Sophomore Rocco Welsh, ranked No. 4 at 184, dominated No. 15 Shane Cartagena-Welsh, posting the 13-3 major decision in one of the dual's most anticipated match-ups.

Sophomore Josh Barr, ranked No. 1 at 197, rolled up four takedowns on his way to an 18-3 technical fall (7:00) over No. 18 Remy Cotton in his first match in Rec Hall this season. Redshirt freshman Cole Mirasola, ranked No. 15 at 285, finished off the Nittany Lion shutout with a strong 4-2 win over No. 21 Hunter Catka, using a third period takedown to get the win. The Nittany Lions walked away with the 46-0 shutout, their fourth shutout of the year.

Penn State won the takedown battle 31-1. The Nittany Lions picked up 16 bonus points off three falls (Haines, Mesenbrink, Van Ness), two tech falls (Barr, Duke) and three majors (Welsh, Davis, Blaze).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, met No. 29 Ayden Smith. Lilledahl and Smith battled evenly through the first minute before Lilledahl scrambled his ay to a takedown and a 3-0 lead at 157. Lilledahl worked up a bit of riding time before cutting Smith loose. He chased Smith around the edge of the mat, forcing a stall warning at :45 and settling for a 3-1 lead after one period. Lilledahl chose down to start the second period and quickly escaped to a 4-1 lead. He continued to chase Smith from center mat to the outside circle and picked up a stall point at the :35 mark and led 5-1 after two periods. Smith chose down to start the third stanza. Lilledahl built up over 1:00 in riding time before cutting Smith loose to a 5-2 score. Lilledahl blazed through a quick low double for a takedown and an 8-2 lead with :20 left on the clock. Smith picked up a final escape and Lilledahl walked away with an 8-3 win.

133: Marcus Blaze, ranked No. 5 at 133, took on No. 24 Dylan Shawver. Blaze worked the center of the mat, shooting Shawver backwards over the first two minutes. He nearly connected on a combination at :50 but Shawver defended his effort as the clock hit :45. Blaze forced a stall warning with one second left and the bout moved to the second tied 0-0. Shawver chose down to start the second period and the Lion freshman broke the RU grad student down, building up :47 in riding time before Shawver scrambled to an escape and a 1-0 lead. Blaze turned a low shot into a scrambling takedown and a 3-1 lead with :33 on the clock and carried that lead, with 1:25 in riding time into the third period. Blaze chose down to start the third period and escaped to a 4-1 lead. Blaze forced a stall and then took Shawver down to open up an 8-2 lead after cutting the Scarlet Knight wrestler loose. Shawver turned a high single into a scramble but Blaze worked his way out of trouble with :35 on the clock. Blaze forced a scramble with a high shot at :25 and finished off the takedown at :12 to lead 11-2. He added 1:42 in riding time to walk away with a 12-2 major decision.

141: Braeden Davis made his season dual debut at 141 and battled Tahir Parkins. Davis scored quickly, taking Parkins down for a 3-0 lead less than :15 into the bout. He cut Parkins loose and quickly pulled the Knight down for a second takedown and a 6-1 lead. Davis cut Parkins free after working his riding time edge to 1:43. He continued his offensive assault, tacking on a third takedown and a rideout to lead 9-2 after one period. Parkins chose down to start the second period and escaped to a 9-3 score. Davis worked the center of the mat for the period with Parkins was able to defend his way to the end of the period. Davis chose down to start the third period and quickly escaped to a 10-3 lead. Davis countered a Parkins shot and picked up a fourth takedown to lead 13-3 with clinched riding time. Davis cut Parkins loose at :55 and led 13-4. He took a fast low shot but Parkins was able to scramble his way to a takedown. Davis escaped, took Parkins down and finished the match on top. He added 2:56 in riding time and posted the 18-7 major decision.

149: Shayne Van Ness, ranked No. 1 at 149, met Devon Magro. Van Ness drew first blood with a takedown at 2:04 Magro was able to revers Van Ness, then Van Ness reversed Magro and the Lion led 5-2 with 1:22 on the clock. Van Ness took Magro down and to his back after an escaped and built his lead up to 12-3 with :40 on the clock. The Nittany Lion carried that edge, and 1:15 in riding time, into the second period. Van Ness chose down to start the second period. He worked his way to reversal at :35 and then turned Magro to his back and got the fall at 2:54.

157: PJ Duke, ranked No. 4 at 157, faced Easton Doster. Duke scored quickly, taking Doster down and cutting him loose in the opening :30 for a 3-1 lead. Duke added a second takedown at the 1:45 mark and led 6-2 after another cut. He worked Doster to the outside circle and took a 9-3 lead with another takedown and cut. Duke continued to work on offense and turned a fast shot into a fourth takedown and a 12-4 lead. He added a fifth takedown at :41 and finished the period in control to lead 15-4 with 1:12 in time after one. Duke chose down to start the second period and quickly escaped to a 16-4 lead. He then ended the match with a final takedown to post the 19-4 technical fall at 3:18.

165: Mitchell Mesenbrink, ranked No. 1 at 165, battled Ryan Ford. Ford notched the first takedown of the bout to take an early 3-0 lead. Mesenbrink escaped quickly and then took the Knight grappler down to lead 4-3. He then turned Ford to his back picked up four nearfall points to lead 8-3. He turned him once more for a 12-3 lead, reset and then locked up a cradle for the fall at 2:28.

174: Levi Haines, ranked No. 1 at 174, met Jordan Chapman. Haines scored quickly, lifting Chapman off the mat and returning him for an early 3-1 lead. He then added a second takedown at 1:20 and led 6-2 with 1:12 in riding time at :58. Haines continued to work on his feet through the rest of the first period and led 6-2 after one with 1:12 in time. Haines chose down to start the second period and quickly escaped to a 7-2 lead. He then worked his way in on a high shot and finished off the move to open up a 10-2 lead at 1:11. Haines cut Chapman loose and took Chapman down late in the period. He turned the Knight to his back and picked up the fall at 4:49.

184: Rocco Welsh, ranked No. 4 at 184, took on No. 15 Shane Cartagena-Welsh. Welsh scored first, taking Cartagena Welsh down early for a 3-0 lead. He cut the Scarlet Knight loose then quickly took him down a second time to open up a 6-1 lead at 1:50. Walsh added a third takedown with :40 left in the period. He finished the period on top and led 9-2 after one. Walsh chose down to start the second period and quickly escaped to a 10-2 lead. Walsh forced a stall warning at :30 and led 10-2 after two with 1:34 in riding time. Cartagena-Welsh chose down to start the final period and escaped to a 10-3 score. Walsh continued to shoot and picked up a stall point at 1:22 to lead 11-3. Walsh countered a Rutgers shot at :50 and the Knight fled the mat once more, giving up a stall point, and Walsh led 12-3 at :40. Welsh added the riding time point and rolled to the 13-3 major decision.

197: Josh Barr, ranked No. 1 at 197, faced No. 18 Remy Cotton. Barr took Cotton down and led 3-0 at the 1:29 mark. He then worked the Knight's back to the mat and picked up four nearfall points to lead 7-0. He finished the period on top and carried that lead, with 1:29 in time, into the second period. Barr chose down to start the second period and steadily worked his way to an escape and an 8-0 lead. Barr turned a low single into another takedown and an 11-0 lead as the clock moved through the 1:00 mark. He cut Cotton loose and went back to work on offense. Barr led 11-1 with 1:08 in time after two periods. Cotton chose down to start the third period and escaped to a 12-1 lead. He fought off a Cotton shot at 1:30, worked his way around behind Cotton, and finished off the counter takedown with 1:01 on the clock to lead 14-3 after a quick Cut. Barr shot low and then scrambled his way to a takedown and a 17-3 lead with :30 on the clock. Barr worked to turn Cotton for back points and finished the period on top. He added 2:06 in riding time and posted the 18-3 tech fall at 7:00.

285: Cole Mirasola, ranked No. 15 at 285, battled No. 21 Hunter Catka. Mirasola controlled the pace out of the gates, forcing Catka backwards for over a minute and forcing a first stall warning at the 1:30 mark. The Scarlet Knight worked his way in on a low shot, forcing a scramble with 1:00 on the clock. Mirasola was able to counter the action and forced a reset with just :16 on the clock. Mirasola chose down to start the second period and quickly escaped to a 1-0 lead. The Lion freshman worked the center of the mat against the RU grad student, and slipped away from a quick Catka shot at :50. The Knight shot low once again late in the period and Mirasola forced a stalemate at :30. With Mirasola leading 1-0, Catka chose down to start the third period. Mirasola controlled the action on top for :27 before the Knight escaped to a 1-1 score. Catka shot low once more and Mirasola countered the move again, this time gaining control for the counter takedown and a 4-1 lead at :45. Catka escaped to a 4-2 score with :40 on the clock.

## #1 PENN STATE 32, #3 IOWA 3

**Friday, Jan. 16, 2026 -- Iowa City, Iowa**

| | |
|---|---|
| 125: #2 Luke Lilledahl PSU dec. #6 Dean Peterson IA, 11-5 | 3-0 |
| 133: #4 Marcus Blaze PSU dec. #8 Drake Ayala IA, 4-2 | 6-0 |
| 141: #11 Nassir Bailey IA dec. #7 Braeden Davis PSU, 3-2 | 6-3 |
| 149: #1 Shayne Van Ness PSU maj. dec. #17 Ryder Block IA, 13-4 | 10-3 |
| 157: #3 PJ Duke PSU dec. #12 Jordan Williams IA, 4-2 | 13-3 |
| 165: #1 Mitchell Mesenbrink PSU maj. dec. #3 Michael Caliendo IA, 11-2 | 17-3 |
| 174: #1 Levi Haines PSU dec. Gabe Arnold IA, 4-2 | 20-3 |
| 184: #4 Rocco Welsh PSU dec. #1 Angelo Ferrari IA, 2-1 (TB) | 23-3 |
| 197: #1 Josh Barr PSU pinned Brody Sampson IA, WBF (3:42) | 29-3 |
| 285: #13 Cole Mirasola PSU dec. #5 Ben Kueter IA, 4-3 | 32-3 |

The Penn State Nittany Lions (8-0, 2-0 B1G) dominated home-standing Iowa (8-3, 1-1 B1G) in a Big Ten dual meet in Iowa City on Friday night. Penn State won nearly every bout on its way to a 32-3 victory on the Hawkeyes' mat.

Penn State, with a line-up featuring six underclassmen, won nine of ten bouts including three bonus point wins. Eight of the ten match-ups featured two ranked wrestlers with 18 ranked individuals competing.

The dual began at 125. Sophomore Luke Lilledahl, ranked No. 2 at 125, dominated No. 6 Dean Peterson. Lilledahl tallied the bouts only three takedowns in a strong 11-5 victory. True freshman Marcus Blaze, ranked No. 4 at 133, turned a second period takedown into a thrilling 4-2 win over Iowa senior No. 8 Drake Ayla. Blaze's win gave Penn State an early 6-0 lead.

Junior Braeden Davis, ranked No. 7 at 141, lost a hard fought 3-2 decision to No. 11 Nassir Bailey, cutting the Nittany Lion lead to 6-3. Junior Shayne Van Ness, ranked No. 1 at 149, used a furious third period to major No. 17 Ryder Block. Van Ness used a takedown and four back points to roll to the 13-4 win. True freshman PJ Duke, ranked No. 3 at 157, used a third period escape and takedown to notch a hard fought 4-2 win over No. 12 Jordan Williams. Penn State led 13-3 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, posting a convincing 11-2 major over No. 3 Michael Caliendo. Mesenbrink used a takedown in each period to secure the convincing win and give the Nittany Lions a 17-3 lead. Senior Levi Haines, ranked No. 1 at 174, used a first period takedown to notch a strong 4-2 win over Iowa's Gabe Arnold.

Sophomore Rocco Welsh, ranked No. 4 at 184, battled No. 1 Angelo Ferrari through sudden victory before posting a thrilling 2-1 (TB) victory. Walsh rode Ferrari out in the first tie-breaker session then escaped midway through the second to grab the win. Sophomore Josh Barr, ranked No. 1 at 197, grabbed Penn State's first pin of the dual in the next bout. He pinned Brody Sampson at 3:42 to give the Nittany Lions a 29-3 lead. Redshirt freshman Cole Mirasola, ranked No. 13 at 285, capped off the stellar night with an exciting 4-3 win over No. 5 Ben Kueter. Mirasola used a second period takedown for the advantage in the victory. Penn State walked out of Iowa City with an impressive 32-3 win.

Penn State gave up only two takedowns in the entire dual meet and owned a 15-2 takedown margin. The Nittany Lions picked up five bonus points off a pin (Barr) and two majors (Van Ness, Mesenbrink).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 2 at 125, took on No. 6 Dean Peterson. Lilledahl and Peterson came out fast, scrambling through a flurry that ended out of bounds off the opening whistle. The action returned to the center of the mat on the reset and Lilledahl quickly moved in for a low shot and a takedown at the 1:47 mark to open up a 3-0 lead. Peterson reversed Lilledahl on a reset and Lilledahl escaped to a 4-2 lead. Lilledahl fought off a fast Peterson shot at the 1:00 mark and Lilledahl led 4-2 after one period. Peterson chose down to start the second period and quickly escaped to a 4-3 score. Lilledahl worked to control the action on in neutral. He worked his way into control of Peterson's leg with a low shot and finished off a takedown to lead 7-3 at :55. Peterson escaped at the :35 mark and Lilledahl carried a 7-4 lead into the third period. Lilledahl chose down to start the third period and quickly escaped to an 8-4 lead. Lilledahl scrambled his way to leg control at 1:15 on the edge of the mat and finished off a takedown to lead 11-4 with 1:01 on the clock. Peterson escaped on a reset to an 11-5 score with :55 left in the bout. The Lion sophomore countered a Peterson shot with :25 on the clock and kept control for the rest of the bout to kill the clock and walk away with a convincing 11-5 win.

133: Marcus Blaze, ranked No. 4 at 133, met No. 8 Drake Ayala. Blaze controlled the action in the center of the mat, forcing Ayala to fight off Blaze's pressure and play defense as the clock moved through the 1:30 mark. The duo wrestled in neutral for the first period and moved to the second stanza tied 0-0. Blaze chose down to start the second period and escaped to a 1-0 lead at 1:20. Blaze forced a first stall warning on Ayala at the 1:00 mark then moved in on a low single, finishing off the takedown to open up a 4-0 lead at the :39 mark. Ayala escaped to a 4-1 score with :20 on the clock and Blaze carried a 4-1 lead into the third period. Ayala chose down to start the third period and escaped to a 4-2 score with 1:50 on the clock. Blaze maintained his position and fought off an Ayala shot at the 1:10 mark to hold on to his lead. The duo battled through the :40 mark with Blaze giving up a stall warning at :30. Blaze finished the bout on his feet and walked away with a 4-2 win.

141: Braeden Davis, ranked No. 7 at 141, battled No. 11 Nassir Bailey. Bailey notched the first takedown with a high shot at the 2:10 mark. Davis fought off a potential turn and worked his way to an escape and a 3-1 score at 1:03. Davis worked to control position as Bailey began to back way from contact as the clock moved bast the :30 mark. Leading 3-1, Bailey chose down to start the second period. Davis controlled the action on top, working Bailey's riding time edge down as the clock moved towards 1:00. Davis maintained control of the Hawkeye for the rest of the period and trailed 3-1 after two with :49 riding time. Davis chose down to start the third period and quickly escaped to a 3-2 score. Davis forced Bailey into a first stall at 1:10 and continued to shoot the Hawkeye backwards through 1:00. Davis battled Bailey through the :30 mark but Bailey was able to defend the action and killed the clock with a late scramble to win 3-2.

149: Shayne Van Ness, ranked No. 1 at 149, took on No. 17 Ryder Block. Block drew first blood with a quick takedown to open up a 3-1 lead after a quick Van Ness escaped. Van Ness then bulled through a high double for a takedown to lead 4-3 at 1:40. Block escaped and the bout was tied 4-4 with 1:30 on the clock. Van Ness fought off a late Block shot and the bout moved to the second period tied 4-4. Block chose down to start the second period. Van Ness broke the Hawkeye down and began building up riding time while looking to turn Block for near fall points. Van Ness maintained control of Block through :30, forcing a first stall warning. He finished the period on top and the bout moved to the second period tied 4-4 with Van Ness sporting 2:05 in riding time. Van Ness chose down to start the third period and quickly escaped to a 5-4 lead. He countered a Block shot, took the Hawkeye down and nearly pinned him. Van Ness settle for four back points and led 12-4. He finished the period on top and, with 3:27 in time, rolled to the 13-4 major decision.

157: PJ Duke, ranked No. 3 at 157, faced No. 12 Jordan Williams. Duke scrambled through a low shot and nearly took Williams down early in the bout, but the Hawkeye was able to work his way to stoppage with potentially dangerous, forcing a reset. Duke set a fast tempo, forcing Williams to defend his pressure as the clock moved through the 1:00 mark. Duke fought off Williams' first shot at the 1:00 mark and forced a stalemate at the :23 mark. With the score tied 0-0, Williams chose down to start the second period and escaped to a 1-0 lead. The clock dipped below 1:00 with Duke moving forward and Williams defending each move. Duke worked his way in on a low shot at :30. Williams scrambled his way through the final seconds without giving up the takedown. Duke, trailing 1-0, chose down to start the third period and quickly escaped to a 1-1 tie. Duke continued to move forward, and his offense paid off with a takedown at the 1:15 mark to open up a 4-1 lead. Duke maintained control until Williams escaped to a 4-2 score at :40. Duke controlled the action in neutral for the final seconds and walked away with the 4-2 win.

165: Mitchell Mesenbrink, ranked No. 1 at 165, met No. 3 Mikey Caliendo. Mesenbrink came out firing, blowing through a low double to forcing an early scramble that Mesenbrink turned into a takedown and an early 3-1 lead. Mesenbrink continued to move forward, forcing Caliendo into defense as the clock moved below the 1:00 mark. Mesenbrink continued to shoot at the Hawkeye, forcing Caliendo into a stall warning at the :10 mark. Caliendo chose down to start the second period and quickly escaped to a 3-2 score. Mesenbrink moved forward on a high shot and Caliendo was able to back away to neutral with 1:15 left in the period. Mesenbrink chased the Hawkeye around the mat for the next :30 seconds. The Lion used a low single for a late takedown and led 6-2 after two. Mesenbrink chose down to start the third period and quickly escaped to a 7-2 lead. Mesenbrink shot continually, looking for another takedown. As the clock dipped below the :45 mark, Mesenbrink continued to force Caliendo backwards. He picked up a stall point at :15 and then notched a final takedown to secure bonus points, posting the dominant 11-2 major decision.

174: Levi Haines, ranked No. 1 at 174, battled Gabe Arnold. Haines and Arnold battled in the center of the mat for 1:25 when Haines turned a low single into a chance to score. He tripped the Hawkeye to the mat and opened up a 3-0 lead with 1:13 on the clock. Arnold escaped to a 3-1 score at :40. The bout moved to the second with Haines leading 3-1. Haines chose down to start the second period and quickly escaped to a 4-1 lead. Haines worked his offense through the 1:00 mark, forcing Arnold into a defensive posture and the bout moved to the final stanza with Haines leading 4-1. Arnold chose down to start the third period and escaped to a 4-2 score at the 1:35 mark. Haines had :37 in riding time. Haines shot repeatedly, forcing Arnold backwards as the clock hit :30. The Nittany Lion finished the bout in neutral and notched a 4-2 win.

184: Rocco Welsh, ranked No. 4 at 184, faced off against No. 1 Angelo Ferrari. Welsh moved around Ferrari, who took a knee in the middle of the mat while the Nittany Lion worked on his feet. Welsh maintained his position as the Hawkeye continually dropped to a knee. The clock moved below 1:00 and then :30 with Walsh wrestling in neutral and Ferrari taking a knee for the rest of the period. With the bout tied 0-0, Ferrari chose down to start the second period. Welsh maintained control for :25 before Ferrari escaped to a 1-0 lead. Welsh worked the center of the mat through the :40 mark, looking for an opening. The bout moved to the third period with Walsh down 1-0. Walsh chose down to start the third period and quickly escaped to a 1-1 tie. Welsh forced the Hawkeye to the outside circle where Ferrari scrambled his way to a reset with :56 left in the bout. Welsh forced a first stall warning at :30. The bout moved to sudden victory tied 1-1. Welsh shot Ferrari backwards, stepped away from two ankle picks and forced the Hawkeye back to his knee with 1:30 on the clock. Welsh skipped away from a Ferrari shot at 1:00 and worked the Hawkeye out of bounds with :48 left in the extra period. The duo battled through the final :30 and action moved to a tie-breaker. Ferrari chose down first. Welsh gave up a stall warning at :15, forcing a reset at :15. Welsh finished the period on top. Welsh was down next. He worked his way to his feet and skipped away to an escape and a 2-1 lead with :15 left in the period. Welsh end the match on his feet and walked away with a thrilling 2-1 (TB) win.

197: Josh Barr, ranked No. 1 at 197, met Harvey LudingtonIkjIkjBrody Sampson. Barr took a 3-1 lead at the 1:30 mark, opening up a 3-1 lead after Sampson escaped at 1:00. Barr continued to move in on offense and took a 6-1 lead with a second takedown. He finished the period on top and led 6-1 with 1:06 in riding time after the opening stanza. Barr chose down to start the second period and quickly escaped to a 7-1 lead. He then countered a move, took Sampson down to lead 10-1 and got the fall at 3:42.

285: Cole Mirasola, ranked No. 13 at 285, took on No. 5 Ben Kueter. Mirasola and Kueter worked in neutral through the 2:00 mark with neither wrestler finding any footing on offense. Mirasola worked to hold his position on the Iowa logo. Mirasola worked his way in on a low shot, forcing a scramble that nearly ended in a takedown with :31 on the clock. But Kueter was able to work to a stalemate and a reset. Kueter chose down to start the second period. Mirasola maintained control for :22 before the Hawkeye escaped to a 1-0 lead. Mirasola forced Kueter into a first stall at 1:05. Kueter connected on a low shot but Mirasola quickly countered and moved behind the Hawkeye for the bout's first takedown and a 3-1 lead. Mirasola gave up a stall warning on the ride and Kueter escaped to a 3-2 score before the period ended. Mirasola chose down to start the third period and escaped to a 4-2 lead with 1:38 on the clock. Mirasola held position in the middle of the mat, working on the Hawkeye logo as the clock dipped below :40. Mirasola gave up a stall point at :11, cutting the lead to 4-3. The Nittany Lion finished the bout on his feet and walked away with the impressive 4-3 win.

## #1 PENN STATE 51, NORTHWESTERN 0

**Sunday, Jan. 18, 2026 -- Evanston, Ill.**

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|---|---|
| 174: #1 Levi Haines PSU tech fall #32 Eddie Enright NU, 19-4 (TF; 6:48) | 5-0 |
| 184: #4 Rocco Welsh PSU tech fall J.D. Perez NU, 22-7 (TF; 5:27) | 10-0 |
| 197: #1 Josh Barr PSU pinned Alex Smith NU, WBF (1:50) | 16-0 |
| 285: #13 Cole Mirasola PSU tech fall Gabe Christenson NU, 19-4 (TF; 2:47) | 21-0 |
| 125: #2 Luke Lilledahl PSU tech fall #26 Dedrick Navarro NU, 20-5 (TF; 7:00) | 26-0 |
| 133: #4 Marcus Blaze PSU maj. dec. #24 Sean Spidle NU, 15-4 | 30-0 |
| 141: #7 Braeden Davis PSU maj. dec. #32 Billy Dekraker NU, 9-0 | 34-0 |
| 149: #1 Shayne Van Ness PSU tech fall August Hibler, 18-3 (TF; 7:00) | 39-0 |
| 157: #3 PJ Duke PSU pinned Gunnr Myers NU, WBF (2:42) | 45-0 |
| 165: #1 Mitchell Mesenbrink PSU win by forfeit | 51-0 |

The Penn State Nittany Lion wrestling team (9-0, 3-0 B1G) shut out Northwestern (3-3, 1-2 B1G) in Big Ten road action Sunday afternoon in Evanston, Ill. Penn State won all ten bouts and picked up bonus points in each as it rolled to the 51-0 win.

Penn State, with today's shutout victory, completed a weekend Big Ten road sweep having won 19 of 20 bouts. The Nittany Lions grabbed their second Big Ten dual shutout of the season with the lopsided victory over the homestanding Wildcats.

The dual began at 174. Senior Levi Haines, ranked No. 1 at 174, opened up the dual with a 19-4 tech fall over No. 32 Eddie Enright. Haines used six takedowns to secure the early tech. Sophomore Rocco Welsh, ranked No. 4 at 184, also picked up six takedowns in his bout. Welsh rolled J.D. Perez, grabbing a 22-7 tech fall at 5:27 to put Penn State up 10-0. Sophomore Josh Barr, ranked No. 1 at 197, notched his second pin of the weekend. Barr took Wildcat Alex Smith down early in the first period and quickly turned him to his back for a first period fall at 1:50.

Redshirt freshman Cole Mirasola, ranked No. 13 at 285, tallied five takedowns in the first period to roll to a 19-4 tech fall over Gabe Christenson at the 2:47 mark. Sophomore Luke Lilledahl, ranked No. 2 at 125, posted Penn State's fourth technical fall in the first half. Lilledahl used six takedowns and 2:30 in riding time to pick up a 20-5 win over No. 26 Dedrick Navarro at 7:00. Penn State led 26-0 at halftime.

True freshman Marcus Blaze, ranked No. 4 at 133, opened up the second half with four takedowns in a strong 15-4 major decision over No. 24 Sean Spidle. Junior Braeden Davis, ranked No. 7 at 141, made it two majors in a row for Penn State in the next bout. Davis used a takedown and four back points to spur him on to a 9-0 major over No. 32 Billy Dekraker to give the Lions a 34-0 lead. Junior Shayne Van Ness, ranked No. 1 at 149, notched another tech fall for Penn State. Van Ness used four takedowns, a four-point turn and 4:25 in riding time to grab the 18-3 tech at 7:00.

True freshman PJ Duke, ranked No. 3 at 157, secured Penn State's second first period fall in the dual. Duke picked up five takedowns before pinning Gunnar Myers at the 2:42 mark. Junior Mitchell Mesenbrink, ranked No. 1 at 165, received a victory by forfeit in the dual's final schedule bout as the Wildcats did not weigh in anyone at this weight. The win by forfeit for Mesenbrink secured the team dual shutout and Penn State left Evanston with a 51-0 win.

Penn State amazed a 38-1 takedown advantage. Penn State won each of the ten bouts, all for bonus points. The Nittany Lions worked up 21 bonus points off a forfeit (Mesenbrink), two pins (Barr, Duke), five tech falls (Haines, Welsh, Mirasola, Lilledahl, Van Ness) and two majors (Blaze, Davis). Penn State added up some impressive numbers in its road dual weekend, including Friday night's 32-3 victory at Iowa. Penn State had a 53-3 takedown margin (15-2 vs. Iowa, 38-1 vs. Northwestern), won 19 of 20 bouts, had had three pins, five tech falls, and four majors. Penn State grabbed its second Big Ten shutout of the year as well.

DUAL MEET BOUT-BY-BOUT:

174: Levi Haines, ranked No. 1 at 174, faced off against No. 32 Eddie Enright. Haines worked the center of the mat, taking numerous shots and forcing Enright backwards through the first minute-plus. He forced a stall warning at 1:50, worked his way in on a low single and muscled through the move for a takedown and a 3-0 lead. Haines maintained control for the remainder of the period and carried that lead, plus 1:26 in riding time, into the second stanza. Haines chose down to start the second period and quickly escaped to a 4-0 lead. He quickly moved in with a low shot, picking up a second takedown at 1:30 to lead 7-0. Enright escaped to a 7-1 score midway through the period and Haines blew through a quick low double for a third takedown late in the period to lead 10-1 with 1:48 in time after two. Enright chose down to start the third period. Haines cut him loose to a 10-2 score, then used a high double for a fourth takedown and a 13-2 lead with clinched riding time. Haines cut Enright loose again at :56. He picked up another takedown at :25, cut Enright once more, and finished off the technical fall with a takedown at 6:48 and posted the 19-4 win.

184: Rocco Welsh, ranked No. 4 at 184, battled J.D. Perez. Welsh took an early 3-0 lead with a takedown at the 2:33 mark. He worked on top for a turning combination and rolled Perez to his back briefly for two back points. Perez rolled out of trouble for an escape and Welsh quickly too him down to lead 8-2 after a Perez escape. The Wildcat notched a takedown to cut Walsh's lead to 9-5 after Welsh escaped. Welsh shot, lifted Perez off the ground and took him down again for a 12-5 lead after the opening period. Perez chose down to start the second period and Welsh cut him loose. The Lion took him down, cut him loose and took him down once more to open up an 18-7 lead with over 2:00 in riding time after two periods. Welsh chose down to start the third period and quickly escaped to a 19-7 lead. Welsh quickly ended the bout with another takedown, winning by tech fall, 22-7 at 5:27.

197: Josh Barr, ranked No. 1 at 197, faced Alex Smith. Barr took Smith down at the 2:18 mark to open up an early 3-0 lead. He began working to turn the Wildcat for back points. Smith battled Barr for a minute before the Nittany Lion locked up a cradle and pinned Smith at the 1:50 mark.

285: Cole Mirasola, ranked No. 13 at 285, met Gabe Christenson. Mirasola scored quickly, taking a 3-0 lead with a fast shot, then cutting Christensen loose. He added a second takedown and cut, then a third takedown to lead 9-2. He rolled Christensen to his back to open up a 13-3 lead after an NU escape. Mirasola continued his takedown barrage, picking up two more in quick succession. The final one ended the bout as Mirasola posted a 19-4 tech fall at the 2:47 mark in the first period.

125: Luke Lilledahl, ranked No. 2 at 125, battled No. 26 Dedrick Navarro. Lilledahl took Navarro down early the bout, using leg control and working his way to the takedown to lead 3-0 lead 2:27. Navarro escaped to a 3-1 score and action resumed in the center of the mat. Lilledahl nearly added a second takedown late in the period, but Navarro was able to battle his way to a stalemate and the bout moved to the second stanza with Lilledahl leading 3-1. Navarro chose down to start the second period. Lilledahl nearly locked a cradle early in his ride. Navarro was able to battle to an escape and a 3-2 score. Lilledahl notched a second takedown and opened up a 6-3 lead, then a third to lead 9-3 after two periods with 2:11 in time. Lilledahl chose down to start the third period and quickly escaped to a 10-3 lead. Lilledahl shot, re-attacked and took a 13-4 lead after another takedown and cut. With riding time clinched, Lilledahl forced a stall warning, then took him down for another takedown to lead 16-5 at :30. He added a final takedown and rode Navarro out. With 2:30 in riding time adding a final point, Lilledahl picked up the 20-5 tech fall at 7:00.

133: Marcus Blaze, ranked No. 4 at 133, faced off against No. 24 Sean Spidle. Blaze scored quickly, taking Spidle down for an early 3-1 lead after cutting the Wildcat loose at 2:00. Blaze continued to press in on offense, controlling the action on the Northwestern logo. Blaze stalked the center of the mat, forced a stall warning at :45 and then had potentially dangerous stop an offensive effort with :30 on the clock. Leading 3-1, Blaze chose down to start the second period and quickly escaped to a 4-1 lead. Blaze continued to pressure Spidle as the Wildcat moved towards the outside circle. Blaze picked up a stall point at :55 and led 5-1. Blaze fought off a Spidle single for the final :15 and led 5-1 after two periods. Spidle chose down to start the third period and Blaze cut him loose to a 5-2 score. Blaze continued to force the Wildcat backwards. He received a penalty point at 1:00 to lead 6-2, then turned a fast low shot into a takedown and a 9-3 lead after cutting Spidle loose. He quickly added a two more takedowns and walked away with a 15-4 major decision.

141: Braeden Davis, ranked No. 7 at 141, took on No. 32 Billy Dekraker. Davis and Dekraker battled evenly for the first minute-plus. Davis worked to hold his position in the center of the mat and began pressuring Dekraker backwards as the clock hit 1:00. Davis turned a high double into a single and a takedown to open up a 3-0 lead at :45. Davis then took Dekraker to his back for four nearfall points and led 7-0 at the :15 mark. Davis finished the period on top and carried that lead into the second stanza. Davis chose down to start the second period and quickly escaped to an 8-0 lead. Davis took a fast low shot and forced a scramble, but Dekraker battled his way to a stalemate at :40. Davis led 8-0 after two and Dekraker chose down to start the third period. Davis was able to control the Wildcat long enough to build his riding time up over 1:00. Davis kept control of the Wildcat through the :30 mark and battled through the final :30 to finish the period on top. He added 2:19 in riding time and posted a 9-0 major decision.

149: Shayne Van Ness, ranked No. 1 at 149, met August Hibler. Van Ness countered a slight Hibler shot early in the first period and picked up the bout's first takedown at the 2:24 mark. Van Ness went to work on top, looking to turn Hibler. Hibler was able to escape, but Van Ness quickly took him down a second time and went to work on top once more with 1:10 left in the opening stanza. Van Ness finished the period on top and led 6-1 with 2:19 in time. Hibler chose down to start the second period and escaped to a 6-2 score. Van Ness quickly turned a low single into a third takedown and a 9-2 lead. Van Ness used a bow and Arrow turn Hibler to his back. He picked up four nearfall before Hibler escaped to a 13-3 score late in the period. Van Ness nearly locked a cradle at the end of the period, but time ran out. Van Ness chose down to start the third and escaped to a 14-3 lead. Van Ness used a solid double leg for a fourth takedown and a 17-3 lead with clinched riding time. Van Ness worked for another turn. Hibler was able to fight off the turn and Van Ness, with 4:25 in riding time, posted the 18-3 tech fall at 7:00.

157: PJ Duke, ranked No. 3 at 157, met Gunner Myers. Duke took Myers down quickly in the match and cut him loose to a 3-1 lead. Northwestern challenged the escape call and won on review, reverting the score to 3-0. Duke cut Myers loose on the reset, moved in on a low single and picked up a second takedown at 2:02. He cut Myers loose again and added a third takedown and cut at 1:25 to lead 9-3. Duke picked up a fourth takedown, then a fifth at the :22 mark. He rolled Myers to his back and picked up the first period pin at the 2:42 mark.

165: Mitchell Mesenbrink, ranked No. 1 at 165, won by forfeit as Northwestern did not weigh in a competitor at 165.

## #1 PENN STATE 48, INDIANA 0

**Friday, Jan. 23, 2026 -- Rec Hall -- University Park, Pa.**

| | |
|---|---|
| 125: #1 Luke Lilledahl PSU pinned #11 Jacob Moran IND, WBF (4:20) | 6-0 |
| 133: #4 Marcus Blaze PSU tech fall Blaine Frazier IND, 19-4 (TF; 5:44) | 11-0 |
| 141: #11 Braeden Davis PSU maj. dec. No. 25 Henry Porter IND, 24-10 | 15-0 |
| 149: #1 Shayne Van Ness PSU tech fall Joey Buttler IND, 20-3 (TF; 6:45) | 20-0 |
| 157: #3 PJ Duke PSU tech fall Bryce Lowery IND, 21-5 (TF; 3:15) | 25-0 |
| 165: #1 Mitchell Mesenbrink PSU pinned #19 Tyler Lillard IND, WBF (4:01) | 31-0 |
| 174: #1 Levi Haines PSU tech fall Orlando Cruz IND, 17-1 (TF; 6:26) | 36-0 |
| 184: #1 Rocco Welsh PSU dec. #15 Sam Goin IND, 15-9 | 39-0 |
| 197: #1 Josh Barr PSU maj. dec. #14 Gabe Sollars IND, 14-6 | 43-0 |
| 285: #12 Cole Mirasola PSU tech fall Caleb Marzolino IND, 22-6 (TF; 2:42) | 48-0 |

Attendance: 6,223 (Penn State has wrestled in front of 89 sellouts in its last 95 home events, including 79-straight in Rec Hall and 10 of 16 in the BJC)

The Penn State Nittany Lion wrestling team (10-0, 4-0 B1G) shut out visiting Indiana (6-3, 1-2 B1G) in front of another sold out Rec Hall crowd Friday night. The Nittany Lions rolled to a 48-0 win over the visiting Hoosiers, with nine of ten wins bringing bonus points. The Nittany Lions notched their sixth shut-out of the season and their third in Big Ten action. The sellout crowd of over 6,200 fans marks the 79th-straight sell out for Penn State in Rec Hall.

The dual began at 125. Luke Lilledahl, ranked No. 1 at 125, got the Nittany Lions off to a hot start. Lilledahl built up a big lead on No. 11 Jacob Moran before pinning him in the second period at 4:20. True freshman Marcus Blaze, ranked No. 4 at 133, followed that win up with a dominant 19-4 technical fall at 5:44 over Blaine Frazier, giving Penn State an 11-0 lead. Junior Braeden Davis, ranked No. 11 at 141, tallied seven takedowns in a dominant 24-10 major decision over No. 25 Henry Porter.

Junior Shayne Van Ness, ranked No. 1 at 149, continued Penn State's bonus point burst with a convincing 20-3 technical fall over Joey Buttler, getting the tech at 6:45. True freshman PJ Duke, ranked No. 3 at 157, capped off an outstanding first half for the Nittany Lions with a 21-5 technical fall over Bryce Lowery, ending the bout at the 3:15 mark early in the second period.. Penn State led 25-0 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, opened up the second half with another Penn State pin. Mesenbrink led No. 19 Tyler Lillard 14-1 after the opening period, chose top to start the second and quickly turned the Hoosier for a pin at the 4:01 mark. Senior Levi Haines, ranked No. 1 at 174, dominated Orlando Cruz in the next match-up, picking up another PSU tech fall. Haines rolled to a 17-1 tech at 6:26 to give the Nittany Lions a 36-0 lead.

Sophomore Rocco Welsh, ranked No. 1 at 184, built up a big early lead over No. 14 Sam Goin and rolled to a 15-9 victory. Sophomore Josh Barr, ranked No. 1 at 197, used four takedowns and 1:46 in riding time to post a strong 14-6 major decision over No. 14 Gabe Sollars to give Penn State a 43-0 lead. Redshirt freshman Cole Mirasola, ranked No. 12 at 285, zipped through seven first period takedowns to notch a 22-6 first period tech fall at 2:42. Mirasola's victory capped off the Nittany Lions' 48-0 shutout victory.

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 1 at 125, met No. 11 Jacob Moran. Lilledahl worked a high shot at 2:30 into a takedown and a 3-0 lead at 2:00. Moran escaped to a 3-1 score at 1:45 and action resumed in neutral. Lilledahl continued to hold position in the center of the mat and moved behind Moran quickly at :45 for a second takedown and a 6-1 lead. He finished the period on top and carried that lead, plust 1:00 in riding time, into the second period. Moran chose down to start the second period and escaped to a 6-2 score. Lilledahl turned a fast low single into a third takedown and a 9-2 lead at 1:10. He then rolled Moran to his back with a bow and arrow and pinned Moran at the 4:20 mark.

133: Marcus Blaze, ranked No. 4 at 133, battled Blaine Frazier. Blaze scored quickly, taking Frazier down for an early 3-0 lead. He controlled action on top for nearly a minute before Frazier escaped to a 3-1 score. The Nittany Lion freshman continued to press his offense and took a 6-2 lead with another quick takedown and cut. He then countered a Frazier shot for a third takedown and led 9-2 at the :45 mark. Blaze finished the period on top and led 9-2 with 1:56 in time after one. Frazier chose down to start the second period and Blaze cut him loose to a 9-3 score. Frazier forced contact with a low single and Blaze once again counter scrambled to a takedown and led 12-4 at 1:10. Blaze used another low shot to take Frazier down and upped his lead to 15-4 late in the period. He finished the period on top and carried that lead and nearly 3:00 in riding time into the third period.

141: Braeden Davis, ranked No. 11 at 141, faced No. 25 Henry Porter. Porter used a throw early in the match to take a 3-1 lead after a quick Davis escape. The Lion junior quickly moved in on offense and retook the lead, taking Porter down to lead 4-3 with 1:56 on the clock. Davis controlled the action on top, trying to roll the Hoosier to his back. Davis gave up penalty point for an illegal hold and the match was tied 4-4. Davis cut Porter loose then quickly turned a low shot into a takedown and a 7-5 lead. Davis, with a strong ride, forced a stall warning at :25 and finished the period on top to lead 7-4 with 1:38 in riding time after one. Porter chose down to start the second period. Davis used top control to work his riding time edge over 2:00 while looking for back points. He cut Porter loose at 1:22 and led 7-6. Davis immediately moved in on offense, pulling the fleeing Hoosier back on to the mat for a takedown and a 10-7 lead after another cut. Davis blew through a high single for another takedown with :14 left, finished the period on top, and lead 13-7 with 2:52 in time after two. Davis chose neutral to start the third period. He countered a slight Porter shot for another takedown and a 16-8 lead with another cut. Davis continued to work his offense and tacked on another takedown to lead 19-8 with 1:00 on the clock. Porter escaped after a reset to cut the lad to 19-9. Davis took him down to a 22-10 lead with :12 on the clock, cut him loose with just :09 left looking for a tech. He forced a stall but time ran out and Davis posted the convincing 24-10 major decision.

149: Shayne Van Ness, ranked No. 1 at 149, met Joey Buttler. Van Ness scored quickly, taking Buttler down for a 3-0 lead at the 1:44 mark. He then turned the Hoosier to his back for four near fall points and a 7-0 lead at :48. Buttler escaped to a 7-1 score and Van Ness went back to work on offense. He used a low shot to take Buttler down once more and led 10-1 after the first period. Buttler chose down to start the second period and escaped to a 10-2 score. Van Ness forced the Hoosier backwards, then sidestepped a Butler shot and nearly scored at the buzzer. But Buttler skipped out of danger and Van Ness led 10-2 with 1:52 in riding time after two. Van Ness chose down to start the third period and quickly escaped to an 11-2 lead. Van Ness took Buttler down at the 1:15 mark for a 14-3 lead after cutting the Hoosier loose. He took a 17-3 lead with another takedown and then turned Buttler for three back points to post the 20-3 tech fall at 6:45.

157: PJ Duke, ranked No. 3 at 165, met Bryce Lowery. Duke scored quickly, taking a 3-1 lead in the opening seconds. He continued to move in offensively as Lowery moved to the outside circle. Duke chased him down and took a 6-2 lead after cutting him loose. Duke added a third takedown and led 9-3 at 1:24, then took Lowery down a fourth time and upped his edge to 12-4. Duke picked up a fifth takedown with :48 on the clock. He added a fifth takedown in the opening period and led 18-5 after one. Duke finished off the tech fall with a final takedown and walked away with a 21-5 win at the 3:15 mark.

165: Mitchell Mesenbrink, ranked No. 1 at 165, tangled with No. 19 Tyler Lillard. Mesenbrink scored quickly, taking Lillard down just :06 into the bout. He then went to work on top and turned the Hoosier to his back. Mesenbrink battled for a pin for over a minute with Lillard fighting off bottom. The four point turn gave the Lion a 7-0 lead. Hen continued to work on top, maintaining control until cutting Lillard loose to a 7-1 score at 1:02. Mesenbrink added a second takedown quickly after the escaped and led 10-1. He rolled Lillard to his back once more and added four more back points to lead 14-1 with 2:45 in riding time after the opening period. Mesenbrink chose top to start the second period, looking for a pin. He muscled Lillard to his back one more time, looking for the pin and getting it at the 4:01 mark.

174: Levi Haines, ranked No. 1 at 174, battled Orlando Cruz. Haines took Cruz down toa lead 3-0 at the 1:54 mark and then turned the Hoosier for four back points and a 7-0 lead. He built up a big riding time edge with top control and finished the period on top to lead 7-0 with 1:54 in riding time after the opening stanza. Haines chose down to start the second period and quickly escaped to an 8-0 lead. Haines picked up a second takedown with a strong high shot and upped his margin to 11-0. He forced a stall warning at :41 and finished on top to lead 11-0 with 2:54 in time after two. Cruz chose neutral to start the third period. Haines fought off a slight Cruz shot at 1:24, worked his way into control and countered for a 14-0 lead at 1:10. He cut Cruz loose, and then ended the bout with a final takedown, posting a 17-1 tech fall at 6:26.

184: Rocco Welsh, ranked No. 1 at 184, faced No. 15 Sam Goin. Welsh forced Goin backwards off the opening whistle as the Hoosier played defense. Welsch countered a Goin shot and took a 3-0 lead at the 1:32 mark with the bout's first takedown. Goin escaped to a 3-1 score and action resumed in neutral. Welsh used a fast, low single to briefly lift Goin and take him down for a 6-2 lead after cutting him loose. Welsh picked up a stall point, forcing a second stall, and then finished the period with a third takedown to lead 10-2 after one. Goin chose down to start the second period and escaped to a 10-3 lead. Welsh forced the pace for the next minute-plus and blew through a low double to lead 13-3 at the :30 mark. The Nittany Lion sophomore finished the period on top and led 13-3 after two. Welsh chose down to start the third period and escaped to a 14-3 lead. Goin picked up a takedown of his own at 1:40 and cut Welsh's lead to 14-6. Welsh escaped to 15-6 lead at 1:10. Welsh shot low and Goin countered for a second takedown to cut into Welsh's lead but the Lion's early offense was enough in a 15-9 victory.

197: Josh Barr, ranked No. 1 at 197, met No. 14 Gabe Sollars. Barr controlled the action early and took a 3-0 lead with the bout's first takedown at 2:07. He then used a strong ride to build up a 1:15 time edge before Sollars escaped to a 3-1 score. Barr used a high shot to force a scramble in the final seconds. Sollars was able to fight off the effort and kill the clock. Bar, leading 3-1, chose down to start the second period and escaped quickly to a 4-1 lead. Barr continued to forced Sollars backwards, instigating contact with a double and scrambling his way to a second takedown and a 7-1 lead with :40 on the clock. Barr gave up a point on a third caution and lead 7-2 with 1:29 in riding time after two periods. Sollars chose down to start the third period and escaped to a 7-3 lead. Barr blazed through a low double for a third takedown and a 10-3 lead at 1:38. He cut Sollars loose on a reset, then moved in and forced another scramble. Sollars was able to force a stalemate at the :58 mark. Barr used a high double, slid to a single and took Sollars down at :30 to lead 13-6 after a Sollars escape. Barr added 1:46 in riding time and rolled to the 14-6 major decision.

285: Cole Mirasola, ranked No. 12 at 285, met Caleb Marzolino. Mirasola scored quickly, taking a 3-1 lead with a quick takedown and cut. He added a second takedown seconds later and opened up a 6-2 lead at 2:25. Mirasola continued to pressure Marzolino on offense, tacking on a third takedown, then a fourth, to lead 12-3 at the 1:23 mark. Mirasola continued to pour on the offense and added a fifth and sixth takedown to lead 18-5 at :49. He cut Marzolino loose one more time and, after getting a tall point, capped off a first period tech fall with a seventh takedown, notching the 22-6 tech fall at 2:42.

## #1 PENN STATE 51, MARYLAND 0

**Sunday, Jan. 25, 2026 -- College Park, Md.**

| | |
|---|---|
| 125: #1 Luke Lilledahl PSU tech fall Abram Cline MD, 19-4 (TF; 7:00) | 5-0 |
| 133: #4 Marcus Blaze PSU maj. dec. #15 Braxton Brown MD, 15-3 | 9-0 |
| 141: #11 Braeden Davis PSU maj. dec. Dario Lemus MD, 15-3 | 13-0 |
| 149: #1 Shayne Van Ness PSU tech fall #7 Carter Young MD, 31-15 (TF; 6:41) | 18-0 |
| 157: #3 PJ Duke PSU pinned Mekhi Neal MD, WBF (1:54) | 24-0 |
| 165: #1 Mitchell Mesenbrink PSU tech fall AJ Rodriguez MD, 15-0 (TF; 3:24) | 29-0 |
| 174: #1 Levi Haines PSU tech fall Seth Digby MD, 23-8 (TF; 6:36) | 34-0 |
| 184: #1 Rocco Welsh PSU pinned Sepanta Ahanj-Elias MD, WBF (3:52) | 40-0 |
| 197: #1 Josh Barr PSU tech fall #13 Branson John MD, 19-4 (TF; 6:51) | 45-0 |
| 285: #12 Cole Mirasola PSU pinned Joey Schneck MD, WBF (3:56) | 51-0 |

The Penn State Nittany Lion wrestling team (11-0, 5-0 B1G) shut out homestanding Maryland (4-6, 0-5 B1G) 51-0 for yet another Big Ten road win. The Nittany Lions picked up bonus points in all ten matches in the lopsided victory in College Park, Md., on Saturday. Penn State, now 11-0 on the year, has earned shutouts in seven of those wins. The Nittany Lions are 5-0 in the Big Ten, four by shutout.

The dual began at 125. Luke Lilledahl, ranked No. 1 at 125, used five takedowns and 2:33 in riding time to roll to a 19-4 technical fall over Abram Cline at 7:00. True freshman Marcus Blaze, ranked No. 4 at 133, followed that win up by controlling No. 15 Braxton Brown for the entire bout, walking away with a 15-3 major decision to give the Nittany Lions a 9-0 lead. Junior Braeden Davis, ranked No. 11 at 141, then majored Dario Lemus, riding five takedowns to an 18-4 win.

Junior Shayne Van Ness, ranked No. 1 at 149, then put on an offensive show against No. 7 Carter Young. Van Ness gave up an early takedown and four back points to trail 7-1 after one. The Lion junior then rolled up nine takedowns (five in the second and four in the third) to post a stunning 31-15 technical fall at the 6:41 mark. True freshman PJ Duke, ranked No. 3 at 157, capped off a superb first half for the Nittany Lions by pinning Mekhi Neal in the first period (1:54). Penn State led 24-0 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, opened up the second half with a 15-0 technical fall victory over AJ Rodrigues. Mesenbrink used a takedown and three near fall turns in the first period to lead 14-0 after one and capped off the tech with an escape for the victory at 3:32. Senior Levi Haines, ranked No. 1 at 174, then collected seven takedowns in a strong 23-8 tech fall over Seth Digby at the 6:36 mark. Sophomore Rocco Welsh, ranked No. 1 at 184, opened up a big lead on Sepanta Ahanj-Elias before picking up another Nittany Lion pin. Welsh got the fall at 3:52.

Sophomore Josh Barr, ranked No. 1 at 197, dominated No. 13 Branson John next. Barr tallied six takedowns in rolling to a convincing 19-4 tech fall at the 6:51 mark, Penn State's fifth tech of the dual meet. Redshirt freshman Cole Mirasola, ranked No. 12 at 285, wrapped up an outstanding weekend for Penn State by pinning Maryland's Joey Schneck in the second period. Mirasola took the Terrapin down and locked up a cradle for the fall at 3:56. Mirasola's pin, the third of the dual for Penn State, capped off the Nittany Lions' 51-0 shutout victory.

Penn State amassed a whopping 46-2 takedown edge. The Nittany Lions picked up 21 bonus points off three pins (Duke, Welsh, Mirasola), five tech falls (Lilledahl, Van Ness, Mesenbrink, Haines, Barr) and two majors (Blaze, Davis).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 1 at 125, met Abram Cline. Lilledahl controlled the center of the mat, working on the Terrapin logo until turning a low single into a takedown and a 3-0 lead at 2:06. Lilledahl worked on top through the 1:00 mark, looking to turn Cline while building up a sizeable riding time advantage. He cut the Terrapin loose at 1:02 and went back to work on offense. Lilledahl forced a stall warning at :30 and led 3-1 after one. Cline chose down to start the second period and Lilledahl went to work, looking for a turn. He worked his time edge up to 1:49 before cutting Cline loose to a 3-2 score. He picked up a stall point and then blew through a low double for a second takedown and a 7-2 lead. Another cut led to another takedown at :12 and a 10-3 lead after two periods. Lilledahl chose down to start the third period and escaped to an 11-3 lead at 1:47. Lilledahl picked up another takedown at 1:10 to lead 14-3 with clinched riding time. He cut Cline loose again, picked up a stall point at :50, and took him down once more for an 18-4 lead with :18 left in the bout. He finished the period on top and, with 2:33 in time, picked up the riding time point and a 19-4 tech fall at 7:00.

133: Marcus Blaze, ranked No. 4 at 133, battled No. 15 Braxton Brown. Blaze controlled position on the UM logo through the first minute of action. Brown was able to defend Blaze, backing away as the clock dipped below the 1:00 mark. Blaze snapped Brown's head down, then transitioned to a single and a takedown with :44 left in the period. Blaze finished the period on top and led 3-0 after one. Lilledahl chose down to start the second stanza and quickly escaped to a 4-0 lead. Blaze took a 7-0 lead with a second takedown at the :55 mark, forced a stall warning and then cut Brown loose. Blaze used a low shot to force a late scramble, but Brown was able to fight off the effort until the period ended and Blaze led 7-1 after two. Brown chose down to start the third, Blaze worked his time edge up over 1:00 and cut Brown loose to a 7-2 score. The Nittany Lion freshman took another low shot and took Brown down on the edge of the mat to lead 10-3 after cutting Brown loose again. Blaze picked up a stall point at 1:00 and continued to move forward. Brown continued to back up. Blaze finished the match off with a scrambling takedown at the :01 mark and, with riding time, posted the 15-3 major decision.

141: Braeden Davis, ranked No. 11 at 141, faced Dario Lemus. Davis began the period by nearly locking up a cement mixer in the opening minute. Lemus fought off the effort and Davis quickly turned a low double into a takedown and a 3-1 lead at 1:52 after a quick Maryland escape. Davis continued to force the action, taking shots as he chased Lemus to the outside circle. Davis forced a stall warning and then swiftly took Lemus down a second time to open up a 6-1 lead. He worked on top, looking to turn the Terrapin, and settled for a rideout and a 6-1 lead after one. Lemus chose down to start the second period. Davis worked his riding time up over 1:00 with a strong ride. Lemus escaped to a 6-2 score at 1:25, Davis turned a high single into a third takedown at 1:10. With a 9-2, Davis pushed his riding time edge up over 2:00 before cutting him loose on a reset at :32. Lemus forced a scramble with a shot and Davis countered his way into control and a takedown at :12 to lead 12-3 with 2:15 in time after two periods. Davis chose down to start the third period and quickly escaped to a 13-3 lead. Davis shot at Lemus' right ankle and bulled his way to another takedown and a 16-3 lead with 1:05 on the clock. With riding time clinched, Davis worked to turn the Terrapin through the :30 mark. He picked up a stall point at :18, cut him loose at :10 looking for a tech but settled for the 18-4 major decision with 3:04 in riding time.

149: Shayne Van Ness, ranked No. 1 at 149, met No. 7 Carter Young. Van Ness and Young battled evenly through the first 1:00 before Van Ness forced a scramble. Young countered the effort and took Van Ness down, locking a cradle for four back points and a 7-1 lead after Van Ness escaped at 1:20. Van Ness worked on his feet while Young moved to the outside circle. Young turned a high shot into a scramble, but Van Ness countered to the end of the period and trailed 7-1 after one. Van Ness chose down to start the second period and quickly escaped to a 7-2 score. He picked up his pace, took Young down, forced a stall warning and cut him loose to a 7-5 score. He then took the Terrapin down a second time, cut him loose, repeated the takedown combination two more times and led 14-11 at the :30 mark. Van Ness picked up another takedown at :18 to up his lead to 17-11 after two. Young chose down to start the third, Van Ness picked up a stall point, cut him and quickly took him down to lead 21-13. He added another takedown and led 24-14 after another cut at 1:00. Van Ness continued his offensive showcase with a takedown at :38, and a final with just :19 on the clock to chalk up a stunning 30-14 technical fall at 6:41.

157: PJ Duke, ranked No. 3 at 165, met Mekhi Neal. Duke controlled the action from the get-go, taking Neal down for an early 3-1 lead. He added a second takedown and cut to lead 6-1 and then picked up a third to lead 9-2. Duke then locked up a cradle and picked up the first period fall, pinning Neal at the 1:54 mark.

165: Mitchell Mesenbrink, ranked No. 1 at 165, tangled with AJ Rodrigues. Mesenbrink moved in on offense off the opening whistle, locking up the Terrapins ankle and working his way to a takedown and a 3-0 lead at 2:16. Mesenbrink worked on top, looking to turn Rodriguez. He used an arm bar to turn his opponent and grab four back points and 1:06. Mesenbrink maintained control, turning Rodgriguez for three more back points and a 10- lead at :32. Mesenbrink added a late four point turn and led 14-0 after one. Mesenbrink chose down to start the second period and escaped to a 15-0 technical fall victory at 3:24.

174: Levi Haines, ranked No. 1 at 174, battled Seth Digby. Haines took Digby down to open up a 3-0 lead at the 2:15 mark. Haines worked for a turning combination through the 1:30 mark, building his riding time up over 1:00 before cutting Digby loose at :51 to lead 3-1. Haines picked up a second takedown with just :18 on the clock, finished the period on top, and led 6-1 with 1:58 in time after one. Haines chose down to start the second period and quickly escaped to a 7-1 lead. He used a fast low shot to take Digby down again and up his lead to 10-1. Haines cut Digby loose, then took the Terrapin down and third time to lead 13-2 with :45 on the clock. Haines finished the period on top and led 13-2 after two with clinched riding time. Digby chose down to start the third period and escaped to a 13-3 score. He then used a low shot for his first takedown, cutting Haines' lead to 14-6 after Levi escaped. Haines scrambled his way to a takedown at 1:08, cut Digby, took him down again and led 20-8. Haines finished off the bout with a final takedown and posted the 23-8 tech fall at 6:36.

184: Rocco Welsh, ranked No. 1 at 184, faced Sepanta Ahanj-Elias. Welsh forced an early scramble with a shot, Elias countered and action resumed in neutral at 2:20. Welsh continued to work on offense and took a 3-0 lead with a takedown at 2:08. Welsh controlled the action on top, building up a big riding time edge while trying to turn the Terrapin for back points. He cut Elias loose and quickly took him down a second time to lead 6-1 at the :38 mark. Welsh finished the period on top and carried that lead, with 1:51 in time, into the second stanza. Welsh chose down to start the second period and quickly escaped to a 7-1 lead. He used a low single to work Elias to the mat and take a 10-1 lead with his third takedown. He then locked Elias' head and shoulders, rolled him to his back and picked up the fall at 3:52.

197: Josh Barr, ranked No. 1 at 197, met No. 13 Branson John. Barr and John battled evenly through the first two minutes. Barr moved away from a solid John shot and the turned in on offense for the bout's first takedown with :24 on the clock. Barr finished the period on top and led 3-0 after one. Barr chose down to start the second period and quickly escaped to a 4-0 lead. The duo worked in the middle of the mat with Barr chasing John down through the 1:00 mark. John, playing defense, was unable to hold Barr off for long. Barr used a high shot to take the Terrapin down and led 7-0. Barr finished the period on top once again and carried that lead, with :59 in time, into the third period. John chose down to start the third period and escaped to a 7-1 score. Barr had 1:06 in riding time. Barr quickly took John down a third time and nearly pinned him with a quick turn. But John rolled through without giving up back points and Barr led 10-2 after cutting John loose at 1:20. Barr turned a high single into another takedown and cut, then another, then a final one with just :09 left. Barr's takedown flurry led to a 19-4 tech fall at the 6:51 mark.

285: Cole Mirasola, ranked No. 12 at 285, met Joey Schneck. Mirasola took Schneck down three times in the first minute and led 9-3 early on in the bout. Mirasola forced a stall warning at 1:22. He worked in the center of the mat and the n fought off a slight Schneck effort to move action out of bounds with :49 on the clock. Mirasola and Schneck finished the opening period in neutral, and the Nittany Lion led 9-3 after one. Schneck chose down to start the second period and escaped to a 9-4 score. Mirasola took Scheck down once more in the second, locked up a cradle and finished off the match by pinning Schneck at the 3:56 mark.

## #1 PENN STATE 26, #5 NEBRASKA 12

**Friday, Jan. 30, 2026 -- Bryce Jordan Center -- University Park, Pa.**

| | |
|---|---|
| 125: #1 Luke Lilledahl PSU tech fall Alan Koehler NEB, 20-4 (TF; 5:36) | 5-0 |
| 133: #4 Marcus Blaze PSU dec. #10 Jacob Van Dee NEB, 5-1 | 8-0 |
| 141: #4 Brock Hardy pinned #12 Braeden Davis PSU, WBF (5:55) | 7-6* |
| 149: #1 Shayne Van Ness PSU dec. #18 Chance Lamer NEB, 12-5 | 10-6 |
| 157: #5 Antrell Taylor NEB dec. #3 PJ Duke PSU, 2-1 (tb) | 10-9 |
| 165: #1 Mitchell Mesenbrink PSU tech fall #7 L.J Araujo NEB, 20-5 (TF; 7:00) | 15-9 |
| 174: #1 Levi Haines PSU dec. #4 Christopher Minto NEB, 8-6 | 18-9 |
| 184: #1 Rocco Welsh PSU maj. dec. #6 Silas Allred NEB, 14-5 | 22-9 |
| 197: #1 Josh Barr PSU maj. dec. #9 Camden McDanel NEB, 21-9 | 26-9 |
| 285: #4 AJ Ferrari NEB dec. #12 Cole Mirasola PSU, 2-1 | 26-12 |

* One team point deducted from Penn State, unsportsmanlike
Attendance: 13,225

The Penn State wrestling team (12-0, 6-0 B1G) rolled over No. 5 Nebraska (9-6, 2-3 B1G) 26-12 for a Big Ten victory in the Bryce Jordan Center. The Nittany Lions won seven bouts on their way to the lopsided win, wrestling their sixth dual meet in 20 days.

The dual began at 125. Luke Lilledahl, ranked No. 1 at 125, gave Penn State a 5-0 lead early with a resounding 20-4 technical fall over Alan Koehler at 5:36. True freshman Marcus Blaze, ranked No. 4 at 133, notched the only takedown of the bout in a strong 5-1 win over No. 10 Jacob Van Dee. Junior Braeden Davis, ranked No. 12 at 141, opened up an early 6-2 lead over No. 5 Brock Hardy but was pinned during a scramble at 5:55. The Nebraska win cut Penn State's lead to 8-6.

Junior Shayne Van Ness, ranked No. 1 at 149, came back from an early deficit to dominate No. 18 Chance Lamer. Van Nes tallied three takedowns after giving up the first and rolled to a 12-5 win to put Penn State up 11-6. True freshman PJ Duke, ranked No. 3 at 157, battled No. 5 Antrell Taylor through regulation and sudden victory before dropping a tough 2-1 (tb) decision. Penn State led 10-9 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, started the second half the same way Lilledahl started the first. Mesenbrink rolled through five take takedowns for a 20-5 technical fall over No. 7 L.J Araujo, upping Penn State's lead to 15-9. Senior Levi Haines, ranked No. 1 at 174, used a third period takedown to grab a hard fought 8-6 win over No. 4 Christopher Minto. Sophomore Rocco Welsh, ranked No. 1 at 184, dominated No. 6 Silas Allred in the next bout. Welsh tallied four takedowns in a 14-5 major decision over Allred.

Sophomore Josh Barr, ranked No. 1 at 197, mirrored the major decision, rolling to a 21-9 major decision over No. 9 Camden McDanel to give PSU a 26-9 lead.. Redshirt freshman Cole Mirasola, ranked No. 12 at 285, battled No. 4 AJ Ferrari through an even 7:00 before dropping a hard-fought 2-1 bout on riding time. Penn State walked away with a 26-12 win. The Nittany Lions posted a 29-5 takedown differential in the dual meet. Penn State won seven of ten bouts and picked up six bonus points off two tech falls (Lilledahl, Mesenbrink) and two majors (Welsh, Barr).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 1 at 125, took on Alan Koehler. Lilledahl scored quickly, turning a low single into takedown and a 3-0 lead just :25 into the bout. Koehler escaped to a 3-1 score on a reset and Lilledahl went back to work on offense. Lilledahl took a 6-1 lead with a second takedown midway through the opening period and worked his riding time up to nearly a minute before cutting Koehler loose. He picked up a third takedown seconds later and led 9-2 at the :32 mark. Lilledahl finished the period on top and took that lead, plus 1:33 in time, into the second stanza. Koehler chose down to start the second and escaped to a 9-3 score. Lilledahl worked a high shot into a fourth takedown and a 12-3 lead at 1:33. Lilledahl worked a bow and arrow, turned Koehler for two near fall points and then fought off reversal attempt at :35. Lilledahl finished the period on top and led 14-3 with 3:17 in time after two. Lilledahl chose neutral to start the third period. He blew through a low double to lead 17-4 after another cut and finished off the bout with a final takedown for a 20-4 technical fall at 5:36.

133: Marcus Blaze, ranked No. 4 at 133, met No. 10 Jacob Van Dee. Blaze controlled position on the Nittany Lion logo, worked Van Dee's head to the mat at the 1:10 mark. The Husker was able to play defense through the 1:00 mark while Blaze continued to press forward. Blaze blew through a fast high single for a takedown and a 3-0 lead at the :21 mark and finished the period in control. Van Dee chose down to start the second period and escaped to a 3-1 score. Blaze continued to hold his spot in the center of the mat as Van Dee defended each Lion effort. Blaze worked to snap Van Dee down, but the Husker was able to circle towards out of bounds through the :30 mark. Blaze picked up a penalty point at :20 and led 4-1 after two. Blaze chose down to start the third period and escaped to a 5-1 lead at 1:37. The Lion freshman continued to force Van Dee to the outside circle as the Husker played it safe on defense. Blaze finished the bout controlling his spot in the center of the mat and walked away with a 5-1 win.

141: Braeden Davis, ranked No. 12 at 141, battled No. 4 Brock Hardy. Davis came out fast, taking Hardy down off the opening whistle to open up an early 3-0 lead less that ten seconds into the bout. Davis maintained control of Hardy for :49 before the Husker escaped to a 3-1 score. Davis worked another low single into another takedown and a 6-1 lead at the 1:16 mark. Hardy escaped to a 6-2 score at :55 and action continued in neutral. Davis worked Hardy towards the outside circle and the bout moved to the second period with Davis leading 6-2 with 1:09 in riding time. Davis chose down to start the second period. Hardy controlled action for :32 before Davis escaped to a 7-2 lead. Davis forced a first stall at 1:14. The Lion stepped back from one hard shot then gave up a stall warning. Hardy picked up a late takedown to cut the Davis lead to 7-5 after two. Hardy chose down to start the third period and quickly escaped to a 7-6 score. Davis forced a stalemate at 1:25, leading by one. Davis took a low single and Hardy countered, finishing off a cradle for a fall at the 5:55 mark. Penn State lost a team point for unsportsmanlike conduct on Davis.

149: Shayne Van Ness, ranked No. 1 at 149, wrestled No. 18 Chance Lamer. Lamer notched the bout's first takedown, opening up a 3-1 lead in the opening minute. Van Ness worked the center of the mat as the clock moved below the 1:30 mark, looking to work through the Husker's defense. Lamer was able to back away over the final minute and Van Ness trailed 3-1 after one. Lamer chose down to start the second period and quickly escaped to a 4-1 lead. Van Ness turned a high double into a takedown and a 4-4 tie at 1:20. He then maintained control for the rest of the period, forcing a stall in the process. Van Ness and Lamer went to the third period tied 4-4 with Van Ness owning 1:07 in riding time. Van Ness chose down to start the third period and escaped to a 5-4 lead at 1:40. Van Ness continued to shoot the Husker backwards and used another high double for a takedown and an 8-4 lead at 1:10. Lamer escaped to an 8-5 score. Van Ness added a third takedown at :15 and, with 1:33 in riding time, posted the 12-5 win.

157: PJ Duke ranked No. 3 at 157, faced No. 5 Antrell Taylor. Duke and Taylor battled in neutral, trading shots on the Nittany Lion logo through the 1:30 mark. Duke held his spot in the center of the mat while Taylor began to back towards the outside circle. Duke turned a high single into a scoring opportunity and Taylor fought off the effort by moving out of bounds, getting hit with stalling in the process. The first period ended in a 0-0 tie. Taylor chose down to start the second stanza and quickly escaped to a 1-0 lead. Duke moved in on offense, forcing Taylor back. With the Husker taking a knee at :55, Duke continued to shoot Taylor backwards. The period ended in neutral and Duke trailed 1-0 after two. Duke chose down to start the third period and escaped to a 1-1 tie at 1:42. Duke continued to move forward and Taylor backwards as the clock hit 1:00. The action stayed in the center of the mat with Duke taking shots and Taylor backing away until the end of regulation. The match moved to sudden victory tied 1-1. Duke and Taylor battled in neutral through the 1:00 mark with Duke continuing to move forward without getting the stall call. The bout moved to sudden victory tied 1-1. Taylor chose down to start the tie-breaker. Taylor escaped to a 2-1 lead at :13, with Duke nearly rolling him for back points but action moving out of bounds. Duke was down next, needing to escape in :13. Duke was unable to escape, and Taylor held on for a 2-1 (tb) win.

165: Mitchell Mesenbrink, ranked No. 1 at 165, took on No. 7 L.J Araujo. Mesenbrink scored quickly, turning a shot off the whistle into a scramble and a takedown at the 2:48 mark. Mesenbrink cut Araujo loose, worked a low shot into another takedown and led 6-1 aft 2:09. The Nittany Lion cut Araujo loose at 1:35 and quickly took him down a third time at 1:20 to lead 9-2. Mesenbrink led 9-3 after one. Mesenbrink chose neutral to start the second period. He continued to press on offense, forced a first stall warning and then added a fourth takedown. He cut Araujo loose to a 12-4 score and picked up a point on another stall to lead 13-4 after two. Mesenbrink chose down to start the third period. He forced a stall while trying to escape and then zipped around the Husker for a reversal and a 16-4 lead. Mesenbrink cut Araujo loose, took him down to a 19-5 lead at :40 and finished the period on top. He added 2:10 in riding time and posted the 20-5 tech fall at 7:00.

174: Levi Haines, ranked No. 1 at 174, met No. 4 Christopher Minto. Haines worked Minto to the outside circle, forcing him out of bounds and picking u pa stall. But Haines was hit with unsportsmanlike conduct and Minto was given a point to lead 1-0. Haines battled for a final takedown in the waning seconds of the period, but time ran out and Haines trailed 1-0 after one. Haines chose down to start the second period and escaped to a 1-1 tie. Haines gave up a takedown at the :58 mark and trailed 4-1. He escaped off a reset to a 4-2 score and went to work on offense. Haines turned a high shot into a takedown late in the period to take a 5-4 lead into the third period. Minto chose down to start the third period and quickly escaped to a 5-5 tie. Haines worked to control the center of the mat as the clock hit 1:26. He battled to work Minto's head down as the Husker shot and rolled through him for a takedown and an 8-5 lead at :40. Haines controlled action until a Nebraska escape at :09 and walked away with an 8-6 win.

184: Rocco Welsh, ranked No. 1 at 184, faced No. 6 Silas Allred. Welsh scored first, taking Allred down for a 3-1 lead at the 2:10 mark after a quick Husker escape. Welsh kept pushing the offense and took a 6-1 lead on the edge of the mat with another takedown at 1:25. Allred escaped again and action resumed in neutral. Welsh maintained position in the center of the mat for the rest of the period and led 6-2 after the opening stanza. Allred chose down to start the second period and escaped to a 6-3 score. But Welsh continued to connect on offense, turning a shot on the edge of the mat into a third takedown and a 9-3 lead. Welsh, leading 9-4, chose down to start the third period and quickly escaped to a 10-4 lead. Welsh forced a stall then blew through a high double to open up a 13-4 lead with over 1:00 in riding time. Allred escaped to a 13-5 score and Welsh held position in the center of the mat. The action finished in neutral and Welsh, with 1:22 in riding time, rolled to an impressive 14-5 major decision with 1:22 in riding time.

197: Josh Barr, ranked No. 1 at 197, took on No. 9 Camden McDanel. Barr scored first, taking McDanel down in the opening minute to lead 3-0. Barr maintained control of McDanel for :38 before the Husker escaped to a 3-1 score. Barr moved in on a low shot, took McDanel down again to lead 6-1, and built his riding time up to 1:07 before McDanel escaped. Barr took McDanel down a third time at the :34 mark, cut him loose at :32, and took him down a fourth time with :09 on the clock to lead 12-3 after one. Barr chose down to start the second period and escaped to a 13-3 lead. He forced a stall, then took McDanel down and cut him to lead 16-4. He fought off a McDanel shot at :45 and led 16-4 after two. McDanel chose down to start the third period and escaped to a 16-5 score. Barr used a low single to control McDanel's foot, pulled him in bounds and finished a takedown at 1:21 to lead 19-6 after cutting McDanel loose again. McDanel picked up his first takedown to cut Barr's lead to 19-9 at 1:00. Barr escaped to a 20-9 score at :30 and, with 1:04 in riding time, posted a strong 21-9 major decision.

285: Cole Mirasola, ranked No. 12 at 285, battled No. 4 AJ Ferrari. Mirasola worked to hold position in the center of the mat while Ferrari backed towards the outside circle through the 2:00 mark. Mirasola fought off a Ferrari counter shot on the edge of the mat to force a reset at 1:50. The duo worked in neutral as the clock hit 1:00 with Mirasola owning the middle and Ferrari circling to the outside circle. The first period ended in a 0-0 tie. Ferrari chose down to start the third period and escaped to a 1-0 lead. Mirasola continued to chase Ferrari around and nearly connected on a shot at the :40 mark. Ferrari was able to work his way out of bounds and a reset was called at :34. Trailing 1-0, Mirasola chose down to start the third period. He battled through over a minute, working to escape. Mirasola escaped to a 1-1 tie, but Ferrari's riding time edge gave the Husker a 2-1 victory.

## #1 PENN STATE 38, #13 MICHIGAN 3

**Friday, Feb. 6, 2026 -- Ann Arbor, Mich.**

| | |
|---|---|
| 125: #1 Luke Lilledahl PSU tech fall #23 Diego Sotelo MICH, 21-5 (TF; 5:06) | 5-0 |
| 133: #4 Marcus Blaze PSU tech fall Gauge Botero MICH, 17-2 (TF; 4:41) | 10-0 |
| 141: Nate Desmond PSU dec. #26 Dylan Ragusin MICH, 8-5 (sv) | 13-0 |
| 149: #1 Shayne Van Ness PSU maj. dec. #13 Lachlan McNeil MICH, 9-1 | 17-0 |
| 157: #4 PJ Duke PSU dec. #13 Cameron Catrabone MICH, 12-10 | 20-0 |
| 165: #1 Mitchell Mesenbrink PSU tech fall Justin Gates MICH, 20-5 (TF; 6:34) | 25-0 |
| 174: #1 Levi Haines PSU tech fall #11 Beau Mantanona MICH, 19-4 (TF; 6:58) | 30-0 |
| 184: #1 Rocco Welsh PSU dec. #7 Brock Mantanona MICH, 8-1 | 33-0 |
| 197: #1 Josh Barr PSU tech fall #20 Hayden Walters MICH, 19-4 (TF; 6:50) | 38-0 |
| 285: #5 Taye Ghadiali MICH dec. #12 Cole Mirasola PSU, 4-1 | 38-3 |

Attendance: 6,131

Penn State (13-0, 7-0 B1G) dominated homestanding Michigan (8-4, 4-2 B1G) in Big Ten wrestling action Friday night in Ann Arbor. The Nittany Lions won nine bouts, including five by technical fall, in a 38-3 rout over the Wolverines.

The dual began at 125. Luke Lilledahl, ranked No. 1 at 125, opened up the dual meet with a strong 21-5 technical fall over No. 23 Diego Sotelo (5:06). Lilledahl had six takedowns and a reversal in the win. True freshman Marcus Blaze, ranked No. 4 at 133, followed that up with a tech fall of his own. Blaze used four takedowns and a four-point turn to roll to a 17-2 tech over Gauge Botero, giving Penn State a 10-0 lead.

With No. 12 Braeden Davis not competing at 141, Nate Desmond moved up and took on No. 26 Dylan Ragusin. The duo traded takedowns, escapes and reversals to move to sudden victory tied 5-5. Desmond then clinched the win with a scrambling takedown to post the 8-5 (sv) win. Junior Shayne Van Ness, ranked No. 1 at 149, dominated No. 13 Lachlan McNeil in the next bout. Van Ness tallied two takedowns and had nearly 2:00 riding time in posting a 9-1 major decision. True freshman PJ Duke, ranked No. 1 at 157, capped off a thrilling bout against No. 13 Cameron Catrabone with a late takedown to post a 12-10 win. Duke's victory gave Penn State a 20-0 lead at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, began the second half with Penn State's third technical fall in the first six bouts. Mesenbrink tallied six takedowns and a reversal to roll to a 20-5 win over Justin Gates at 6:34. Senior Levi Haines, ranked No. 1 at 174, rolled over No. 11 Beau Mantanona next. Haines used six takedowns and a stall point to post a 19-4 tech fall at 6:58 to give the Nittany Lions a 30-0 lead.

Sophomore Rocco Welsh, ranked No. 1 at 184, dominated No. 7 Brock Mantanona, using two takedowns, and escape and 2:26 in riding time to roll to an 8-1 win. Sophomore Josh Barr, ranked No. 1 at 197, picked up Penn State's fifth tech fall of the dual, riding six takedowns to a 19-4 win over No. 20 Hayden Walters at 6:50. Redshirt freshman Cole Mirasola, ranked No. 12 at 285, battled No. 5 Taye Ghadiali to the final seconds, nearly tying the match with a takedown in the waning seconds but dropping a hard-fought 4-1 decision. Penn State walked away from Ann Arbor with a convincing 38-3 win.

The Nittany Lions rolled to a 37-3 takedown advantage. Penn State picked up 11 bonus points off five tech falls (Lilledahl, Blaze, Mesenbrink, Haines, Barr) and one major (Van Ness).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 1 at 125, met No. 23 Diego Sotelo. Lilledahl turned a high single at the 2:00 mark into a takedown and a 3-0 lead. He controlled action on top for :33 before Sotelo escaped to a 3-1 score. Lilledahl used a fast low single for another takedown and a 6-1 lead at :55. Lilledahl worked his riding time up over 1:00 before cutting Sotelo at the :22 mark. He blew through a high double for a third takedown and led 9-2 after one. Lilledahl chose neutral to start the second period. He pulled Sotelo to the ground and took him down a fourth time for a 12-3 lead after another cut. Lilledahl picked up a fifth takedown seconds later, gave up a reversal, and escaped to a 16-5 lead at :35. Lilledahl forced a stall at :15 and took Sotelo down once more to lead 19-5 after two periods. Sotelo chose top to start the third and Lilledahl quickly reversed him to end the bout, winning by technical fall, 21-5 at 5:06.

133: Marcus Blaze, ranked No. 4 at 133, battled Gauge Botero. Blaze controlled the action from the onset, forcing Botero backwards through the opening minute-plus. He countered a slight Botero shot and notched the first takedown to lead 3-0 at 1:39. Blaze controlled Sotelo for over a minute before the Wolverine escaped. Blaze took him down on the edge of the mat with :08 left, turned him to his back for four nearfall points, and led 10-1 after one. Blaze chose down to start the second period and escaped to an 11-1 lead at 1:25. Blaze muscled Botero to the mat and worked his way around for a takedown and a 14-1 lead. He cut Botero loose after a reset at :45. Blaze ended the bout with a final takedown, winning by tech fall as well, 17-2 at 4:41.

141: With No. 12 Braeden Davis not competing at 141, true freshman Nate Desmond moved up and faced No. 26 Dylan Ragusin. Desmond controlled position on the Michigan logo through the first minute. He took a handful of shots, forcing Ragusin to defend each, as the clock moved below 1:20. Desmond fought off a Ragusin shot, countered and forced a scramble, and the duo battled back to their feet as the period wound down. Ragusin chose down to start the second period. Desmond gave up a stall warning before Ragusin escaped to a 1-0 lead at 1:28. Desmond took a fast shot, Ragusin countered and Desmond continued to flow through the action for a takedown and a 3-1 lead. Desmond gave up a stall point during the ride and Ragusin reversed him in the final seconds to take a 4-3 lead into the third period. Desmond chose down to start the third period. He reversed Ragusin to take a 5-4 lead and Ragusin escaped to a 5-5 tie at :49. Desmond pressured Ragusin to the outside circle, forcing the Wolverine to back away as the clock hit :25. Desmond fought off a late Ragusin shot and the bout moved to sudden victory. Desmond forced the action early and, as the wrestlers scrambled on the edge of the mat, the Nittany Lion came out on top for a takedown to clinch the 8-5 (sv) win.

149: Shayne Van Ness, ranked No. 1 at 149, took on No. 13 Lachlan McNeil. Van Ness worked to control the middle of the mat as McNeil pushed back on defense. Two minutes passed on the Michigan logo with Van Ness working for an opening. The duo battled in neutral for the final minute as well and the bout moved to the second stanza tied 0-0. McNeil chose down to start the second period and escaped to a 1-0 lead. Van Ness picked up a penalty point after McNeil was called for repeated violations. Van Ness then turned a single into a scramble and a 4-1 lead with a takedown at 1:01. Van Ness worked a strong ride into over 1:00 riding time and finished the period on top to lead 4-1 after two periods. Van Ness chose down to start the third period and escaped to a 5-1 lead at 1:22. Van Ness shot low off a reset and turned the low single into a takedown and an 8-1 lead. Van Ness built his time back over 1:00 and finished the period on top once more. His 1:51 in riding time gave Van Ness the 9-1 major decision.

157: PJ Duke, ranked No. 4 at 157, faced No. 13 Cameron Catrabone. Catrabone worked his way in on a single early in the bout and took a 3-1 lead with a takedown and a quick Duke escaped. Duke called for injury time seconds later and Catrabone chose down on the reset. Catrabone escaped to a 4-1 lead. Duke worked in neutral through 1:00, taking a series of low shots that Catrabone stepped back from. Duke trailed 4-1 after one. Catrabone chose down to start the second period and quickly escaped to a 5-1 lead. Duke quickly took the Wolverine down and cut the lead 6-4 after cutting Catrabone loose. Duke forced a scramble and finished off a takedown with :28 on the clock to take a 7-6 lead. He finished the period on top and led by one after two. Duke chose neutral to start the third period. The duo worked the center of the mat through the 1:00 mark. Catrabone took a 9-7 lead, Duke escaped and then swiftly moved in for another takedown to lead 11-9. Catrabone escaped in the final seconds, and Duke added a riding time point to post the thrilling 12-10 win.

165: Mitchell Mesenbrink, ranked No. 1 at 165, met Justin Gates. Mesenbrink connected on a low shot, pulled a fleeing Gates back on to the mat and finished off a takedown to lead 3-0 at 2:25. Mesenbrink cut Gates loose at 1:50, then quickly took the Wolverine down a second time to lead 6-1 at 1:39. He built his riding time up over 1:10, forced a stall warning, and finished the period on top to lead 6-1 with 2:15 in riding time after the opening period. Mesenbrink chose down to start the second period and quickly reversed Gates to lead 8-1. He cut him loose at 1:30 then quickly took him down against to lead 11-2. Mesenbrink cut Gates again, took him down to a 14-3 edge and finished the period on top again to take that lead and clinched riding time (3:45) into the third. Gates chose down to start the third, Mesenbrink cut him, took him down again and cut him to a 17-5 lead. He finished off the bout with a final takedown, posting the 20-5 tech fall at 6:34.

174: Levi Haines, ranked No. 1 at 174, battled No. 11 Beau Mantanona. Mantanona forced a scramble with a solid shot, but Haines deftly scrambled through the effort and countered his way to a takedown and a 3-0 lead at 1:48. Haines began working to turn the Wolverine, building riding time up over 1:00 before Mantanona escaped to a 3-1 score. Haines continued to press on offense and took the Wolverine down with :25 left and led 6-1 after one. Mantanona chose down to start the second period and escaped to a 6-2 score. Haines countered another slight Michigan shot for a third takedown and a 9-1 lead with 1:00 on the clock. Haines forced a stall warning and continued to work on top for the rest of the period. He led 9-2 with 2:38 in time after two. Haines chose neutral to start the third period. He continued to pressure Mantanona backwards and took a 12-3 lead with a takedown and cut at :48. Haines picked up a stall point at :37, then took him down again at :32 to lead 16-4. With :15 left, Haines moved in for a final takedown and finished off the tech fall with just :02 on the clock. He posted the 19-4 win at 6:58.

184: Rocco Welsh, ranked No. 1 at 184, wrestled No. 7 Brock Mantanona. Welsh held position on the Michigan logo over the first minute-plus. He stepped away from a quick Mantanona shot at 1:40 then went back to work in neutral, setting up his offense. Welsh used a high single to take a 3-0 lead with a takedown at 1:19. Welsh worked on top, building his riding time up over 1:00. Welsh finished the period in control and led 3-0 with 1:19 in time after one. Welsh chose down to start the second stanza and quickly escaped to a 4-0 lead. The Lion sophomore turned a high single into a scramble, but Mantanona forced a reset at 1:11. The period ended in neutral and Welsh led 4-0 with 1:08 riding time after two. Mantanona chose down to start the third period. Welsh worked his time edge up over 2:00 as the clock moved to 1:00. Mantanona escaped to a 4-1 sore at :55. Welsh worked his way in on a single at :30 but Mantanona worked his way out of bounds. Welsh blew through a high double for a final takedown at :12 and, with 2:26 in riding time, posted the convincing 8-1 win.

197: Josh Barr, ranked No. 1 at 197, met No. 20 Hayden Walters. Barr took a quick 3-0 lead with a takedown at 2:04. He then spent the next minute-plus working to turn Walters for back points. Walters was able to keep from being turned by Barr, but the Nittany Lion finished the period in control and led 3-0 with 2:04 in riding time after the opening stanza. Walters chose down to start the second period. Barr cut him loose at 1:45 and then took him down to a 6-1 lead seconds later. Barr forced a stall warning, cut Walters again, and then moved in for a third takedown and a 9-3 lead with :40 on the clock. Barr finished on top and carried that lead with over 3:00 in time into the third. Barr chose neutral to start the third period, picked up a stall point and took a 13-3 lead with a takedown and cut. Barr took Walters two more times in the final minute, posting the 19-4 tech fall at 6:50.

285: Cole Mirasola, ranked No. 12 at 285, faced No. 5 Taye Ghadiali. Mirasola worked the center of the mat through the first minute, battling Ghadiali in neutral as the clock ticked below 1:30. The duo worked through the 1:00 mark before Mirasola nearly connected on a high single. Ghadiali was able to fight off the effort and the match moved to the second stanza tied 0-0. Mirasola chose down to start the second period. Ghadiali was able to control the action for over a minute before Mirasola escaped to a 1-0 deficit. Mirasola forced a scramble at :20 but Ghadiali was able to counter for a takedown and a 3-1 lead after two. Ghadiali chose down to start the third period. Mirasola controlled action on top, working off some riding time before Ghadiali escaped to a 4-1 score at 1:21. Mirasola forced a stall warning at :55 and continued to shoot the Wolverine backwards. Mirasola forced a scramble with a low single late, but Ghadiali was able to fight off the effort through the final seconds. Mirasola dropped a hard-fought 4-1 decision.

## #1 PENN STATE 36, #2 OHIO STATE 5

**Friday, Feb. 13 2026 -- Bryce Jordan Center -- University Park, Pa.**

| | |
|---|---|
| 125: #1 Luke Lilledahl PSU dec. #2 Nic Bouzakis OSU, 4-1 (sv) | 3-0 |
| 133: #4 Marcus Blaze PSU dec. #2 Ben Davino OSU, 3-2 (tb) | 6-0 |
| 141: #1 Jesse Mendez OSU tech fall #12 Braeden Davis PSU, 18-2 (TF; 5:49) | 6-5 |
| 149: #1 Shayne Van Ness PSU tech fall Brogan Fielding OSU, 20-5 (TF; 6:17) | 11-5 |
| 157: #4 PJ Duke PSU pinned Daxton Chase OSU, WBF (3:28) | 17-5 |
| 165: #1 Mitchell Mesenbrink PSU maj. dec. #16 Paddy Gallagher OSU, 12-2 | 21-5 |
| 174: #1 Levi Haines PSU tech fall PJ Schierl OSU, 16-1 (TF; 4:16) | 26-5 |
| 184: #1 Rocco Welsh PSU dec. #8 Dylan Fishback OSU, 7-6 | 29-5 |
| 197: #1 Josh Barr PSU maj. dec. #10 Luke Geog OSU, 11-2 | 33-5 |
| 285: #12 Cole Mirasola PSU dec. #3 Nick Feldman OSU, 4-1 (sv) | 36-5 |

Attendance: 16,006 (Penn State has wrestled in front of 90 sellouts in its last 97 home events, including 79-straight in Rec Hall and 11 of 18 in the BJC) – NEW NCAA AND PENN STATE INDOOR ATTENDANCE RECORD

The Penn State Nittany Lion wrestling team (14-0, 8-0 B1G) routed visiting Ohio State (17-1, 6-1 B1G) 36-5 in the Bryce Jordan Center Friday night in the Big Ten dual meet finale for head coach Cael Sanderson's squad. The win clinched the 2026 Big Ten Regular Season Championship for the Nittany Lions in front of 16,006 fans, a new NCAA and Penn State wrestling indoor attendance record.

This year's regular season championship is the sixth straight for Penn State and the 12th overall (all since Sanderson's arrival as head coach for the 2009-10 season). Penn State also capped off its 11th unbeaten/untied Big Ten regular season in school history. The new attendance record of 16,006 breaks the old mark of 15,998, also held by Penn State on three different occasions (the latest was last year vs. Iowa on Jan. 31, 2025). Penn State and the BJC are now the site of every top ten indoor attendance mark in NCAA history. The Nittany Lion line-up in tonight's dual meet featured six underclassmen (freshmen and sophomores).

The dual began at 125. Luke Lilledahl, ranked No. 1 at 125, battled No. 2 Nic Bouzakis through regulation, ending in a 1-1 tie. Lilledahl then turned a single into a scramble and a winning takedown in the extra period, posting the 4-1 (sv) win. True freshman Marcus Blaze, ranked No. 4 at 133, also went to extra time against No. 2 Ben Davino. After a 1-1 tie through regulation and sudden victory and a Davino escape in the tie-breaker, Blaze used a reversal to post a thrilling 3-2 (tb) win.

Junior Braeden Davis, ranked No. 12 at 141, lost a tough 18-2 (TF; 5:49) to No. 1 Jesse Mendez, cutting Penn State's lead to 6-5. Junior Shayne Van Ness, ranked No. 1 at 149, answered that result with a tech fall of his own. Van Ness tallied six takedowns in a 20-5 tech fall (6:17) over Brogan Fielding. True freshman PJ Duke, ranked No. 4 at 157, capped off an outstanding first half for Penn State with the dual's first fall. Duke, leading big in the second period, took Maddox Shaw down and to his back early in the second period for the pin at 3:28. Penn State led 17-5 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, dominated No. 16 Paddy Gallagher to start the second half. Mesenbrink used three takedowns, an escape, stall points and 3:43 in riding time to roll to a 12-2 major decision. Senior Levi Haines, ranked No. 1 at 174, continued the Nittany Lion bonus point parade. Haines rolled up three takedowns and two nearfall turns to post a 16-1 tech fall at 4:16 to put Penn State up 26-5.

Sophomore Rocco Welsh, ranked No. 1 at 184, gave up an early takedown to No. 8 Dylan Fishback and fell behind 4-0 in the second. But the Lion sophomore battled his way back, using a furious third period and a last second takedown to post the thrilling 7-6 win. Sophomore Josh Barr, ranked No. 1 at 197, picked up yet another bonus point win for Penn State. Barr dominated No. 10 Luke Geog, posting the convincing 11-2 major decision to put Penn State up 33-5. Redshirt freshman Cole Mirasola, ranked No. 12 at 285, closed out the Championship clinching night with a thrilling sudden victory win over No. 3 Nick Feldman. Mirasola battled Feldman to a 1-1 tie in regulation and then ended the night with a takedown in extra time, winning 4-1 (sv). Mirasola's victory put the exclamation point on Penn State's 36-5 win.

The Nittany Lions dominated the dual, posting a 25-5 margin in takedowns and winning nine of ten bouts. Five of Penn State's nine wins were for bonus as the Nittany Lions tallied nine bonus points off one pin (Duke), two tech falls (Van Ness, Haines), and two majors (Mesenbrink, Barr).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 1 at 125, battled No. 2 Nic Bouzakis. Lilledahl controlled position in the middle of the mat through the first minute plus. He worked his way in on a low shot at the 1:20 mark and Bouzakis tried to counter the move. Lilledahl rolled through the scramble and action resumed in neutral at :55. The first period finished in neutral, tied 0-0. Bouzakis chose down to start the second period and escaped to a 1-0 lead at 1:45. Lilladahl and Bouzakis battled on the Nittany Lion logo through the 1:00 mark with each wrestler trading shots in the middle of the mat. Like the first period, the second ended with the wrestlers on their feet and Lilledahl trailing 1-0. Lilledahl chose down to start the third period and quickly escaped to a 1-1 tie. The wrestlers once again traded slight low shots through the final period's first minute. Lilledahl continued to pressure Bouzakis backwards as time wound down. Lilledahl nearly finished off a takedown at the buzzer, but time ran out and the bout moved to sudden victory tied 1-1. Lilledahl worked his way into a single early in extra time and, after a brief scramble, finished off the takedown for a 4-1 (sv) win.

133: Marcus Blaze, ranked No. 4 at 133, took on No. 2 Ben Davino. Blaze controlled position in the middle of the mat, holding his spot on the Nittany Lion logo through the first two minutes. Blaze continued to move forward, forcing Davino to circle. Blaze side stepped a quick Davino shot at the :30 mark and the bout moved to the second period tied 0-0. Davino chose down to start the second period and escaped to a 1-0 lead. Like the opening stanza, Blaze maintained his position in the middle of the mat through the opening minute. The second period ended in neutral and Blaze trailed 1-0 after two. Blaze chose down to start the third period and worked his way to an escaped and a 1-1 tie at 1:41. Davino worked his way into control of Blaze's right ankle at the 1:10 mark. Blaze battled through the move and forced a stalemate at :51. Like the prior bout, Blaze and Davino went to sudden victory tied 1-1. Davino took a quick shot, Blaze countered and Davino skipped away as the clock hit 1:25 in sudden victory. Blaze nearly connected on a single at :20 but Davino defended the effort and the bout went to a tie-breaker. Davino chose down for the first tie-breaker session and escaped after a :09 ride. Blaze pushed Davino backwards and then chose down for his tie breaker after blood time. Blazer worked to escape, after over :09 passed, Blaze scrambled through Davino's ride and worked his way to a reversal and a 3-2 lead. He finished the period on top and posted the thrilling 3-2 (tb) win.

141: Braeden Davis, ranked No. 12 at 141, met No. 1 Jesse Mendez. Davis and Mendez battled evenly through the first minute plus. Davis defended a Mendez shot on the edge of the mat at 1:10 and then circled back into the center of the mat as the clock moved towards :30. Mendez notched a takedown at :19 to take a 3-0 lead into the second period. Mendez chose down to start the second period and escaped to a 4-0 lead. Davis took a slight shot and Mendez countered for a takedown and three near fall points to lead 10-2 after a Davis escape. Mendez took him down again to lead 13-3 and added two more back points for a 15-1 lead after two periods. Davis chose down to start the third period and escaped to a 15-2 score. Mendez finished off the match with a final takedown for an 18-2 tech fall at 5:49.

149: Shayne Van Ness, ranked No. 1 at 149, wrestled Brogan Fielding. Van Ness controlled the action in the middle of the mat, holding position on Fielding as the clock moved towards the 1:00 mark. He pulled the Buckeye towards him for a takedown and a 3-0 lead at 1:13. Van Ness controlled the action for the rest of the period and led by three after one. Fielding chose down to start the second stanza, and Van Ness cut him loose to a 3-1 score. He quickly moved in through a high double and a 6-2 lead after another cut. Van Ness added a third takedown and cut at 1:09 to lead 9-3, then Van Ness picked up a stall point at :12 and added a fourth takedown at the buzzer to lead 13-3 after two. Van Ness chose down to start the third period and quickly escaped to a 14-3 lead. He bulled through another double for a takedown but gave up a penalty point in the process and led 17-4 at 1:16. He cut Fielding loose and then finished off the match with a final takedown, posting the 20-5 tech fall at 6:17.

157: PJ Duke, ranked No. 4 at 157, faced Daxton Chase. Duke came out firing on offense. He took Chase down quickly and cut him loose to lead 3-1. The Lion freshman added a quick second takedown to up his lead to 6-1 before :45 had passed. Chase escaped to a 6-2 score at 1:45 and Duke went back to work on offense. Duke tacked on a third takedown, then a fourth, and led 12-3 at 1:16. Duke picked up a fifth takedown in the opening period with seconds left, finished on top, and led 15-4 after one. Duke chose neutral to start the second period and quickly took Chase down and to his back. Duke settled in and picked up the pin at the 3:28 mark.

165: Mitchell Mesenbrink, ranked No. 1 at 165, battled No. 16 Paddy Gallagher. Mesenbrink took Gallagher down quickly, scoring early to open up a 3-0 lead just over :10 into the bout. He went to work on top, looking to turn the Buckeye for nearfall points. Mesenbrink forced a stall at 1:20 with a strong ride. He controlled the Buckeye through the :30 mark and nearly turned him for back points. Gallagher rolled through but gave up a stall point as well. Mesenbrink led 4-0 with 2:47 riding time after one. Mesenbrink chose down to start the second period and quickly escaped to a 5-0 lead. Gallagher turned a high single into a scramble at 1:45. Mesenbrink fought off the effort for nearly a minute and forced a reset at :49. Mesenbrink countered a Gallagher shot at :20 and worked his way to a takedown at :01 to lead 8-0 after two periods. Gallagher chose down to start the third period. Mesenbrink, with riding time clinched, went to work on top again while Gallagher bellied out. Mesenbrink cut Gallagher loose at 1:07 and took him down again to lead 11-1 at :55. He cut the Buckeye again and went to work on his feet once more. Mesenbrink chased Gallagher around the mat for the final seconds. He added 3:43 in riding time and rolled to the 12-2 major.

174: Levi Haines, ranked No. 1 at 174, met TJ Schierl. Haines used a quick single to takedown Schierl down early and lead 3-0. Haines cut Schierl loose to a 3-1 score after working his riding time up over 1:00. He quickly took the Buckeye down again and led 6-1 as the clock hit 1:00. Haines turned Schierl to his back for two near fall points and led 8-1 after one. Haines chose down to start the second period and quickly escaped to a 9-1 lead. He took Schierl down again, then turned him to his back, nearly pinning him. He settled for four back points and posted the dominant 16-1 tech fall at 4:16.

184: Rocco Welsh, ranked No. 1 at 184, took on No. 8 Dylan Fishback. Welsh worked the center of the mat, holding his position while Fishback circled around to the outside. Fishback turned a low shot into a takedown and a 3-0 lead at 1:32. Fishback built up over 1:00 in riding time before giving up a stall warning at :05. Welsh trailed 3-0 after one. Fishback chose down to start the second period and escaped to a 4-0 lead at 1:48. Welsh worked to break through Fishback's defense as the second period moved bast the 1:00 mark, Fishback turned a low shot into a scramble and Welsh countered to a stalemate. Welsh turned a low shot into a scramble but Fishback held position and led 4-0 after two. Welsh chose down to start the third period and escaped to a 4-1 score at 1:32. Welsh notched his first takedown to tie the match at 4-4 with 1:10 left. With Fishback holding riding time, Welsh cut Fishback loose and worked his way to the outside circle and scrambled his way to a winning takedown with just :10 left. The late flurry gave Welsh the 7-6 win (Fishback had riding time).

197: Josh Barr, ranked No. 1 at 197, wrestled No. 10 Luke Geog. Barr held his position on the Nittany Lion logo through the first minute and a half. He forced Geog into defense and the bulled through a strong double leg takedown to lead 3-0 at the :43 mark. Barr controlled the action on top for the rest of the period and carried that lead into the second period. Barr chose down to start the second period and quickly escaped toa 4-0 lead. He worked Geog's head to the mat and forced a scramble on the edge of the mat. Geog was able to flee out of bounds at :51 and force a reset. Barr forced a first stall warning and then used a fast low double for a second takedown and a 7-0 lead at :26. Barr finished the period on top and led 7-1 with 1:01 in time after two. Geog chose down to start the third period and Barr cut him loose to a 7-1 score. Geog turned a high single into a scramble. Barr countered the effort, worked his way into control of the Buckey and notched the counter takedown to lead 10-1 at :40. Geog added a late escape and Barr added 1:39 in riding time to roll to the convincing 11-2 major decision.

285: Cole Mirasola, ranked No. 12 at 285, faced No. 3 Nick Feldman. Mirasola set a fast pace from the onset. The duo worked in neutral with Mirasola hold position on the Loin log through the opening minute. Mirasola took two quick low shots that Feldman was able to back away from as the clock moved past the 2:00 mark. Mirasola continued to shoot and Feldman continued to defend as time ticked below 1:00. Mirasola forced Feldman into a stall warning at 1:40 and connected on a low single. Feldman was able to work his way out of bounds for a reset at 1:17. Mirasola looked to scramble his way to a counter takedown at :55 but no call was made. Penn State challenged the call and the no takedown held. Mirasola trailed 1-0 at :45. Mirasola continued to shoot Feldman backwards as the period ended and trailed by one after two. Mirasola chose down to start the third period and quickly escaped to a 1-1 tie. The duo battled on the Lion logo through the 1:00 mark. Mirasola continued to work his offense and Feldman defended to the end of the period. Tied 1-1, the bout moved to sudden victory. Mirasola continued to work his offense and finished off the dual with a takedown to post a 4-1 (sv) win.

## #1 PENN STATE 50, PRINCETON 0

**Friday, Feb. 20, 2026 -- Rec Hall -- University Park, Pa.**

| | |
|---|---|
| 125: #1 Luke Lilledahl PSU win by DQ #12 Marck-Anthony McGowan PRIN, DQ (6:54) | 6-0 |
| 133: #2 Marcus Blaze PSU maj. dec. #32 Ethan Rivera PRIN, 11-3 | 10-0 |
| 141: #12 Braeden Davis PSU dec. Matthew Martino PRIN, 11-8 | 13-0 |
| 149: #1 Shayne Van Ness PSU maj. dec. #14 Eligh Rivera PRIN, 15-6 | 17-0 |
| 157: #4 PJ Duke PSU tech fall Gavin Hawk PRIN, 24-8 (TF; 6:08) | 22-0 |
| 165: #1 Mitchell Mesenbrink PSU pinned #19 Ty Whalen PRIN, WBF (3:31) | 28-0 |
| 174: #1 Levi Haines PSU pinned Cody Tavoso PRIN, WBF (4:06) | 34-0 |
| 184: #1 Rocco Welsh PSU tech fall Xavier Giles PRIN, 21-6 (TF; 4:11) | 39-0 |
| 197: #1 Josh Barr PSU pinned Conor McCloskey PRIN, WBF (1:29) | 45-0 |
| 285: #6 Cole Mirasola PSU tech fall Sebastian Garibaldi PRIN, 21-6 (TF; 3:46) | 50-0 |

Attendance: 6,356 (Penn State has wrestled in front of 91 sellouts in its last 98 home events, including 80-straight in Rec Hall and 11 of 18 in the BJC)

The Penn State Nittany Lion wrestling team (15-0, 8-0 B1G) shut out Princeton (4-11) in the dual meet finale for head coach Cael Sanderson's squad. Penn State rolled to the 50-0 victory in senior Levi Haines' final dual meet in Rec Hall.

The shutout victory was the eighth of the year for Penn State, meaning the Nittany Lions posted shutouts in over half their duals this year. Penn State now has 33 shutouts since Sanderson's arrival as head coach in 2009-10.

The dual began at 125. Luke Lilledahl, ranked No. 1 at 125, opened up the dual by forcing No. 12 Marc-Anthony McGowan into five stalls, winning by disqualification at the 6:54 mark to put Penn State on top 6-0. True freshman Marcus Blaze, ranked No. 2 at 133, dominated No. 32 Ethan Rivera in the next bout and posted an 11-3 major decision. Junior Braeden Davis, ranked No. 12 at 141, notched three takedowns in an 11-8 win over Matthew Martino to put Penn State up 13-0.

Junior Shayne Van Ness, ranked No. 1 at 149, used four takedowns to control No. 14 Eligh Rivera in a 15-6 major decision. True freshman PJ Duke, ranked No. 4 at 157, put on a takedown clinic against Gavin Hawk. Duke tallied eight takedowns to roll to a 24-8 technical fall at 6:08. Penn State led 22-0 at halftime.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, opened up the second with a fall over #19 Ty Whalen. Mesenbrink pinned the Tiger early in the second period, getting the fall at 3:31 to give the Lions a 28-0 lead. Haines, ranked No. 1 at 174, wrestled in Rec Hall for the last time and walked away with Penn State's second straight fall. Haines pinned Cody Tavoso at the 4:06 mark in the second stanza. Sophomore Rocco Welsh, ranked No. 1 at 184, used seven takedowns to roll to a 21-6 tech fall over Xavier Giles to put Penn State up 39-0.

Sophomore Josh Barr, ranked No. 1 at 197, notched Penn State's third pin of the dual by turning Conor McCloskey to his back for a fall in the first period (1:29). Redshirt freshman Cole Mirasola, ranked No. 6 at 285, closed out the dual with Penn State's third technical fall. Mirasola rolled up seven takedowns in a 21-6 tech fall over Sebastian Garibaldi at the 3:46 mark. The Nittany Lions walked away with the 50-0 shutout win.

Penn State amassed a 39-2 edge in takedowns. The Nittany Lions won all ten bouts, nine by bonus. Penn State picked up 20 bonus points off three pins (Mesenbrink, Haines, Barr), a default win (Lilledahl), three tech falls (Duke, Welsh, Mirasola) and two majors (Blaze, Van Ness).

DUAL MEET BOUT-BY-BOUT:

125: Luke Lilledahl, ranked No. 1 at 125, took on No. 12 Marc-Anthony McGowan. Lilledahl held position on the mat while McGowan backed out to the outside circle from the onset. Lilledahl continued to pressure the Tiger backwards for the first minute-plus. Lilledahl forced a first stall warning at 1:00. He forced a second with :02 on the clock and led 1-0 after one. McGowan chose down to start the second period and escaped to a 1-1 tie. Lilledahl continued to pressure the Tiger backwards and took a 2-1 lead with a third stall warning. Lilledahl took a 4-1 lead with a fourth stall warning near the end of the period and led by that score after two. Lilledahl chose neutral to start the third period. He continued force McGowan backwards and received penalty point to take a 5-1 lead at 1:00. He forced the fifth and final stall with :06 left in the match to win by disqualification (stalling) at 6:54)

133: Marcus Blaze, ranked No. 2 at 133, met No. 32 Ethan Rivera. Blaze controlled the action from the onset and set up his offense for a takedown on the edge of the mat, taking a 3-0 lead with 1:38 on the clock. Blaze built up over 1:00 riding time before cutting Rivera loose. He carried the 3-1 lead into the second period and chose down to start it. Blaze worked his way to an escape and a 4-1 lead then went back to work in the center of the mat. Blaze worked Rivera's head down, worked his way around the Tiger for a takedown and led 7-2 after cutting Rivera loose again. Rivera, trailing by five, chose down to start the third period. Blaze controlled action on top and built his riding time back over 1:00 before cutting Rivera loose on the reset to a 7-3 score. Blaze scrambled for leg control on the edge of the mat, pulled Rivera back in bounds, and finished off a takedown at :17. He finished the bout on top and, with 1:26 in riding time, posted the 11-3 major decision.

141: Braeden Davis, ranked No. 12 at 141, battled Matthew Martino. Davis and Martino battled on the Nittany Lion logo through the opening minute. Davis used a fast high single to take a 3-0 lead at 1:42. Martino escaped to a 3-1 score and action resumed in neutral. Davis forced a stall at :30, then worked a high single into a scramble and a takedown with just :02 on the clock to lead 6-1 after one. Davis chose down to start the second period. He escaped to a 7-1 score at 1:20 and went back to work on his feet. Martino worked his way to a takedown at :35 and cut Davis' lead to 7-4. Davis escaped before the period ended and led 8-4 after two. Martino chose down to start the third period. Martino escaped to an 8-5 score with 1:35 on the clock. Davis fought off a Martino press at :45 but gave up a stall warning in the process. He gave up a second at :36 and led 8-6. Davis then bulled through a low double to take Martino down and led 11-6 at :22. Martino escaped to an 11-7 score at :11, forced another stall and Davis walked away with an 11-8 win.

149: Shayne Van Ness, ranked No. 1 at 149, faced No. 14 Eligh Rivera. Van Ness took a 3-0 lead early in the bout with a fast takedown on the edge of the mat. Van Ness cut Rivera loose to a 3-1 score and the match continued with the wrestlers battling in neutral. Rivera worked shoulder control into a scramble, forcing Van Ness' head down and finishing off the takedown at 1:00. Van Ness escaped to a 4-4 tie and went back to work on his feet. Van Ness turned a low double into a takedown and a 7-4 lead at :22. He finished the period on top and led by three after one. Rivera chose down to start the second period, and Van Ness cut him loose to a 7-5 score. Van Ness chased Rivera to the edge of the mat as the Tiger fled to the sidelines. He muscled the Tiger to the mat at :48 to lead 10-5 and worked his riding time up over 2:00 with a rideout. Van Ness chose neutral to start the third and quickly scrambled his way to a takedown and 13-6 lead after a quick cut. Van Ness forced a stall at :42 with riding time clinched. Van Ness continued to force Rivera into a stall for another point and, with 2:10 in riding time, rolled to the 15-6 major decision.

157: PJ Duke, ranked No. 4 at 157, met Gavin Hawk. Duke came out and took Hawk down quickly, opening up a 3-1 lead after cutting Hawk loose. The Nittany Lion freshman continued to pressure Hawk and took a 6-2 lead after a second takedown and cut. Duke took a 9-3 lead with a third takedown, then a 12-3 lead with a fourth at 1:11. Duke then went to work on top, working to turn the Tiger for back points and more. Hawk fought off the turn and escaped to a 12-4 score at :45. Duke led 12-4 after one. He chose neutral to start the second period then moved in quickly for a fifth takedown and a 15-5 lead. Duke fought off a solid Hawk shot, countered and moved himself into position for another takedown to lead 18-5 at :30. Hawk escaped before the period ended and Duke led 18-6 after two. Hawk chose down to start the third period and quickly escaped to an 18-7 score. Duke took a 21-7 lead at 1:05 with a seventh takedown, cut Hawk loose and finished off the bout with a final takedown to post the convincing 24-8 technical fall at 6:08.

165: Mitchell Mesenbrink, ranked No. 1 at 165, took on No. 19 Ty Whalen. Mesenbrink came out and scrambled his way to a takedown and a 3-0 lead at 2:17. He built up over 1:00 in riding time before cutting Whalen loose to a 3-1 score. Mesenbrink scrambled through a slight Whalen shot for a second takedown and a 6-1 lead. He went to work on top and finished the period in control to lead 6-1 after one. Whalen chose down to start the second period. Mesenbrink quickly turned the Tiger to his back and pinned him at the 3:31 mark.

174: Levi Haines, ranked No. 1 at 174, battled Cody Tavoso. Haines battled through a scoreless first minute before taking Tavoso down to open up a 3-1 lead after a quick cut. He bulled through a second takedown to lead 6-1 and went to work on top, looking for a turn. Tavoso took down to start the second. Haines reversed him, cut him loose and then took him down quickly to lead 11-2 at the 1:30 mark. He turned the Tiger to his back and closed out his Rec Hall career with a pin at 4:06.

184: Rocco Welsh, ranked No. 1 at 184, faced Xavier Giles. Welsh worked the center of the mat for the first minute then turned a low shot into a takedown and a 3-0 lead at 1:48. He cut Giles loose on a reset and went back to work on his feet. Welsh scrambled around a slight Giles shot for a second takedown and a 6-1 lead at 1:15. After another escape, Welsh blew through a high double for a third takedown and a 9-3 lead. The Lion sophomore added another takedown at :22 and led 12-3 after one. Giles chose down to start the second and escaped to a 12-4 score. Welsh quickly took him down a fifth time and lead 15-5 at 1:30 as action returned to neutral. Welsh forced a stall warning and then took Giles down once again to up his lead to 18-6 after another cut. Welsh finished off the bout with a final takedown to post the 21-6 technical fall at 4:11.

197: Josh Barr, ranked No. 1 at 197, met Conor McCloskey. Barr took an early 3-0 lead with a takedown in the opening seconds. McCloskey escaped to a 3-1 score and Barr quickly turned a low double into a takedown and a 6-1 lead at 2:00. From there, Barr was able to work the Tiger into an unworkable position, pinning McCloskey a mere one minute and 29 seconds into the bout.

285: Cole Mirasola, ranked No. 6 at 285, took on Sebastian Garibaldi. Mirasola used a high double for a takedown early in the bout for a quick 3-1 lead. The Lion freshman used a high double for a second takedown to lead 6-2 after cutting Garibaldi loose again. He bulled through a third takedown at 2:00, cut the Tiger loose and forced a stall warning at 1:35. He picked up a fourth takedown at 1:08 and a fifth at :30. Mirasola finished the period on top and led 15-4 after one. Garibaldi chose down to start the second and Mirasola let him up. He notched his sixth takedown to lead 18-6 at 1:30 and then finished off the bout with a final takedown, posting the 2-16 tech fall at

## #1 PENN STATE at 2026 BIG TEN CHAMPIONSHIPS

**Sat.-Sun., March 7-8, 2026**
**Bryce Jordan Center -- University Park, Pa.**

Team Standings (FINAL):

1: PENN STATE – 184.0
2: Ohio State – 148.5
3: Nebraska – 116.5
4: Iowa – 87.0
5: Michigan -- 86.5
6: Illinois -- 78.0
7: Minnesota -- 76.5
8: Rutgers -- 63.5
9: Wisconsin -- 55.0
10: Indiana -- 40.0
11: Maryland -- 35.5
12: Purdue -- 29.5
13: Northwestern -- 14.5
14: Michigan State -- 10.5

ATTENDANCE:
Session 1: 13,133; Session 2: 13,186; Session 3-4: 13,226
Total: 39,545

The Penn State Nittany Lion wrestling team (15-0, 8-0 BIG) rolled through the field to win 2026 Big Ten Championship on Sunday in their very own Bryce Jordan Center. Penn State, hosting the event for the first time since 2021, crowned seven individual championships as well. The Nittany Lions won the team race with 184.0 points, a new school record.

The Nittany Lions were nearly 40 points ahead of second place Ohio State, which had 148.5 points. The Championships is the 10th for Penn State, all under head coach Cael Sanderson.

Penn State has qualified all 10 of its wrestlers for the 2026 NCAA Championship in Cleveland in two weeks on March 19-21 in Rocket Arena. All rankings listed are InterMat as of Feb. 24, 2026. True freshman PJ Duke was honored as the 2026 Big Ten Championship Outstanding Wrestler.

This is Penn State's tenth conference championship, having also won in 2011, 2012, 2013, 2014, 2016, 2019, 2023, 2024, 2025 and now 2026. Penn State now has 76 Big Ten Champions spread among 41 individuals. Penn State's seven champions is a new school record, set in 2024 and 2011.

Penn State's list of NCAA qualifiers for the NCAA Championships on March 19-21 are: Luke Lilledahl, 125; Marcus Blaze, 133; Braeden Davis, 141; Shayne Van Ness, 149; PJ Duke, 157; Mitchell Mesenbrink, 165; Levi Haines, 174; Rocco Welsh, 184; Josh Barr, 197; Cole Mirasola; 285.

Sophomore Luke Lilledahl, ranked No. 1 at 125, took on No. 13 Jore Volk of Minnesota in the title bout. Lilledahl set the early pace offensively, taking a series of fast shots that put Volk on the defensive. The first period clock moved below 1:00 with both wrestlers hold firm in the center of the mat and the first period ended in a 0-0 tie. Volk chose down to start the second period and escaped to a 1-0 lead at 1:46. Lilledahl connected on a fast low shot at :20 but Volk countered and forced a scramble that ended the period. Trailing 1-0, Lilledahl chose down to start the third period and quickly escaped to a 1-1 tie. Lilledahl forced a scramble that nearly led to a takedown in the final :30 but Volk was able to battle to zeroes and the match moved to sudden victory. Lilledahl nearly scored :25 into extra time but Volk was able to work his way out of bounds, giving up a stall warning. Lilledahl went right back to work on offense, moving in on a low double and finishing off the winning takedown at 1:04. Lilledahl posted the 4-1 (sv) win to earn his second straight Big Ten Championship. Lilledahl went 3-0 with a major to win the crown.

True freshman Marcus Blaze, ranked No. 2 at 133, met No. 3 Ben Davino of Ohio State in the finals. The duo battled evenly through the first two minutes, working in neutral on the Nittany Lion logo. The first period ended in a 0-0 tie. Davino chose down to start the second period. Blaze and Davino battled in neutral for the next minute-plus. Davino got in on a low single, forcing a scramble. Blaze defended the effort for the rest of the period and action moved to the third with Blaze trailing 1-0. Blaze chose down to start the third period and quickly escaped to a 1-1 tie. Blaze took a couple quick shots at 1:17 but Davino stepped away from each. The Nittany Lion freshman fought off a solid Davino shot at 15, killing the clock once again and sending the bout to sudden victory. Blaze and Davino battled evenly through the first minute of extra time. Blaze nearly connected on a low shot at :07 but Davino defended and the bout moved to a tie-breaker. Blaze was down first and escaped at :13, giving Davino :17 riding time. Davino was down next and escaped quickly to tie the bout. Davino owned :14 in riding time. Blaze went 2-1 with a major to finish as the Big Ten runner-up as a true freshman.

Junior Shayne Van Ness, ranked No. 1 at 149, met No. 6 Ethan Stiles of Ohio State in the title bout. Stiles worked a high single into a scramble at 1:50 but Van Ness fought off the effort and forced a reset with 1:40 on the clock. Van Ness fought off another Stiles shot at 1:05, forcing another stalemate at :40. The first period ended in a 0-0 tie. Stiles chose down to start the second period. Van Ness took advantage of the decision and quickly turned Stiles to his back. The Nittany Lion got the fall at 3:28 and earned his first Big Ten Championship. Van Ness went 3-0 with a pin to claim the crown.

True freshman PJ Duke, ranked No. 4 at 157, met No. 1 Antrell Taylor of Nebraska in the finals. Duke and Taylor worked the center of the mat through the first minute, battling for position on the Lion logo. Duke worked Taylor to the sidelines and forced a first stall at 1:40. Duke continued to move forward and tripped Taylor to the mat with a low double, taking a 3-0 lead at 1:01. Taylor worked his way to an escape and a 3-1 score at :10 and Duke led by two after one with :35 riding time. Taylor chose down to start the second period and escaped to a 3-2 score. Duke pressed forward while Taylor backed away through the 1:00 mark. Duke scored again on a quick go-behind at :31 to open up a 6-2 lead. Taylor escaped and Duke led 6-3 after two with :59 in riding time. Duke chose down to start the third period and quickly escaped to a 7-3 lead. Duke scored on a fast shot at 1:14, taking a 10-4 lead after cutting Taylor loose. Duke forced another stall for an 11-4 lead and, with 1:00 riding time, rolled to the Big Ten title with a 12-4 major decision. Duke won the title as a true freshman with a 3-0 mark, including two majors.

Junior Mitchell Mesenbrink, ranked No. 1 at 165, met No. 3 Mikey Caliendo of Iowa in the championship match. Mesenbrink scored quickly, taking Caliendo down to open up a 3-1 lead after a quick Caliendo escape. Mesenbrink used a high single to a takedown and led 6-2 after Caliendo escaped once more. Mesenbrink led 6-2 after one. Mesenbrink chose down to start the second period and quickly escaped to a 7-2 lead. He then blew through a high single for a takedown and a 10-2 lead at 1:25. The Nittany Lion junior forced a stall warning with a strong ride, then picked up a point on a second stall to lead 11-2. He finished the period on top and led by nine after two. Caliendo chose down to start the third period. Mesenbrink maintained control until the 1:42 mark when Caliendo escaped. Mesenbrink fought off a Caliendo shot, working through a scramble and forcing a stalemate at :37. The bout ended in neutral and, with 2:07 in riding time, Mesenbrink rolled to his third Big Ten championship with a 12-3 major decision. Mesenbrink went 3-0 with two majors and a tech fall to claim the crown.

Senior Levi Haines, ranked No. 1 at 174, met No. 4 Christopher Minto of Nebraska in his fourth Big Ten title bout. Haines connected on a low single :40 into the bout. Minto battled through the next minute and forced a stalemate at 1:31. The rest of the period was contested in neutral and the match moved to the second period knotted in a scoreless tie. Minto chose down to start the second period and escaped to a 1-0 lead :26 into the period. Haines forced another scramble with a low double, working Minto to the mat at :45. Minto fought off the effort but was called for an illegal hold at :16, tying the bout up at 1-1. Nebraska challenged the call, but it stood after review. Tied 1-1, Haines chose down to start the third period. He quickly escaped to a 2-1 lead and turned in on offense. Haines sued a high double to work action to the mat but Minto was once again able to force a stalemate. Haines continued to shoot Minto backwards. The duo worked the clock down to :15 with a scramble and the match ended in neutral. Haines won yet another Big Ten Championship with a 2-1 win. He went 3-0 with a tech fall to claim the crown. Haines becomes Penn State's fourth four-time Big Ten Champion (the last was Aaron Brooks in 2024).

Sophomore Rocco Welsh, ranked No. 1 at 184, met No. 4 Max McEnally of Minnesota in the title bout. Welsh maintained position on the Nittany Lion logo through the first minute-plus, forcing McEnally towards the outside circle early on. The opening period ended in a 0-0 tie. Welsh chose down to start the second period and quickly escaped to a 1-0 lead. Action resumed in neutral with Welsh and McEnally battling for position on their feet. Welsh shot McEnally off the mat at 1:11. The second period ended with Welsh leading 1-0. McEnally chose down to start the third period and quickly escaped to a 1-1 tie. The duo worked the clock down below 1:00. Welsh took a shot at :25, then :15, but McEnally was able to defend and the match moved to sudden victory. Welsh took a quick shot in extra time, reset, then fought off a McEnally shot at 1:28 to keep the bout tied 1-1. Welsh nearly locked a high single at :35 but McEnally once again defended the effort and the bout went to tie-breakers. Welsh was down first. He quickly rolled out of control and escaped in just :03. He fought off a McEnally shot at :07 and then a second McEnally effort nearly led to a takedown in the final seconds. Welsh chose neutral to start the next tie breaker and Welsh defended the Gopher's late effort to win his first Big Ten Championship with a 2-1 (tb) victory. McEnally went 3-0 to claim his first conference title.

Sophomore Josh Barr, ranked No. 1 at 197, battled No. 10 Camden McDanel of Nebraska in the finals. Barr set a fast pace off the whistle. After a first shot was defended by McDanel, the Nittany Lion took a 3-0 lead with a takedown at 1:22. McDanel escaped to a 3-1 score and Barr quickly took him down again. He finished the period on top and led 6-1 after one. McDanel chose down to start the second period and escaped to a 6-2 score. Barr muscled McDanel to the mat at the :50 mark and opened up a 9-2 lead. He finished the period on top and led 9-2 after two. Barr chose down to start the third period and quickly escaped. He then zipped through a low double to lead 13-3 after cutting McDanel loose. Barr used a low double to open up a 16-4 lead at :48. He finished off the technical fall with a final takedown at 6:46, winning 19-4. Barr picked up his first Big Ten title with a 3-0 run in the BJC, all by technical fall.

Redshirt freshman Cole Mirasola, ranked No. 5 at 285, took on No. 8 Ben Kueter of Iowa in the consolation semifinals. Mirasola and Kueter worked in neutral through the first minute-plus, trading slight shots. Mirasola worked a high single into a scramble at the 1:05 mark, forcing action to the mat. Kueter battled through the effort and countered. Mirasola fought off the counter move but gave up a first stall warning and the first period ended in a 0-0 tie. Kueter chose down to start the second period and escaped to a 1-0 lead. Mirasola maintained his position on the Lion logo, shooting the Hawkeye backwards through the 1:00 mark. Trailing 1-0, Mirasola chose down to start the third period. The Lion freshman was unable to escape and dropped the 2-0 decision, dropping to the fifth place bout. He was to battle No. 8 Braxton Amos of Wisconsin once again but the Badger took a medial forfeit, giving Mirasola the win, fifth place and two bonus points. Mirasola went 3-2 with a fall and a forfeit in his first Big Ten tournament.

Junior Braeden Davis, ranked No. 14 at 141, met Northwestern's Billy DeKraker in the seventh place bout at 141 needing one win to become Penn State's 10th NCAA qualifier. Davis fired off the opening whistle, taking DeKraker down to open up an early 3-0 lead (he was called for stalling quickly during the initial ride). DeKraker escaped to a 3-1 score and action resumed in neutral. The first period ended in neutral and Davis led 3-1 after one. DeKraker chose down to start the second period. Davis controlled the Wildcat on top, building his riding time up over 1:00. The Nittany Lion junior maintained control of DeKraker for the entire period and led 3-1, with 2:22 in riding time, after two. Davis chose down to start the third period and DeKraker cut him loose to a 4-1 score. DeKraker worked his way in on a shot and Davis quickly countered the move, scrambling to his own takedown and a 7-1 lead with 1:33 on the clock. Davis clinched his riding time point and continued his control on top. He finished the match on top and, with 4:01 in riding time, clinched seventh place and a trip to the NCAA Championship with an 8-1 win. Davis went 3-2 with a pin over the weekend.

Penn State went 9-2 on Sunday and ends the tournament with a 29-5 overall record. The Nittany Lions earned 20.0 bonus points off five majors, four tech falls, three pins and a forfeit.

Penn State's seven Big Ten Champions have all earned first team All-Big Ten honors: Lilledahl, Van Ness, Duke, Mesenbrink, Haines, Welsh and Barr. Penn State's runner-up, Blaze, earned second team All-Big Ten laurels.

The NCAA selection committee will announce 42 at-large qualifiers on Tuesday, March 10. The official tournament brackets and seeding will be announced on Wednesday, March 11, at 8 p.m. on NCAA.com. The 2026 NCAA Championships will take place in Cleveland's Rocket Arena on Thursday through Saturday, March 19-21. The three-day event begins on Thursday with sessions at 12 and 7 p.m. Friday's sessions are set for 12 and 8 p.m.. Saturday's sessions will begin at 11 a.m. and 6:30 p.m.

Penn State Fans are encouraged to follow Penn State wrestling via X/twitter at @pennstateWREST, on Penn State Wrestling's Facebook page at www.facebook.com/pennstatewrestling and on Instagram at www.instagram.com/pennstatewrest. The Family Clothesline is the presenting sponsor for the 2025-26 Nittany Lion wrestling season. This is PENN STATE. WRESTLING lives here.

Weight by-weight agate (rankings listed are InterMat as of 2/24/26):

125: #1 Luke Lilledahl, So. – 1st-seed
Rd. 1: bye
Qtr: #7 Dean Peterson, Iowa – W, 8-3 dec.
Semi: #17 Jacob Moran, Indiana – W, 11-3 maj. dec.
Final: #13 Jore Volk, Minnesota – W, 4-1 (sv) dec.

Lilledahl, top seed at 125, had a first round bye and took on No. 7 Dean Peterson of Iowa in the quarterfinals. The duo battled evenly in the middle of the mat through the first two minutes. Lilledahl got off a flurry of quick shots in the final minute but Peterson was able to back away from the action and the bout moved to the second period tied 0-0. Peterson chose down to start the second period and escaped to a 1-0 lead. Lilledahl locked Peterson at the waist and appeared to finish off a takedown at 1:30 but none was awarded. Penn State challenged the call and won, and Lilledahl led 3-2 after the second. Lilledahl chose down to start the third period and quickly escaped to a 4-2 lead. He worked his way into a scramble with a low shot and eventually finished off the takedown to lead 7-2 at :57. He built his riding time up over 1:00 before Peterson escaped and, with the point, posted the 8-3 win to advance to the quarterfinals and clinch a spot at the NCAA tournament.

He met No. 17 Jacob Moran of Indiana in Penn State's first semifinal bout. Lilledahl blew through a high double early in the first to open up a 3-0 lead with a takedown. He cut Moran loose and quickly worked a low shot into a scramble and a second takedown to lead 6-1 at 1:51. Moran escaped to a 6-2 score and Lilledahl led by that margin after the first period. Moran chose down to start the second period and Lilledahl worked his riding time up over 1:00 before cutting him to a 6-3 score. He worked a low single into another chance to score. He continued to work for the takedown for over a minute and picked up the three points in the final second to lead 9-3 after two. Lilledahl chose down to start the third and quickly escaped to a 10-3 lead. He added riding time at the bout's conclusion and moved into the Big Ten finals with an 11-3 major decision.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

# RECAPS

133: #2 Marcus Blaze, Fr. – 1st-seed
Rd. 1: bye
Qtr: #24 Dylan Shawver, Rutgers – W, 16-3 maj. dec.
Semi: #9 Drake Ayala, Iowa – W, 4-1 (sv) dec.
Final: #3 Ben Davino, Ohio State – L, 2-3 (TB1)

Blaze, top seed at 133, had a first round bye and met No. 24 Dylan Shawver of Rutgers in the quarterfinals. Blaze muscled his way through a takedown at the :17 mark to take a 3-0 lead late in the first period and caried that lead into the second. Blaze chose down to start the second period and quickly escaped to a 4-0 lead. He took Shawver down at 1:19 and cut him loose. Blaze picked up a quick stall point to lead 8-1 and then finished off the second period with a late takedown to lead 11-1 after two periods. Shawver chose down to start the third period and Blaze cut him loose. Blaze quickly took him down again and led 14-2 after a Shawver escape. Blaze added another stall point and riding time to roll into the semifinals with a 16-3 major decision. The win also earned Blaze a trip to the NCAA Championships in Cleveland.

He battled No. 9 Drake Ayala of Iowa in the semifinals. The duo worked in the center of the mat, battling in neutral for the first two minutes. Blaze held his position on the Nittany Lion logo and began to force Ayala to the edge of the mat. The first period ended in a scoreless tie. Ayala chose down to start the second period and escaped to a 1-0 lead after :16. Blaze again went to work on his feet, setting up on the logo while Ayala skirted the outside circle. The rest of the period was contested in neutral and Blaze trailed 1-0 after two. Blaze chose down to start the third and quickly escaped to a 1-1 tie. Blaze held first in the center of the mat and got off a series of quick shots that Ayala defended. The match moved to sudden victory tied 1-1. The extra period began with a flurry that ended in neutral. Blaze then zipped in on a low shot, worked through Ayala's initial defense, and finished off the takedown with :55 on the clock to post the thrilling 4-1 (sv) win and advance to the finals.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

141: #14 Braeden Davis, Jr. – 6th-seed
Rd. 1: Dario Lemus, Maryland – W, 6-4 dec.
Qtr: #8 Vance Vombaur, Minnesota – L, 5-20 (TF; 7:00)
Cn. 2: Danny Pucino, Illinois – WBF (0:36)
Cn. 3: #6 Joey Olivieri, Rutgers – L, 2-4 dec.
7th: Billy DeKraker, Northwestern – W, 8-1 dec.

Davis, the sixth seed at 141, took on Dario Lemus of Maryland in the opening round. Davis got hit for stalling at 1:45 and then forced a stall at 1:35. Davis turned a high single at :25 into a takedown and a 3-0 lead with just :15 on the clock and carried that edge into the second period. Davis chose down to start the second period and got turned for four back points. He fought off the pin and quickly reversed Lemus to retake the lead 5-4 at 1:20. Davis controlled the action on top for the rest of the period to lead 5-4 with 1:04 in riding time after two. Lemus chose down to start the third period. Davis controlled the action on top once again, clinching his riding time point and finishing on top to post a 6-4 win with 3:04 in riding time. Davis took on No. 8 Vance Vombaur of Minnesota in the quarterfinals. Vombaur notched the first takedown of the match at the 1:22 mark. Davis escaped after :40 of work and trailed 3-1 after one. Davis chose down to start the second period and quickly escaped to a 3-2 score. He then scrambled his way to a takedown and opened up a 5-3 lead with 1:23 on the clock. Vombaur, however, escaped and took Davis down, locking a cradle and earning four back points to lead 11-5 after two periods. Vombaur added an escaped, takedown, four back points and riding time in the third period to post a strong 20-5 technical fall over Davis at 7:00. The loss sent Davis to consolation action in Saturday night's second session.

He battled Danny Pucino of Illinois in Penn State's first bout of the session early in consolation round two. Davis wasted no time going on attack. The Lion junior moved in for a quick takedown and then turned Pucino to his back in the first :15 seconds of the match. He worked Pucino's shoulders flat and picked up the first period fall at 0:36. Davis then met No. 6 Joey Olivieri of Rutgers in consolation round three. Davis worked his way in on a single at the 1:20 mark, forcing a scramble that Olivieri turned into a takedown and a 3-0 lead with :36 on the clock. Olivieri finished the period on top and led 3-0 after one. The Knight chose down to start the second and escaped to a 4-0 lead. Davis worked the center of the mat, trying to break through Olivieri's defense but the Knight held firm and Davis trailed 4-0 after two. Davis chose down to start the third period and quickly escaped to a 4-1 score. Davis forced Olivieri into a first stall warning at 1:22. He cut Olivieri's lead to 4-2 by forcing another stall but could chase the Knight down for a final takedown and dropped the 4-2 decision. The loss dropped him into the seventh place bout in session three, needing one more win to qualify for the NCAA tournament.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

149: #1 Shayne Van Ness, Jr. – 1st-seed
Rd. 1: bye
Qtr: #17 Ryder Block, Iowa – W, 5-4 dec.
Semi: #16 Lachlan McNeil, Michigan – W, 11-10 dec.
Final: #6 Ethan Stiles, Ohio State – WBF (3:28)

Van Ness, top seed at 149, had a first round bye and met No. 17 Ryder Block of Iowa in the quarterfinals. Block took Van Ness down at the :47 mark in the first period and finished the period on top to lead 3-0 after one. Van Ness, trailing by three, chose down to start the second stanza and quickly escaped to a 3-1 deficit. He forced a first stall warning at 1:05, then picked up a stall point at :53 to trail 3-2. Block, leading 3-2, chose down to start the third period. Van Ness cut him quickly and trailed 4-2. Van Ness scrambled away from a near takedown and continued his late push. Van Ness pressed forward and Block backed away again, giving Van Ness another stall point and moving the score to 4-3. The Lion junior stayed aggressive, and Block continued to back away. Van Ness forced another stall with under :20 left in the bout for two points and walked away with a hard fought 5-4 win, advancing to the semifinals and earning a trip to the NCAA Championships.

He took on No. 16 Lachlan McNeil of Michigan in the semifinals. Van Ness worked his way in on a low shot but McNeil was able to counter the move for a takedown and an early 3-0 lead. Van Ness worked his way to an escape at 1:37, cutting the lead to 3-1. Van Ness took another shot and McNeil once again countered for a takedown to lead 6-1 at :20 and led by that score after one. Van Ness chose down to start the second and quickly escaped to a 6-2 score. Van Ness continued to shoot, forced a stall warning then took McNeil down to cut the lead to 6-5 at :55. Van Ness cut McNeil loose to a 7-5 score at :45. He continued to shoot the Wolverine backwards for the rest of the period and trailed 7-5 after two. McNeil chose down to start the third and Van Ness cut him to an 8-5 score. He quickly turned a scramble into a takedown and tied the bout at 8-8, then cut McNeil loose to trail 9-8. He moved through a takedown at the :50 mark to take an 11-9 lead. McNeil escaped in the final seconds but Van Ness' late rally pushed the Nittany Lion through to the Big Ten finals with an 11-10 win.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

157: #4 PJ Duke, Fr. – 2nd-seed
Rd. 1: bye
Qtr: #1 Brandon Cannon, Ohio State – W, 20-7 maj. dec.
Semi: #9 Kannon Webster, Illinois – W, 4-2 dec.
Final: #1 Antrell Taylor, Nebraska – W, 12-4 maj. dec.

Duke, the second seed at 157, had a first round bye and met No. 1 Brandon Cannon of Ohio State in the quarterfinals. Cannon came out and scored quickly, taking Duke down to lead 3-1 after a quick Lion escape. Duke took Cannon down quickly after his escape to lead 4-3. Cannon escaped and Duke went back to work, taking the Buckeye down for a 7-4 lead on the edge of the mat. Duke finished the period on top and carried that lead into the third period. Cannon chose down to start the second period and escaped to a 7-5 lead. Duke went to work on offense, finishing off another takedown at the :20 mark to lead 10-5 after two periods. Duke chose neutral to start the third period. He countered a slight Cannon shot and took him down once more to lead 13-5 with clinched riding time. He cut Cannon loose and went to work on his feet. Duke added another takedown and cut to lead 16-7 with :24 left in the bout. The Lion freshman added another takedown late and, with riding time, rolled to the 20-7 major decision.

He faced off against No. 9 Kannon Webster of Illinois in the semifinals. Duke and Webster worked the center of the mat for the first minute-plus. The Lion held position on the log while Webster backed away. Duke muscled Webster to the mat for the first takedown and a 3-0 lead at 1:27. Webster escaped to a 3-1 score and Duke went back to work on offense. He forced a stall warning at :32. Duke fought off a late Webster shot and led 3-1 after the opening period. Duke chose down to start the second period and quickly escaped to a 4-1 lead. The second period was an even battle in neutral and Duke led by three after two. Webster chose down to start the third period and quickly escaped to a 4-2 score. Duke scrambled for a near takedown at :45 but Webster was able to back out of trouble. Duke's first period takedown proved to be the difference in a 4-2 win to advance to the Big Ten finals.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

165: #1 Mitchell Mesenbrink, Jr. – 1st-seed
Rd. 1: bye
Qtr: #15 Paddy Gallagher, Ohio State – W, 10-2 maj. dec.
Semi: #11 Andrew Sparks, Minnesota – W, 19-4 (TF; 6:28)
Final: #3 Mikey Caliendo, Iowa – W, 12-3 maj. dec.

Mesenbrink, top seed at 165, had a first round by and took on No. 15 Paddy Gallagher of Ohio State in the quarterfinals. Mesenbrink took Gallagher down for the first time at 2:17. He controlled action on top and built up over 1:00 in riding time before cutting Gallagher loose. Mesenbrink picked up a second takedown and opened up a 6-1 lead after one. Mesenbrink chose down to start the second period and quickly escaped to a 7-1 lead. Mesenbrink chased a fleeing Gallagher around the mat for the bulk of the third period. He picked up a stall point at 1:10 and added riding time at the conclusion of the match to move into the semifinals with a 10-2 major decision. Mesenbrink also clinched a spot at nationals with the win.

He met No. 11 Andrew Sparks of Minnesota in the semifinals. Mesenbrink set a fast tempo off the opening whistle, taking numerous shots and his pressure paid off. He moved in on a low shot, scrambled his way to a takedown and led 3-0 at 1:13. Mesenbrink forced a stall warning during a strong ride and finished the period on top to lead 3-0 after one. He chose down to start the second period and quickly escaped to a 4-0 led. Mesenbrink took Sparks down again, taking a 7-0 lead at 1:00. He went to work on top, looking to turn the Gopher. Sparks was able to keep from being turned and Mesenbrink led 7-0 after two. Sparks chose down, Mesenbrink cut him, took him down, cut him again and took him down quickly to lead 13-3 at 1:30. He picked up another takedown, cut Sparks to a 16-4 score and then finished off the 19-4 technical fall at 6:28. He advanced to the Big Ten title bout with the win.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

174: #1 Levi Haines, Sr. – 1st-seed
Rd. 1: bye
Qtr: #24 Colin Kelly, Illinois – W, 17-2 (TF; 6:02)
Semi: #5 Carson Kharchla, Ohio State – W, 5-1 dec.
Final: #4 Chris Minto, Nebraska – W, 2-1 dec.

Haines, top seed at 174, had a first round bye and met No. 24 Colin Kelly of Illinois in the quarterfinals. Haines picked up the bout's first takedown at the :56 mark in the opening period. The Lion senior controlled action on top and finished the period in control to lead 3-0 after one. Haines chose down to start the second period and quickly escaped to a 4-0 lead. He moved in for a quick takedown and opened up a 7-1 lead after a quick cut. Haines forced a stall point and then used a low double for a takedown to lead 11-1 after the second period. The third began in neutral and Haines quickly took the Illini down for a 14-2 lead. Haines finished off the bout with a final takedown, notching the 17-2 tech fall, earning a spot in the semifinals and a trip to the NCAA Championship.

He faced No. 5 Carson Kharchla of Ohio State in the semifinals. Haines fought off an early Kharchla double, forcing a stalemate at the 1:57 mark after a minute of wrestling. Kharchla hit the same move and Haines once again forced a stalemate with :45 left in the opening period. Haines turned a low shot into a late scramble but time ran out before he could finish off the takedown and the bout moved to the second tied 0-0. Haines chose down to start the second and quickly escaped to a 1-0 lead. Haines fought off another high Kharchla shot late in the period and then moved in through a low double for a takedown late and a 4-0 lead after two. Kharchla chose down to start the third period. Haines controlled action on top, building up over 1:00 in time with a strong ride. Haines dominated action from the top position for all but the final seconds. Haines added a riding time point and moved into the Big Ten finals with a 5-1 victory.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

184: #1 Rocco Welsh, So. – 1st-seed
Rd. 1: bye
Qtr: #2 Angelo Ferrari, Iowa – W, 3-2 (TB1)
Semi: #7 Brock Mantanona, Michigan – W, 8-5 (sv)
Final: #4 Max McEnally, Minnesota – W, 2-1 (tb)

Welsh, the top seed at 184, had a first round bye and took on No. 2 Angelo Ferrari of Iowa in the quarterfinals. Welsh and Ferrari battled through an even two minutes with Welsh working on his feet and the Hawkeye dropping to a knee throughout the stanza. The first period ended in a 0-0 tie. Ferrari chose down to start the second period. Welsh controlled action on top for :44 before Ferrari escaped to a 1-0 lead. Welsh fought off a solid Ferrari shot at the :40 mark, keeping action in neutral. Welsh trailed 1-0 after two and chose down to start the third period. Welsh quickly escaped to a 1-1 tie and went back to work on his feet. Welsh and Ferrari battled in neutral through the rest of the period and action moved to sudden victory. Welsh shot Ferrari backwards and then fought off a Hawkeye counter shot for over :30 before forcing a reset at :55. Welsh turned a low single into a late scramble, but Ferrari was able to force a stalemate at :05 and the match moved to a tie-breaker. Welsh chose down to start the tie-breakers. He escaped in just :09 to take a 2-1 lead. Ferrari then took down in the second tie-breaker. Welsh controlled Ferrari for :13 to own an :04 riding time edge, enough to move into the semifinals with a thrilling 3-2 TB1 victory. The win also sends Welsh to the NCAA Championships.

He met No. 7 Brock Mantanona of Michigan in the semifinals. Mantanona came out and took an early 3-0 lead with a quick takedown. Welsh escaped right away and moved in on a low single. But the Wolverine was able to fight off Welsh's efforts for a minute and worked action out of bounds with 1:17 left in the opening stanza. Welsh continued to work his offense, getting in on two more singles. But each time Mantanona worked out of bounds and Welsh trailed 3-1 after one. Welsh chose down to start the second period and quickly escaped to a 3-2 score. His offensive pressure paid off as the Lion sophomore muscled his way to a takedown and a 5-3 lead at the :45 mark. Mantanona escaped to a 5-4 score before the period ended and Welsh led by one after two. Mantanona chose down to start the third period and quickly escaped to a 5-5 tie. The match moved to sudden victory tied 5-5. Welsh worked on his feet for a minute and then exploded through a low shot, finishing off the match with a takedown at 1:36. The fast move gave Welsh the 8-5 (sv) win and moved him into the Big Ten finals.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

## RECAPS

197: #1 Josh Barr, So. – 1st-seed
Rd. 1: bye
Qtr: #22 Gabe Sollars, Indiana – W, 21-6 (TF; 4:09)
Semi: #17 Luke Geog, Ohio State – W, 18-3 (TF; 7:00)
Final: #10 Camden McDaniel, Nebraska – W, 19-4 (TF; 6:46)

Josh Barr, the top seed at 197, had a first round bye and took on No. 22 Gabe Sollars of Indiana in the quarterfinals. Barr took Sollars down quickly in the bout to open up an early 3-1 lead. The Lion sophomore tacked on a second takedown, cut Sollars loose and moved in for a third takedown and a 9-3 lead after another cut. Barr finished the first with a late takedown to lead 12-3 after one period. Sollars chose down to start the second, Barr cut him loose and went on to finish off the bout with three more takedowns in just over 1:00. Barr got the final takedown at 4:09 to move into the semifinals, and advance to NCAAs, with a 21-6 tech fall.

He took on No. 17 Luke Geog of Ohio State in the semifinals. Barr and Geog worked the middle of the mat for the opening minute with the Nittany Lion sophomore forcing Geog into defense with forward motion. Barr used a strong low double at :12 to take Geog down late and led 3-0 after the opening period. Barr chose down to start the second stanza and quickly escaped to a 4-0 lead. He took Geog down a second time quickly thereafter and opened up a 7-0 lead with 1:18 on the clock. Barr cut Geog loose at :53 and went back to work on offense. He picked up a stall point to lead 8-1 and then muscled through a high double for another takedown and an 11-1 lead with :50 on the clock. Geog chose down to start the third period. Barr worked his riding time up over 1:00 and then fought off a reversal attempt to maintain an 11-2 lead after cutting Geog loose. He upped his margin to 14-3 with another takedown and cut and took Geog down again to lead 17-3 late. He finished the match on top and, with 2:24 in riding time, rolled into the Big Ten finals with an 18-3 tech fall at 7:00.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

285: #5 Cole Mirasola, R-Fr. – 4th-seed
Rd. 1: Gabe Christenson, Northwestern – WBF (0:25)
Qtrs: #8 Braxton Amos, Wisconsin – W, 4-2 dec.
Semi: #4 Taye Ghadiali, Michigan – L, 2-5 dec.
Cn. Semi: #8 Ben Kueter, Iowa – L, 0-2 dec.
5th: #8 Braxton Amos, Wisconsin – W, med. forf.

Mirasola, the fourth seed at 285, battled Gabe Christenson of Northwestern in the opening round. Mirasola scored seconds into the bout to take a 3-1 lead after a quick cut. Mirasola took Christenson down again seconds later, locked his shoulders, took him to his back and got the fast fall at 0:25. Mirasola met No. 9 Braxton Amos of Wisconsin in the quarterfinals. Mirasola drew first blood, taking Amos down in the opening minute to lead 3-0. The Badger worked his way to an escape and cut the score to 3-1. Mirasola chose down to start the second period and quickly escaped to a 4-1 lead. The big men battled in center of the mat for the remainder of the period and Mirasola led by three after two. Amos chose down to start the third period and worked his way to an escaped, cutting the Mirasola lead to 4-2. Mirasola and Amos spent the rest of the period working on their feet and the Lion freshman, off the strength of the first period takedown, advanced to the semis with a 4-2 victory. He also earned a trip to his first NCAA tournament as well.

He met No. 4 Taye Ghadiali of Michigan in the final PSU semifinal bout of the night. The duo battled evenly on their feet for the first minute-plus, working for control on the Lion logo. Mirasola scrambled on a low shot but Ghadiali countered for a takedown and a 3-1 lead after a quick Mirasola escape at 1:15. Mirasola and Ghadiali finished the first in neutral and the Lion freshman trailed 3-1 after one. Ghadiali chose down to start the second period and quickly escaped to a 4-1 lead. Mirasola continued to shoot but Ghadiali's defense kept him from scoring as the clock moved below 1:20. Mirasola, trailing 4-1, chose down to start the third period. Ghadiali was able to maintain control long enough to build his riding time up over 1:00. The Wolverine got hit for stalling at 0:47 for the first time. Mirasola escaped to a 4-2 score and then moved in on a low shot, nearly taking Ghadiali down late. But the Wolverine fought off the effort and killed the clock to win 5-2 with riding time. Mirasola moves into the consolation bracket, still alive for third place.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

## #1 PENN STATE at 2026 NCAA CHAMPIONSHIPS

**Thur.-Sat., March 19-21, 2026**
**Rocket Arena -- Cleveland, Ohio**

Team Standings (FINAL top ten):

1: PENN STATE -- 181.5*
2: Oklahoma State -- 131.0
3: Nebraska -- 100.5
4: Iowa -- 92.5
5: Ohio State -- 84.5
6: Stanford -- 67.5
7: Michigan -- 66.0
8: Iowa State -- 52.0
9: Minnesota -- 48.5
10: North Carlina State -- 44.5
* Yet another NCAA record for points scored

The Penn State Nittany Lion wrestling team capped off its fifth straight NCAA team title by claiming four individual titles in the national finals at the 2026 NCAA Championships. Mitchell Mesenbrink, Levi Haines, Josh Barr and Luke Lilledahl all won in the national finals as Penn State went 4-2 with a record-tying six national finalists.

With the four titles won this year, the Nittany Lions now have 65 NCAA Champions, 44 since Sanderson's arrival as head coach (this is his 17th season at Penn State). Penn State's Mitchell Mesenbrink was named the 2026 NCAA Championship Outstanding Wrestler and PJ Duke was named the 2026 Gorriaran Award winner (most falls in the least amount of time) at the tournament's conclusion. Mesenbrink was also awarded the NCAA Most Dominant Wrestler Award, a season long award given by the NCAA.

The Nittany Lions won the team race, clinching it early Saturday morning, with 181.5 points, over 50 points ahead of the second place score of 131.0. The team point total of 181.5 is a new NCAA record, breaking the mark of 177.0, set by Penn State last year in Philadelphia. The Nittany Lions now own the top three point totals in NCAA history, all consecutively in the last three seasons (181.5 this year, 177.0 last year and 172.5 in 2024).

Penn State has now won 13 of the last 15 contested NCAA Championships (no event in 2020) and its fifth straight for the first time in school history. Sanderson is now second in all-time NCAA history with 13 head coaching titles to his credit. The NCAA record is 15. The Nittany Lions have won the NCAA Championship 2026, 2025, 2024, 2023, 2022, 2019, 2018, 2017, 2016, 2014, 2013, 2012, 2011 and 1953. Penn State totaled eight All-Americans this year. The Nittany Lions now have 272 All-Americans, 109 under Sanderson in just 17 seasons.

Junior Shayne Van Ness, the No. 1 seed at 149, took on No. 10 Aden Valencia of Stanford in Penn State's first title match of the night. Valencia took Van Ness down early to a 3-0 lead and the Stanford corner called for a challenge for nearfall points, but none were awarded. Van Ness escaped to a 3-1 score after the reset. Van Ness gave up a stall warning at :53 then worked Valencia to the outside circle before the Cardinal escaped out of bounds at :19. Leading by two, Valencia chose down to start the second period. Van Ness cut him to a 4-1 score. Van Ness tied the bout at 4-4 with a takedown at the 1:02 mark. Van Ness nearly scored at the end of the period, but time ran out. Trailing 5-4, Van Ness chose down to start the third period and quickly escaped to a 5-5 tie. Valencia worked in on a high single and Van Ness fought the move off to force a stalemate at :48. A late scramble ended in no scoring and the match moved to sudden victory tied 5-5. Valencia shot low early in extra time and worked a scramble to a takedown early in the period. Penn State challenged the call, but it stood and Van Ness lost the match 8-5 (sv). He ends his tournament with a 4-1 record including two tech falls and a pin. He leaves Cleveland as a three-time All-American with a 25-1 overall record.

Junior Mitchell Mesenbrink, the No. 1 seed at 165, faced No. 3 Mikey Caliendo of Iowa in the championship. Mesenbrink scored quickly, taking Caliendo down for a 3-0 lead just :13 into the match. He cut Caliendo loose and went back to work on his feet, turning a low shot into another takedown and a 6-2 lead after another cut. Mesenbrink quickly took the Hawkeye down to lead 9-3 after another cut. Mesenbrink added another takedown, forced a stall and led 12-4 after the opening period. Mesenbrink chose down to start the second period and escaped to a 13-4 lead. He added a takedown and a stall point to up his lead to 18-4 after two periods. Caliendo chose top to start the third period and Mesenbrink quickly reversed the Hawkeye to end the match. His 20-4 tech fall at 5:12 earned him his second straight NCAA title as a three-time All-American. Mesenbrink went 5-0 with three tech falls and a major and leaves Cleveland with a 26-0 record.

Senior Levi Haines, the No. 1 seed at 174, wrestled No. 3 Christopher Minto of Nebraska in the finals. Haines and Minto battled evenly on the NCAA logo through the first two minutes. Haines became to press the Husker towards the outside circle over the final minute, and the match moved to the second stanza scoreless. Haines chose down to start the second period and quickly escaped to a 1-0 lead. Haines pressured Minto into giving up a stall point at :22 and then scrambled through a near takedown that rolled out of bounds. The period ended in neutral and Haines led 2-0 after two periods. Minto chose down to start the third period and quickly escaped to a 2-1 Haines lead. Haines took a low single that forced a scramble on the edge of the mat, but Minto was able to work his way out of bounds and force a reset at :58. Haines continued to pressure Minto backwards as the clock ran down. He finished the match on his feet and won his second national championship with a 2-1 victory. Haines ends his Penn State career as a two-time NCAA Champion and four-time All-American. He went 5-0 with three techs and a pin. He ends the year with a 26-0 record and 99-4 career record.

Sophomore Rocco Welsh, the No. 1 seed at 184, faced No. 3 Max McEnelly of Minnesota in the title bout. McEnelly took a 3-1 lead with a takedown at :58 and a quick Welsh escape. The Nittany Lion and Gopher battled in the center circle through the final minute of the period and Welsh trailed by two after one. McEnelly chose down to start the second period and escaped to a 4-1 lead at 1:49. Welsh paced in the center circle, looking for an opening but could not break through McEnelly's defense and he trailed 4-1 after two periods. Welsh chose down to start the third period and quickly escaped to a 4-2 score. Welsh took a handful of shots through the 1:00 mark but McEnelly was able to step away from each. He picked up one stall point, but McEnelly was able to run from Welsh for the last :50 and won the 4-3 bout. Welsh went 4-1 in Cleveland with a tech fall and a major. He ends the season with a 24-1 record.

Sophomore Josh Barr, the No. 1 seed at 197, met No. 7 Cody Merrill of Oklahoma State in the finals. Barr and Merrill battled in the center of the mat through the first two minutes. The Nittany Lion sophomore shot Merrill backwards twice, then blew through a high double for a takedown and a 3-0 lead. Merrill escaped late in the period and Barr led 3-1 after one. Merrill chose down to start the second and escaped to a 3-2 score. Barr held his position on the NCAA logo while Merrill worked the outside as the clock dipped below :30. Leading 3-2, Barr chose down to start the third period. Barr scrambled his way around Merrill and led 6-2on locked hands and a reversal. Merrill escaped to a 6-3 score at 1:20. Barr forced a stall warning on Merrill at :55. Barr counter shot Merrill off the mat at :25, gave up a stall warning and finished the bout on his feet. Barr won his first NCAA title with a 6-3 decision. He is now a two-time All-American, two-time finalist and NCAA Champion. Barr went 5-0 with two techs and two majors in Cleveland and ends the year with a 24-0 record.

Sophomore Luke Lilledahl, the No. 1 seed at 125, met No. 10 Marc-Anthony McGowan of Penn in the Nittany Lions' last match of the finals. Lilledahl pressed the Tiger from the onset, forcing him to a defensive posture. Lilledahl continued to engage but McGowan kept his distance. Lilledahl pushed McGowan back to the outside circle as the clock hit :30 and the first period ended in a scoreless tie. McGowan chose down to start the second period and quickly escaped to a 1-0 lead. Lilledahl continued to shoot the tiger backwards and forced a first stall at 1:08. Lilledahl pressured the Tiger backwards again and a stalemate was called at :45. Lilledahl trailed 1-0 after two. Trailing by one, Lilledahl chose down to start the third period and quickly escaped to a 1-1 tie. Lilledahl pressure McGowan backwards and took a 2-1 lead on a second stall at 1:14. Lilledahl finished the bout on his feet and earned his first national title with a 2-1 victory. Lilledahl went 5-0 with a major in Cleveland and leaves with a 25-0 record, as a two-time All-American and national champion.

Penn State went 4-2 in the finals and concluded the tournament with a 41-9 overall record. The Nittany Lions totaled 40.5 points off five majors, four pins, one injury default and a whopping 17 technical falls.

Earlier in the day, true freshman Marcus Blaze and PJ Duke closed out their All-America runs in the placing bouts. Blaze went 4-2 with three tech falls to place fourth at 133, earning All-America laurels at his first NCAA tournament. Blaze ended the season with a 25-3 record. Duke went 5-1 with two pins and two tech falls to take third place at 157 in his first national championship tournament as well. Duke ended the year with a 24-2 mark. Redshirt freshman Cole Mirasola and Braeden Davis both went 2-2 at this year's tournament at 285 and 141 respectively, meaning each of Penn State's 10 wrestlers contributed to this year's NCAA record 181.5 points.

Sanderson's 17-year head coaching ledger for team finishes at NCAAs since arriving at Penn State is as follows: 2010 (9th), 2011 (1st), 2012 (1st), 2013 (1st), 2014 (1st), 2015 (6th), 2016 (1st), 2017 (1st), 2018 (1st), 2019 (1st), 2020 (no tourn.), 2021 (2nd), 2022 (1st), 2023 (1st), 2024 (1st), 2025 (1st), 2026 (1st)

Weight by-weight agate (rankings listed are official tournament seed):

125: #1 Luke Lilledahl, So., Weldon Springs, Mo./Wyoming Seminary
Rd. 1: #32 Mack Mauger, Missouri – W, 11-2 maj. dec.
Rd. 2: #17 Jett Strickenberger, West Virginia – W, 4-2 dec.
Qtr: #8 Dean Peterson, Iowa – W, 2-1 (TB)
Semi: #5 Troy Spratley, Oklahoma State – W, 8-3 dec.
Final: #10 Marc-Anthony McGowan, Princeton – W, 2-1 dec.
Lilledahl, the No. 1 seed at 125, met No. 32 Mack Mauger of Missouri in the first round. Lilledahl and Mauger battled through a scoreless first period with Lilledahl shooting the Tiger to the outside of the mat for the last minute of the opener. He chose down to start the second period and quickly escaped to a 1-0 lead. Lilledahl then took Mauger down at :30 to take a 4-0 lead into the third period. Mauger chose do and escaped to a 4-1 lead. Lilledahl quickly took him down and cut him loose to lead 7-2. Lilledahl tacked on a final takedown and riding time to post the 11-2 major decision.

He took on No. 17 Jett Strickenberger of West Virginia in the second round. Lilledahl worked his way in on a low single at 1:11 but Strickenberger was able to fight off the effort and keep the bout scoreless at :53. The bout moved to the second period tied 0-0. Strickenberger escaped to a 1-0 lead to start the second period. Lilledahl was able to finish off the bout's first takedown midway through the second period to take a 3-1 lead. Strickenberger escaped to a 3-2 score and Lilledahl led by one after two. Lilledahl escaped to start the third period and opened up a 4-2 lead. Lilledahl nearly added a second takedown midway through the third, but the Mountaineer fought off the effort and Lilledahl moved into the quarterfinals with a 4-2 win.

Lilledahl met No. 8 Dean Peterson of Iowa in the first of Penn State's eight quarterfinal bouts. Lilledahl worked the center of the mat for the first minute plus. He turned a fast low single into a scramble at 1:47 but Peterson worked out of trouble and the bout continued in neutral. The first period ended in a scoreless tie. Peterson chose down to start the second stanza and quickly escaped to a 1-0 lead. Lilledahl and Peterson traded shots at :50 and remained in the center of the mat. Trailing 1-0, Lilledahl chose down to start the third period and quickly escaped to a 1-1 tie. He worked his way in on a low single right after the escape, but Peterson forced a stalemate at 1:21. Lilledahl worked another low shot into a scramble at :30 but Peterson once again forced a stalemate. The bout moved to sudden victory tied 1-1. Lilledahl forced a wild scramble at 1:20 but Peterson rolled action out of bounds. Lilledahl forced a stall at :40 then got in on a low single on the outside circle. He nearly scored; Peterson nearly countered for a takedown and Lilledahl scrambled in the last seconds for a possible takedown that went to official review. Time ran out and Lilledahl took down to start the tie-breaker. He escaped in :11. Peterson was down next and Lilledahl rode the Hawkeye out to post the 2-1 (TB) victory, advance to the semifinals, and become a two-time All-American.

He met No. 5 Troy Spratley of Oklahoma State in the first of Penn State's eight semifinal bouts. Lilledahl got in on a low single early and forced a scramble, finishing off a takedown to lead 3-1 after a quick Spratley escape. Lilledahl continued to push on offense, turning a low single into a takedown. He tacked on two back points and bolted out to an 8-1 lead with :44 on the clock. Lilledahl maintained control of Spratley until the :35 mark and ended the first period with an 8-2 lead. Spratley chose down to start the second and escaped to an 8-3 score. Lilledahl held position on the NCAA logo through the :45 mark and to the end of the period to lead 8-3 after two. Lilledahl chose neutral to start the third period. He traded shots with Spratley as the clock moved towards the 1:00 mark. Lilledahl worked in on a low single at the :40 but Spratley worked his way out of bounds. Lilledahl finished in neutral and moved to the national finals with an 8-3 win.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

133: #3 Marcus Blaze, Fr., Perrysburg, Ohio/Perrysburg
Rd. 1: #30 Gabe Whisenhunt, Oregon State – W, 17-2 (TF; 5:30)
Rd. 2: #19 Gage Walker, Missouri – W, 17-2 (TF; 6:10)
Qtr: #6 Drake Ayala, Iowa – W, 5-3 dec.
Semi: #2 Ben Davino, Ohio State – L, 2-2 (TB2) dec.
Cn. Semi: #15 Tyler Knox, Stanford – W, 20-4 (TF; 5:45)
3rd Place: #4 Aaron Seidel, Virginia Tech – L, 0-5 dec.

Blaze, the No. 3 seed at 133, took on No. 30 Gabe Whisenhunt of Oregon State in the opening round. Blaze battled through a scoreless first two minutes before securing a takedown to lead 3-0 at 1:00. He finished the period on top and led by that margin after the opening period. Blaze chose down to start the second period and quickly escaped to a 4-0 lead. Blaze notched another takedown to lead 7-0 midway through the second. Whisenhunt escaped and Blaze countered for a third takedown and a 10-1 lead. He turned the Beaver for four back points and led 14-1 after two. Whisenhunt escaped to start the third and Blaze quickly ended the match with a final takedown to post a 17-2 technical fall at 5:30.

He met No. 19 Gage Walker of Missouri in the second round. Blaze and Walker battled in neutral through the bulk of the first period. Blaze forced Walker back and out of bounds at the 1:15 mark, forcing a stall warning. He forced a second stall at 1:00 to take a 1-0 lead. Blaze then connected on a low single, took Walker down and then turned him to his back for seven points late to lead 8-0 after one. Blaze chose down to start the second and reversed Walker to a 10-0 lead. After a Walker escape, Blaze took the Tiger down to lead 13-1. Walker escaped before the period ended and Blaze led 13-2 after two. Walker chose top to start the final period. Blaze escaped quickly. He finished off the bout with a takedown with just :50 left to roll to the 17-2 technical fall at 6:10.

Blaze took on No. 16 Drake Ayala of Iowa in the quarterfinals. Blaze battled in the center of the mat and then scrambled Ayala out of bounds at 1:58, forcing a reset. Blaze continued to pressure Ayala to the outside circle, forcing the Hawkeye into defense with his pace. The first period ended in a scoreless tie. Blaze chose down to start the second period and quickly escaped to a 1-0 lead. Blaze turned a high single into a takedown on the edge of the mat, opening up a 4-0 lead at 1:24. Ayala escaped on a reset to a 4-1 score with 1:12 on the clock. Blaze carried the 4-1 lead into the third period. Ayala chose down to start the third period and Blaze controlled action on top. He built his riding time up over 1:00. Ayala escaped to a 4-2 score at :20, Blaze gave up a stall point and, with riding time at the bout's end, posted the thrilling 5-3 victory.

## RECAPS



The win sends him to the semifinals and earns him All-America status as a true freshman.

He met No. 2 Ben Davino of Ohio State in the semis. Blaze fought off a Davino at the 2:16 mark and forced a reset. The duo battled on the NCAA logo in the center of the mat through the 1:30 mark. Blaze returned a shot at 1:15 that Davino was able to block off and the bout moved to the second period tied 0-0. Davino chose down to start the second period. He escaped to a 1-0 lead quickly to start the second period. Blaze worked himself into control of a low single, but Davino was able to scramble out of trouble and work his way out of bounds at the :40 mark. Blaze trailed 1-0 after two periods. He chose down to start the third period and quickly escaped to a 1-1 tie. Blaze and Davino battled on their feet for the remainder of the period and the bout moved to sudden victory. Blaze worked Davino towards the outside circle as the clock hit 1:00. Davino worked a low single into a scramble that ended out of bounds at :14. Ohio State challenged for a takedown on the call. The no takedown stood and the bout remained tied 1-1. The bout moved to a tie breaker and Davino was down first. Blaze controlled the action for :21 before Davino escaped. Blaze, down now, forced a second stall on Davino to go up 2-1. Davino was able to maintain control and ride Blaze out, getting the riding time point and appearing to win on riding time of :08. Penn State challenged the call and Davino got the 2-2 (TB2) victory. Blaze will wrestle for third place in session five.

Blaze began Penn State's Saturday with action in the consolation semifinals at 133. Blaze took on Stanford's Tyler Knox. Blaze scored quickly, taking Knox down at 2:35 for a 3-0 lead. Blaze quickly added a second takedown after a Knox escape to up his lead to 6-1 at 1:30. Blaze turned a low single into a third takedown with :20 left and held on to a 9-2 lead after the opening period. Blaze chose down to start the second period. Knox picked up a stall during the ride and then Blaze reversed him to an 11-3 lead after cutting the Cardinal loose. Blaze tacked on a fourth takedown at the end of the period to lead 15-3 after two. Knox chose top to start the third and Blaze reversed him once more. He cut Knox loose and capped off a 20-4 technical fall with a takedown at 5:45. Blaze took on No. 4 Aaron Seidel of Virginia Tech for third place. Blaze and Seidel battled in the center of the mat through the first minute-plus. The duo fought for position through the 1:00 mark and the first period ended in a 0-0 tie. Blaze chose down to start the second period but was unable to escape and entered the third period still tied, but facing 2:00 in riding time to the Hokie's favor. Seidel chose down to start the third and Blaze cut him loose to a 1-0 score. Blaze scrambled for a late takedown, but Seidel countered the frenzied effort and added a takedown, plus riding time, to post the 5-0 decision. The loss ended Blaze's tournament at 4-2 with three tech falls and a fourth place All-American finish as a true freshman.

141: #14 Braeden Davis, Jr., Belleville, Mich./Dundee
Rd. 1: #19 Haiden Drury, Utah Valley – W, 2-0 dec.
Rd. 2: #3 Brock Hardy, Nebraska – L, 4-9 dec.
Cn. 2: #29 Jordan Titus, West Virginia – W, 10-6 dec.
Cn. 3: #11 CJ Composto, Penn – L, 2-5 dec.

Davis, the No. 14 seed at 141, met No. 19 Haiden Drury of Utah Valley in the first round. Davis and Drury battled through an even first period, taking a 0-0 tie into the second stanza. Drury chose down to start the second stanza and Davis went to work on top, controlling the action for the full two minutes, riding the Wolverine out. Davis had 2:00 of riding time as the 0-0 tie moved to the third. Davis chose down to start the third period and quickly escaped to a 1-0 lead. He fought off a late Drury shot and, with 1:52 in riding time, moved into the second round with a 2-0 win.

He met No. 3 Brock Hardy of Nebraska in the second round. Davis and Hardy battled in neutral for the first minute. Davis used a fast high single to take Hardy down; Hardy reversed Davis and Davis quickly escaped to a 4-2 lead. Davis worked his way in on another high single at :40 but Hardy forced a reset at :22 and Davis led 4-2 after one. Hardy chose down to start the second period. Davis controlled action on top for :48 before Hardy escaped to a 4-3 score. Hardy got three on neutral danger, took a 6-4 lead at :16 and Davis trailed by two after two. Davis chose neutral to start the third. Hardy added a takedown with :45 left in the match to take a 9-4 lead and held that margin until the end of the match. The 9-4 loss dropped Davis into consolation action in session three.

Davis , met No. 19 Jordan Titus of West Virginia in Penn State's first consolation bout of the tournament. Davis turned a high single into a scramble that appeared to lead to a takedown. But none was given and Titus was awarded a takedown instead. Penn State challenged the call. The call went Penn State's way, with Davis getting a takedown, Titus a reversal and then Davis escaped quickly on the rest to a 4-2 lead. Titus notched a quick takedown and Davis escaped before the buzzer to tie the bout at 5-5 after one. Davis chose down to start the second and escaped to a 6-5 lead. He added a takedown and led 9-5 after two. Titus chose down to start the third and Davis rode him for the entire period. He added riding time and posted the 10-6 victory. Davis met No. 11 CJ Composto in the next conso round. Davis and Composto traded shots in the first period, each of which ended in stalemates and the bout moved to the second period tied 0-0. Composto chose down to start the second and reversed Davis to a 2-1 score after a quick Davis escape. Composto added a takedown and led 5-1 after two. Davis escaped to a 5-2 score at 1:43 to start the third. Davis scrambled for a late takedown, but the Quaker was able to fight off the move and end Davis' tournament with a 5-2 loss. Davis went 2-2 in his third straight trip to the NCAA tournament (all at different weights).

149: #1 Shayne Van Ness, Jr., Somerville, N.J./Blair Academy
Rd. 1: #33 Austin McBurney, Brown – W, 17-2 (TF; 5:34)
Rd. 2: #16 Jacob Frost, Iowa State – WBF (2:23)
Qtr: #8 Casey Swiderski, Oklahoma State – W, 5-2 (SV)
Semi: #20 Chance Lamer, Nebraska – W, 22-1 (TF; 5:21)
Finals: #10 Aden Valencia, Stanford – L, 5-8 (sv) dec.

Van Ness, the No. 1 seed at 149, met No. 33 Austin McBurney of Brown in the opening round. Van Ness controlled the action from the onset. He picked up the bout's first takedown at the :55 mark in the first period to lead 3-0 after one. Van Ness chose down to start the second period and quickly escaped to a 4-0 lead. Van Ness dominated the second period, tallying four takedowns to carry a 16-3 lead into the third period. McBurney chose down to start the third. Van Ness cut him loose then ended the bout with his sixth takedown, posting a 19-4 technical fall at 5:34.

He took on No. 16 Jacob Frost of Iowa State in his second round bout. Van Ness controlled the pace early on, forcing Frost backwards through the opening minute. He took a 3-1 lead with a takedown and cut in the second minute and then took Frost down a second time shortly after that. Van Ness then turned the Cyclone to his back and picked up the first period pin at 2:23.

Van Ness faced No. 8 Casey Swiderski of Oklahoma State in the quarterfinals. Van Ness fought off an early Swiderski shot to keep things in neutral through the opening minute. Van Ness defended another Cowboy shot at 1:30. Van Ness became pressing Swiderski backwards in the final minute, but action moved to the second tied 0-0. Swiderski chose down to start the second period. Van Ness controlled action for :46 before Swiderski escaped to a 1-0 lead. The Lion continued to work neutral for the rest of the period and trailed 1-0 after two. Van Ness chose down to start the third period and quickly reversed the Cowboy to take a 2-1 lead. Swiderski escaped to a 2-2 tie at 1:20. Van Ness pressed the Cowboy backwards through the :30 mark and forced a stall at :20. The bout moved to sudden victory tied 2-2. Van Ness fought off a Swiderski shot, was coming around for a takedown before the official called a stalemate at :37. Van Ness continued to scramble forward, nearly taking the Cowboy down at the :05 mark. Swiderski skipped away and Van Ness, relentless, zipped through a low double to notch the winning takedown with just :01 left. The 5-2 win moved him into the semifinals and made him a three-time All-American.

He took on No. 20 Chance Lamer of Nebraska in his semifinal bout. Van Ness fought off a quick Lamer burst, slipping out of the Husker's reach at the 2:35 mark. He then moved in for a takedown of his own and an early 3-0 lead. Van Ness turned Lamer briefly, then reset and continued to control action on top. He forced a stall warning at :40 and finished on top to lead 3-0 with 2:18 riding time after one. Van Ness chose down to start the second period and quickly escaped to a 4-0 lead. He then used a low single to pick up a second takedown to lead 7-1 at 1:10. Van Ness took Lamer down and turned him for four points to lead 14-1 at :26. Van Ness picked up a stall point to lead 15-1 after two periods. Lamer chose neutral to start the third period. Van Ness quickly ended the match, taking Lamer down and adding four nearfall for a 22-1 technical fall at 5:21 to advance to his first national title bout.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

157: #1 PJ Duke, Fr., State Hill, N.Y./Minisink Valley
Rd. 1: #33 Yannis Charles, Morgan State – WBF (1:55)
Rd. 2: #17 Luke Mechler, Wisconsin – WBF (1:38)
Qtr: #8 Brandon Cannon, Ohio State – W, 21-5 (TF; 5:23)
Semi: #5 Landon Robideau, Oklahoma State – L, 1-3 (TB) dec.
Cn. Semi: #7 Kannon Webster, Illinois – W, 7-3 dec.
3rd Place: #8 Brandon Cannon, Ohio State – W, 20-4 (TF; 6:37)

Duke, the No. 1 seed at 157, battled No. 33 Yannis Charles of Morgan State in the first round. Duke took Charles down quickly to open up a 3-0 lead in the opening :30 of the bout. He cut the Morgan State wrestler loose and notched a second takedown to lead 6-1 at 1:30. Duke cut Charles loose once more and took him down a third time. He quickly turned Charles to his back and picked up the first period fall at 1:55.

He battled No. 17 Luke Mechler of Wisconsin in the evening session. Duke too Mechler down just :08 into the match to lead 3-1 early. He used a high double for a second takedown and a 6-2 lead after cutting Mechler loose. He turned that trick two more times to lead 12-4 in less than a minute. Duke moved quickly on the outside circle, taking Mechler down a fifth time to open up a 15-5 lead, then took Mechler down again to lead 18-5. He locked up a cradle and finished off his second fall of the day, pinning Mechler at 1:38 to move into the quarterfinals.

Duke battled No. 8 Brandon Cannon of Ohio State in his quarterfinal bout. Duke scored quickly, taking Cannon down in the opening seconds for an early 3-0 lead. Duke worked Cannon to the mat and scrambled his way to a takedown and a 6-1 lead with 1:40 on the clock. Duke continued to work on his feet after a Cannon escape and pressured the Buckeye to the outside circle repeatedly. Duke bulled through a third takedown at the buzzer and led 9-2 after one. Cannon chose down to start the second and escaped to a 9-3 score. Duke countered a Buckeye shot for a fourth takedown and cut Cannon loose to a 12-4 score. Duke made it 15-4 at :50. Duke cut Cannon once more and finished off the period with a takedown to lead 18-5 after two. Duke chose neutral to start the third and finished off the match with a takedown to post the dominant 21-5 technical fall at 5:23. The win sent the Lion freshman to the semifinals and earned him All-America status.

He battled No. 5 Landon Robideau of Oklahoma State in the semifinals. Duke and Robideau battled in neutral through the first two minutes, working for position on the NCAA logo. The first period ended in a scoreless tie. Robideau chose down to start the second period and quickly escaped to a 1-0 lead. Duke nearly connected on a low single, but the Cowboy was able to back away from contact. Trailing 1-0, Duke chose down to start the third period and quickly escaped to a 1-1 tie. The du traded quick shots at the :45 mark to no avail. The bout moved to sudden victory tied 1-1. Duke worked the center of the mat for the first minute of extra time and then countered a slight Robideau shot, locking a cradle and appearing to get the takedown for the 4-1 (sv) victory. Oklahoma State challenged and action was stopped as Duke was working to pin Robideau and finish off the takedown. The call was overturned. Duke fought off one last shot and the match moved to a tie-breaker. Robideau chose down and reversed Duke to a 3-1 lead. Duke chose neutral and could not take the Cowboy down. He dropped the 3-1 (TB) bout and moved into consolation action, alive for third place.

Duke battled in the consolation semifinals at 157 against Illinois' Kannon Webster. Duke took an early 3-1 lead with a takedown in the opening period. The Nittany Lion battled the Illini in neutral through the rest of the opening period and led by two after one. Webster chose down to start the second stanza and escaped to a 3-2 score. Duke blew through a high double for another takedown and a 6-2 lead at 1:32. He built his time edge up to 1:07 before Webster escaped to a 6-3 score. Duke chose down to start the third period and escaped to a 7-3 lead. The Nittany Lion finished the match on his feet and moved into the third place bout with a 7-3 victory. Duke battled No. 8 Brandon Cannon of Ohio State for third place. Duke lifted Cannon off the mat and took him down for a quick three points just :25 into the bout. He cut Cannon loose and went back to work on offense. Duke took Cannon tohis back from his feet for a takedown and two near fall points and led 8-1. Duke finished the period on top and carried that lead into the second stanza. Cannon chose down to start the second period and quickly escaped to an 8-2 score. Duke had 1:17 in riding time. Duke forced a stall and then took Cannon down to an 11-2 lead. After a neutral start, Duke added another takedown to lead 14-2 with over 2:00 in riding time. Cannon escaped and Duke took the Buckeye down again at the :38 mark to lead 17-3 with clinched riding time. Duke added a final takedown to post the 20-4 tech fall at 6:37 to claim third place. Duke ended his first tournament run with a 5-1 record, including two pins and two tech falls, as the third place All-American.

165: #1 Mitchell Mesenbrink, Jr., Hartland, Wis./Arrowhead
Rd. 1: #32 Cody Walsh, Drexel – W, 21-5 (TF; 5:30)
Rd. 2: #16 Paddy Gallagher, Ohio State – W, 12-0 maj. dec.
Qtr: #9 Bryce Hepner, North Carolina – W, 6-0 dec.
Semi: #12 Cesar Alvin, Columbia – W, 15-0 (TF; 4:11)
Finals: #3 Mikey Caliendo, Iowa – W, 20-4 (TF; 5:12)

Mesenbrink, the No. 1 seed at 165, took on No. 32 Cody Walsh of Drexel in the opening round. Mesenbrink came out firing, taking Walsh down three times in the opening 1:15 to lead 9-2. He built his riding time up over 1:00 and worked to turn the Dragon for back points over the next minute. He cut Walsh loose after a reset, took him down twice more in just seconds and led 15-4 with over 2:00 in riding time after one. Mesenbrink chose neutral to start the second period and took Walsh down off the opening whistle. He cut Walsh loose on a reset and finished off the bout with a final takedown, posting a 21-5 tech fall at 4:45.

He took on No. 16 Paddy Gallagher of Ohio State in round two. Mesenbrink set a fast pace off the whistle, forcing a stall warning just :34 into the bout. He then took Gallagher down to open up a 3-0 lead and went to work looking for a turn. Mesenbrink worked his riding time up over 1:00 and then picked up a point on another stall to lead 4-0. He finished the period on top and led by that score, with 2:19 in time, after one. Mesenbrink escaped quickly to start the second period. Mesenbrink turned a low single into a second takedown and an 8-0 lead with 1:00 on the clock. He finished the period on top and led 8-0 with 3:10 in time after two. Gallagher chose neutral to start the third, Mesenbrink forced another stall to lead 9-0. He chased Gallagher around the outside circle until the :28 mark, picking up another stall for two points and an 11-0 lead. Mesenbrink added the riding time point and rolled to the quarterfinals with a 12-0 major decision.

Mesenbrink took on No. 9 Bryce Hepner of North Carolina in the quarterfinals. Mesenbrink forced an early scramble that Hepner was able to fight off. Hepner countered another Mesenbrink shot and the Lion fought off the counter effort to force a stalemate at :55. Mesenbrink continued to force the action and Hepner countered each move, forcing action to the sidelines. Hepner called for injury time at :27, which was changed to concussion protocol and the bout resumed in neutral. The first period ended in a 0-0 tie. Hepner chose down to start the second period. Mesenbrink controlled action and turned the Tar Heel for four back points during a rideout to lead 4-0 with 2:00 riding time after two. Mesenbrink chose down to start the third and escaped to a 5-0 lead. Mesenbrink picked up the riding time point at the end of the bout to roll into the semifinals with a 6-0 decision. He also became a three-time All-American with the win.

He , met No. 12 Cesar Alvin of Columbia in the semis. Mesenbrink fought off an Alvin throw at the 2:20 mark and then moved in for a first

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takedown at 1:52 to open up a 3-0 lead. Mesenbrink then turned Alvin over and worked for a pin over for over a minute. Alvin was able to keep from giving up the pin and Mesenbrink led 7-0 after one. Mesenbrink chose down to start the second, escaped and took Alvin down to an 11-0 lead. He then turned him one final time for four back points to roll into the finals with a 15-0 technical fall at 4:11.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

174: #1 Levi Haines, Sr., Arendtsville, Pa./Biglerville
Rd. 1: #33 Grant O'Dell, Bellarmine – WBF (1:33)
Rd. 2: #16 Nick Fine, Columbia – W, 21-5 (TF; 5:26)
Qtr: #9 Beau Mantanona, Michigan – W, 18-3 (TF; 7:00)
Semi: #5 Patrick Kennedy, Iowa – W, 18-3 (TF; 7:00)
Finals: #3 Christopher Minto, Nebraska – W, 2-1 dec.

Haines, the No. 1 seed at 174, met No. 33 Grant O'Dell of Bellarmine in the first round. Haines scored quickly, connecting on a low single and finishing off a takedown for a 3-0 lead at 1:57. He swiftly turned the Knight to his back and picked up a fast fall, getting the pin at 1:33 in the opening period.

He met No. 16 Nick Fine of Columbia in the second round. Haines took Fine down in the first :10 to lead 3-1 early. He quickly took Fine down a second time to open up a 6-1 lead then went to work, looking to turn Fine for back points. Fine escaped to a 6-2 score and Haines moved in for a high shot and a third takedown at :22 to lead 9-2 with 1:40 in riding time after one. Fine chose down to start the second period. Haines let him up seconds into the period. He bulled through a high shot to lead 12-4 after a quick cut. Haines added another takedown and finished in control once more to lead 15-4 with 2:55 in time after two. Haines added two more takedowns early in the third period to move into the quarters with a 21-5 tech fall at 5:26.

Haines met No. 9 Beau Mantanona of Michigan in the quarters. Haines forced a scramble midway through the first period and took a 3-0 lead with a takedown at 1:13. He controlled action on top, building up riding time while working for back points. He picked up two near fall as the period ended and led 5-0 after one. After a neutral start to the second, Haines used a fast low double for a second takedown to lead 8-1 after a Mantanona escape. Haines added a third takedown and led 11-1 after two periods. Mantanona chose down to start the third and Haines cut him to an 11-2 score. Haines made it 14-3 after another takedown and cut and then took the Wolverine down again to lead 17-3. He finished the match on top and, with 3:10 in riding time, posted the 18-3 tech fall at 7:00. The win moved Haines into the semis and made him a four-time All-American, Penn State's 20th.

He took on No. 5 Patrick Kennedy of Iowa in his semifinal bout. Haines got in on an early single, but Kennedy fought off the move to reset the action at 2:10. Haines continued to work his offense as Kennedy played defense deep into the opening period. Haines locked a high single at :45 and finished off the takedown to lead 3-0 at :25. Haines, leading 3-0 after one, shoes down to start the second. He quickly escaped and then took the Hawkeye down to open up a 7-0 lead. Haines carried a 7-1 lead into the third period. Kennedy chose down to start the final stanza, and Haines built his riding time up over 1:00 before Kennedy escaped to a 7-2 score. Haines notched another takedown at 1:10 to open up a 10-3 lead after a quick cut. Haines took Kennedy down once more then added four back points to lead 17-3. He finished the period on top and, with riding time, posted the strong 18-3 tech fall at 7:00. Haines moved into the national finals for the third time with the win.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

184: #1 Rocco Welsh, So., Waynesburg, Pa./Waynesburg Central
Rd. 1: #32 Caleb Uhlenhopp, Utah Valley – W, 19-4 (TF; 6:31)
Rd. 2: #16 Rylan Rogers, Lehigh – W, 13-4 dec.
Qtr: #8 Silas Allred, Nebraska – W, inj. def. (6:02 / leading 7-1)
Semi: #5 Brock Mantanona, Michigan – W, 4-3 dec.
Finals: #3 Max McEnelly, Minnesota – L, 3-4 dec.

Welsh, the No. 1 seed at 184, faced No. 32 Caleb Uhlenhopp of Utah Valley the opening round. Welsh took an early 3-1 lead with a takedown and cut to begin the bout. He skipped away from an Uhlenhopp counter shot and forced a stall warning at 0:52. Welsh used a high single off a reset to take a 6-1 lead at the :40 mark and carried that lead into the second period. Uhlenhopp chose down to start the second period and Welsh cut him to a 6-2 score. Welsh took a 9-3 lead with another takedown and cut, then notched a fourth takedown late to lead 12-3 after two. Welsh chose down to start the third period and escaped to a 13-3 lead. He picked up a fifth takedown, cut Uhlenhopp loose and finished off the 19-4 tech fall with a final takedown at 6:31.

He met No. 16 Nick Fine of Columbia in the second round. Haines took Fine down in the first :10 to lead 3-1 early. He quickly took Fine down a second time to open up a 6-1 lead then went to work, looking to turn Fine for back points. Fine escaped to a 6-2 score and Haines moved in for a high shot and a third takedown at :22 to lead 9-2 with 1:40 in riding time after one. Fine chose down to start the second period. Haines let him up seconds into the period. He bulled through a high shot to lead 12-4 after a quick cut. Haines added another takedown and finished in control once more to lead 15-4 with 2:55 in time after two. Haines added two more takedowns early in the third period to move into the quarters with a 21-5 tech fall at 5:26.

Welsh faced No. 8 Silas Allred of Nebraska in his quarterfinal bout. Welsh worked Allred to the outside circle from the onset. The Nittany Lion then fought off a low Allred shot, countered, moved around behind the Husker and nearly finished off a takedown. But Allred was able to escape out of bounds, and a reset was called at 1:00. Tied 0-0, Welsh chose down to start the second period and quickly escaped to a 1-0 lead. He immediately turned in on a high single and finished off the takedown to lead 4-0 at 1:20. Allred escaped to a 4-1 score and Welsh went back to work on offense. He zipped through a low double to up his lead to 7-1 late in the period and finished the period on top. Trailing by six, Allred chose down to start the third. Welsh was working through a takedown when Allred suffered an injury and could not continue. Welsh, leading 7-1 at the time, won by injury default at 6:02. The win made Welsh a semifinalist and a two-time All-American.

He battled No. 5 Brock Mantanona of Michigan in the semifinals. Welsh and Mantanona battled evenly through the first minute-plus, working for position on the NCAA logo. The first period ended in a scoreless tie. Mantanona chose down to start the second and quickly escaped to a 1-0 lead. Welsh fought off a fast Michigan shot and forced a stalemate at the 1:03 mark. Welsh turned a high shot at :35 into a scoring opportunity late in the period. Mantanona was able to skip out of trouble and the bout moved to the third with Welsh down by one. Welsh chose down to start the third period and quickly escaped to a 1-1 tie. Welsh blew through a fast high single for a takedown and a 4-1 lead at 1:15. Welsh gave up a stall warning on the ride before Mantanona escaped to a 4-2 score at :28. He gave up a stall point and moved into the national finals for the second time with a 4-3 victory.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

197: #1 Josh Barr, So., Davison, Mich./Davison
Rd. 1: #32 Blake Schaffer, Kent State – W, 20-4 (TF; 5:43)
Rd. 2: #17 Dillon Bechtold, Bucknell – W, 11-3 maj. dec.
Qtr: #9 Angelo Posada, Stanford – W, 19-3 (TF; 4:50)
Semi: #5 Joey Novak, Wyoming – W, 14-3 maj. dec.
Finals: #7 Cody Merrill, Oklahoma State – W, 6-3 dec.

Barr, the No. 1 seed at 197, wrestled No. 32 Blake Schaffer of Kent State in the first round. Barr turned a quick low shot into a takedown and a 3-0 lead at 2:23. He built up :43 in time before cutting Schaffer loose. Barr then countered a Flash shot and took him down for a 6-1 lead at 1:16. Barr used a low double for a third takedown and a 9-2 lead with :45 on the clock. He then worked Schaffer to his back for two near fall points and an 11-2 lead after one period. Barr chose neutral to start the second period and took 14-2 lead with a fourth takedown. Barr added one more takedown and led 17-3 with 3:15 in time after two. Schaffer chose down to start the third period. Barr cut him loose at 1:35 and ended the bout with a final takedown, posting the 20-4 tech fall at 5:43.

He took on No. 17 Dilon Bechtold of Bucknell in the second round. Barr notched the first takedown of the bout off a high single and 1:45. He cut the Bison loose toa 3-1 score and went back to work in neutral. Barr muscled Bechtold to the mat for a second takedown and a 6-1 lead at :50. He finished the period on top and led 6-1 with 1:02 in time after the opening period. Barr escaped to start the second period, the only scoring of the middle stanza. Trailing 7-1, Bechtold chose down to start the third and escaped to a 7-2 score. Barr forced a scramble and finished off another takedown to lead 10-3 at 1:00 after a quick Bison escape. Barr added 1:27 in riding time and moved into the quarterfinals with an 11-3 major decision.

Barr took on No. 9 Angelo Posada of Stanford in Penn State's last quarterfinal bout. Barr took Posada down quickly, taking a 3-0 lead early in the bout. Barr controlled action on top through the 2:00 mark, building up riding time looking for a turn. Barr turned Posada for four and a 7-0 lead at the end of the period with 2:31 in riding time. After a neutral start in the second, Barr took a 10-1 lead with a takedown and cut. He immediately took Posada down again to lead 13-2 after another cut. Barr finished off the bout with two more takedowns to post the 19-3 tech fall at 4:50. The win earned Barr a second All-America honor and moved him into the semifinals.

He faced No. 5 Joey Novak of Wyoming in Penn State's last semifinal match-up of the evening. Barr muscled his way through an early high double to take a 3-0 lead at 2:29. Novak scrambled his way to a reversal to cut into the lead at 1:32 and Barr led 4-2 after a quick escape. Barr worked Novak to the mat at the :30 mark and added a late takedown to lead 7-2 after the opening period. Novak chose down to start the second period. Barr worked his riding time up over 1:00 before Novak escaped to a 7-3 score. Barr moved in on a low double and scrambled his way to a third takedown and a 10-3 lead with :42 on the clock. He finished the period on top and led 10-3 with 2:16 RT after two. Barr chose neutral to start the third. Barr muscled Novak down for a takedown at the 1:00 mark to lead 1-3 with clinched riding time. Barr finished the period on top and, with riding time, rolled to the 14-3 major decision. He advanced to his second national title bout with the win.

SEE ABOVE STORY FOR THIS SESSION'S BOUT-BY-BOUT

285: #9 Cole Mirasola, R-Fr., Jackson, Wis./West Bend
Rd. 1: #24 Connor Barket, Duke – W, 13-7 dec.
Rd. 2: #8 Ben Kueter, Iowa – L, 0-4 dec.
Cn. 2: #29 Stephen Monchery, Appalachian State – W, 18-3 (TF; 6:03)
Cn. 3: #18 Christian Carroll, Wyoming – L, 6-9 dec.

Mirasola, the No. 9 seed at 285, battled No. 24 Connor Barket of Duke in the opening round. Mirasola scored first, taking a 3-0 lead at 2:10 with a takedown on the edge of the mat. Barket escaped to a 3-1 score and Mirasola went back to work on offense. He forced a stall warning then bulled through a shot for another takedown and a 6-1 lead at 1:10. Mirasola added one more takedown and led 9-2 after one. Barket escaped to start the second period. The duo battled in neutral for the rest of the period and Mirasola led 9-3 after two. Mirasola escaped to start the third period. He turned a low shot into a scramble on the edge of the mat and took a 13-3 lead with a takedown at :26. Barket added an escape and a late takedown, but Mirasola's early offense allowed him to post a 13-7 win.

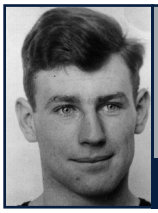
He met No. 8 Ben Kueter of Iowa in the last of Penn State's second round bouts. Mirasola battled in neutral through the first minute-plus. Mirasola worked a high single into a scramble at the 1:00 mark. But Kueter was able to fight off the effort and force a stalemate with :41 left in the period. Kueter chose down to start the second period and quickly escaped to a 1-0 lead. Mirasola worked a shot into a scramble once more, but another stalemate followed and the Lion freshman trailed 1-0 after two. Mirasola chose neutral to start the third period, trailing by one. Mirasola used a low double to force a scramble, but Kueter countered and finished off a takedown with :20 left to ice the bout with a 4-0 decision. The loss sent Mirasola to consolation action in session three.

Mirasola faced Stephen Monchery of Appalachian State in his first consolation bout. Mirasola scored quickly, taking Monchery down for an early 3-0 lead. Monchery escaped after a reset. Mirasola countered a Monchery shot to score a second takedown and lead 6-1 at 1:40. He worked his riding time up over 1:00 before cutting Monchery loose to a 6-2 score. Mirasola took a 9-2 lead with a third takedown and finished the period on top to lead by seven after one. After a neutral start in the second, Mirasola turned a low single into a scramble and a fourth takedown at 1:05. Another rideout gave the Lion a 12-2 lead with 3:06 in riding time after two. Mirasola finished off the match with two more takedowns to post an 18-3 tech fall at 6:03. Mirasola battled No. 18 Christian Carroll of Wyoming in the next consolation round. Mirasola and Carroll battled through a scoreless opening period. Mirasola chose down to start the second period and quickly escaped to a 1-0 lead. Carroll finished off a takedown at the 1:10 mark to take a 3-1 lead. Mirasola escaped to a 3-2 score at 1:04. Mirasola used a low double to take Carroll down to a 5-4 lead after a quick Carroll escape. Trailing by one, Carroll chose down to start the third period and quickly escaped to a 5-5 tie. Mirasola gave up a point on stalling and trailed 6-5 at 1:18. Carroll added one more takedown and Mirasola's tournament ended with a 9-6 loss. Mirasola went 2-2 with a tech fall at his first NCAA tournament.

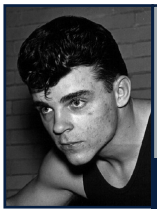

PENN STA

## NATIONAL CHAMPIONS

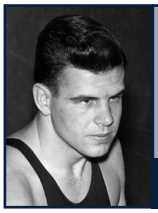
# 40 NITTANY LIONS HAVE WON 65 NATIONAL TITLES, INCLUDING 44 UNDER CAEL SANDERSON



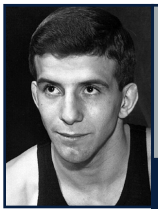
**HOWARD JOHNSTON**
1935 | 165 POUNDS



**JOE LEMYRE**
1952 | 167 POUNDS



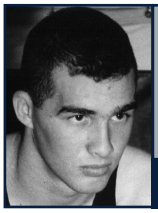
**HUD SAMSON**
1953 | 191 POUNDS



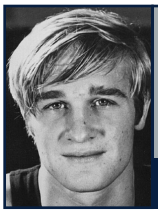
**LARRY FORNICOLA**
1955 | 137 POUNDS



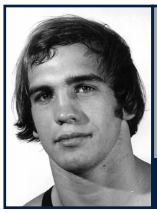
**BILL OBERLY**
1955 | 285 POUNDS



**JOHN JOHNSTON**
1957 | 130 POUNDS



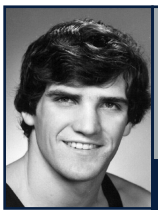
**ANDY MATTER**
1971, 1972 | 167 POUNDS



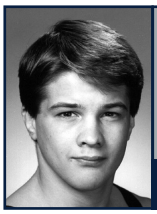
**JOHN FRITZ**
1975 | 126 POUNDS



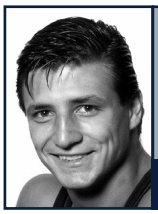
**CARL DeSTEFANIS**
1984 | 118 POUNDS



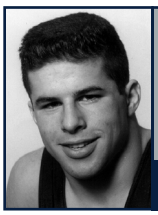
**SCOTT LYNCH**
1984 | 134 POUNDS



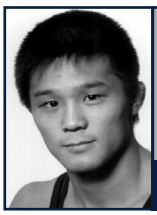
**JIM MARTIN**
1988 | 126 POUNDS



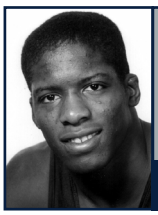
**JEFF PRESCOTT**
1991, 1992 | 118 POUNDS



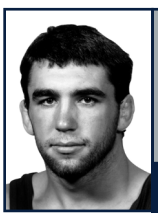
**JOHN HUGHES**
1995 | 142 POUNDS



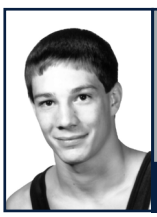
**SANSHIRO ABE**
1996 | 126 POUNDS



**KERRY McCOY**
1994, 1997 | 285 POUNDS



**GLENN PRITZLAFF**
1999 | 174 POUNDS



**JEREMY HUNTER**
2000 | 125 POUNDS



**PHIL DAVIS**
2008 | 197 POUNDS



**QUENTIN WRIGHT**
2011 | 184 POUNDS
2013 | 197 POUNDS



**FRANK MOLINARO**
2012 | 149 POUNDS



**ED RUTH**
2012 | 174 POUNDS
2013, 2014 | 184 POUNDS

## NATIONAL CHAMPIONS



**DAVID TAYLOR**

2012, 2014 | 165 POUNDS



**MATT BROWN**

2015 | 174 POUNDS



**NICO MEGALUDIS**

2016 | 125 POUNDS



**ZAIN RETHERFORD**

2016, 2017, 2018 | 149 POUNDS



**JASON NOLF**

2017, 2018, 2019 | 157 POUNDS



**VINCENZO JOSEPH**

2017, 2018 | 165 POUNDS



**MARK HALL**

2017 | 174 POUNDS



**BO NICKAL**

2017, 2018 | 184 POUNDS
2019 | 197 POUNDS



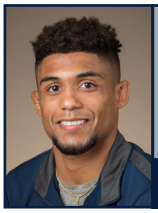
**ANTHONY CASSAR**

2019 | 285 POUNDS



**NICK LEE**

2021, 2022 | 141 POUNDS



**ROMAN BRAVO-YOUNG**

2021, 2022 | 133 POUNDS



**AARON BROOKS**

2021, 2022, 2023 | 184 POUNDS
2024 | 197 POUNDS



**CARTER STAROCCI**

2021, 2022, 2023, 2024 | 174 POUNDS
2025 | 184 POUNDS



**MAX DEAN**

2022 | 197 POUNDS



**GREG KERKVLIET**

2024 | 285 POUNDS



**LEVI HAINES**

2024 | 157 POUNDS
2026 | 174 POUNDS



**MITCHELL MESENBRINK**

2025, 2026 | 165 POUNDS



**JOSH BARR**

2026 | 197 POUNDS



**LUKE LILLEDAHL**

2026 | 125 POUNDS

# PENN STATE AT THE NCAA CHAMPIONSHIPS

## NCAA HIGHLIGHTS

### National Champions (65)

1935 Howard Johnston, 165
1952 Joe Lemyre, 167
1953 Hud Samson, 191
1955 Larry Fornicola, 137
1955 Bill Oberly, Hwt.
1957 John Johnston, 130
1971 Andy Matter, 167
1972 Andy Matter, 167
1975 John Fritz, 126
1984 Carl DeStefanis, 118
Scott Lynch, 134
1988 Jim Martin, 126
1991 Jeff Prescott, 118
1992 Jeff Prescott, 118
1994 Kerry McCoy, Hwt.
1995 John Hughes, 142
1996 Sanshiro Abe, 126
1997 Kerry McCoy, Hwt.
1999 Glenn Pritzlaff , 174
2000 Jeremy Hunter, 125
2008 Phil Davis, 197
2011 Quentin Wright, 184
2012 Frank Molinaro, 149
David Taylor, 165
Ed Ruth, 174
2013 Ed Ruth, 184
Quentin Wright, 197
2014 David Taylor, 165
Ed Ruth, 184
2015 Matt Brown, 174
2016 Nico Megaludis, 125
Zain Retherford, 149
2017 Zain Retherford, 149
Jason Nolf, 157
Vincenzo Joseph, 165
Mark Hall, 174
Bo Nickal, 184
2018 Zain Retherford, 149
Jason Nolf, 157
Vincenzo Joseph, 165
Bo Nickal, 184
2019 Jason Nolf, 157
Bo Nickal, 197
Anthony Cassar, 285
2021 Roman Bravo-Young, 133
Nick Lee, 141
Carter Starocci, 174
Aaron Brooks, 184
2022 Roman Bravo-Young, 133
Nick Lee, 141
Carter Starocci, 174
Aaron Brooks, 184
Max Dean, 197
2023 Carter Starocci, 174
Aaron Brooks, 184
2024 Levi Haines, 157
Carter Starocci, 174
Aaron Brooks, 197
Greg Kerkvliet, 285
2025 Mitchell Mesenbrink 165
Carter Starocci, 184
2026 Luke Lilledahl, 125
Mitchell Mesenbrink, 165
Levi Haines, 174
Josh Barr, 197

### Top NCAA Finishes

118 1st: Carl DeStefanis, 1984
1st: Jeff Prescott, 1991-92
125 1st: Luke Lilledahl, 2026
1st: Jeremy Hunter, 2000
1st: Nico Megaludis, 2016
2nd: Nico Megaludis, 2012
2nd: Nico Megaludis, 2013
3rd: Nico Megaludis, 2014
3rd: Luke Lilledahl, 2025
126 1st: John Fritz, 1975
1st: Jim Martin, 1988
1st: Sanshiro Abe, 1996
130 1st: John Johnston, 1957
133 1st: Roman Bravo-Young, 2022
1st: Roman Bravo-Young, 2021
2nd: Roman Bravo-Young, 2023
2nd: Josh Moore, 2004
3rd: Andrew Long, 2011
134 1st: Scott Lynch, 1984
137 1st: Larry Fornicola, 1955
141 1st: Nick Lee, 2022
1st: Nick Lee, 2021
2nd: Beau Bartlett, 2024
3rd: Beau Bartlett, 2023
3rd: Beau Bartlett, 2025
142 1st: John Hughes, 1995
149 1st: Frank Molinaro, 2012
1st: Zain Retherford, 2016
1st: Zain Retherford, 2017
1st: Zain Retherford, 2018
2nd: Shayne Van Ness, 2026
2nd: Frank Molinaro, 2011
2nd: Bubba Jenkins, 2008
3rd: Shayne Van Ness, 2023
3rd: Tyler Kasak, 2024
3rd: Shayne Van Ness, 2025
150 2nd: Troy Sunderland, 1992 & 93
157 1st: Levi Haines, 2024
1st: Jason Nolf, 2018
1st: Jason Nolf, 2017
2nd: Levi Haines, 2023
2nd: Jason Nolf, 2016
2nd: David Taylor, 2011
2nd: Clint Musser, 1999
3rd: PJ Duke, 2026
3rd: Dylan Alton, 2012
3rd: Dan Vallimont, 2008
3rd: Tyler Kasak, 157
158 2nd: Greg Elinsky, 1985-86
2nd: Josh Robbins, 1993
165 1st: Mitchell Mesenbrink, 2026
1st: Mitchell Mesenbrink, 2025
1st: Vincenzo Joseph, 2018
1st: Vincenzo Joseph, 2017
1st: David Taylor, 2013
1st: David Taylor, 2012
1st: Howard Johnson, 1935
2nd: Mitchell Mesenbrink, 2024
2nd: David Taylor, 2013
2nd: Dan Vallimont, 2010
2nd: Vincenzo Joseph, 2019
167 1st: Joe Lemyre, 1952
1st: Andy Matter, 1971-72
174 1st: Levi Haines, 2026
1st: Carter Starocci, 2024
1st: Carter Starocci, 2023
1st: Carter Starocci, 2022
1st: Carter Starocci, 2021
1st: Glenn Pritzlaff, 1999
1st: Ed Ruth, 2012
1st Matt Brown, 2015
1st: Mark Hall, 2017
2nd: Mark Hall, 2019
2nd: Mark Hall, 2018
2nd: Matt Brown, 2013
2nd: Bo Nickal, 2016
3rd: Ed Ruth, 2011
3rd: Levi Haines, 174
177 2nd: Mike Rubino, 1951
2nd: Joe Krufka, 1955
2nd: Dan Mayo, 1988
184 1st: Carter Starocci, 2025
1st: Aaron Brooks, 2023
1st: Aaron Brooks, 2022
1st: Aaron Brooks, 2021
1st: Quentin Wright, 2011
1st: Ed Ruth, 2013
1st: Ed Ruth, 2014
1st: Bo Nickal, 2017
1st: Bo Nickal, 2018
2nd: Rocco Welsh, 2026
2nd: Quentin Wright, 2012
190 4th: Andy Voit, 1987
191 1st: Hud Samson, 1953
197 1st: Josh Barr, 197
1st: Aaron Brooks, 2024
1st: Max Dean, 2022
1st: Quentin Wright, 197
1st: Phil Davis, 2008
2nd: Josh Barr, 197
2nd: Phil Davis, 2006
2nd: Morgan McIntosh, 2016
3rd: Morgan McIntosh, 2015
Hwt 1st: Greg Kerkvliet, 2024
1st: Anthony Cassar, 2020
1st: Bill Oberly, 1955
1st: Kerry McCoy, 1997
1st: Kerry McCoy, 1994
2nd: Greg Kerkvliet, 2023
2nd: Aaron Anspach, 2007

### National Runners-Up (50)

1939 Joe Scalzo, 145
1951 Don Frey, 147
Mike Rubino, 177
Homer Barr, Hwt.
1953 Dick Lemyre, 130
1955 Joe Krufka, 177
1956 Dave Adams, 147
1957 John Pepe, 137
1961 Ron Pifer, 147
1971 Dave Joyner, Hwt.
1985 Greg Elinsky, 158
1986 Greg Elinsky, 158
1987 Jim Martin, 118
1988 Dan Mayo, 177
1990 Greg Haladay, Hwt.
1992 Troy Sunderland, 150
1993 Cary Kolat, 134
Troy Sunderland, 150
Josh Robbins, 158
1995 Sanshiro Abe, 126
1996 John Hughes, 142
1999 Jeremy Hunter, 125
Clint Musser, 157
2004 Josh Moore, 133
Pat Cummins, Hwt.
2006 Phil Davis, 197
2007 Aaron Anspach, HWT
2008 Bubba Jenkins, 149
2010 Dan Vallimont, 165
2011 Frank Molinaro, 149
David Taylor, 157
2012 Nico Megaludis, 125
Quentin Wright, 184
2013 Nico Megaludis, 125
David Taylor, 165
Matt Brown, 174
2016 Jason Nolf, 157
Bo Nickal, 174
Morgan McIntosh, 197
2018 Mark Hall, 174
2019 Vincenzo Joseph, 165
Mark Hall, 174
2023 Roman Bravo-Young, 133
Levi Haines, 157
Greg Kerkvliet, 285
2024 Beau Bartlett, 141
Mitchell Mesenbrink, 165
2025 Josh Barr, 197
2026 Shayne Van Ness, 149
Rocco Welsh, 184

2026-27

# PENN STATE AT THE NCAA CHAMPIONSHIPS

**NCAA Tournament Wins**

| | | |
|---|---|---|
| 1 | Carter Starocci, 2021-25 | 25-0 |
| 2. | Ed Ruth, 2010-14 | 21-1 |
| 3. | Aaron Brooks, 2021-24 | 20-0 |
| | Nick Lee, 2018-22 | 20-4 |
| | Greg Kerkvliet, 2021-Prst | 20-5 |
| 6. | Bo Nickal, 2016-19 | 19-1 |
| | Jason Nolf, 2016-19 | 19-1 |
| | Levi Haines, 2023-26 | 19-2 |
| | Zain Retherford, 2014-18 | 19-2 |
| 10. | David Taylor, 2011-14 | 18-2 |
| | Nico Megaludis, 2012-16 | 18-3 |
| | Roman Bravo-Young, 2019-23 | 18-4 |
| | Quentin Wright, 2009-13 | 18-4 |
| | Jim Martin, 1986-89 | 18-4 |
| | Sanshiro Abe, 1993-96 | 18-4 |
| | Greg Elinsky, 1984-87 | 18-5 |
| 17. | John Fritz, 1972-75 | 17-3 |
| | Phil Davis, 2005-08 | 17-5 |
| | Frank Molinaro, 2009-12 | 17-6 |
| | Ken Chertow, 1985, 1987-89 | 17-6 |

**NCAA Tournament Win %**
**(Minimum 10 matches)**

| | | | |
|---|---|---|---|
| 1. | Carter Starocci, 2021-25 | 100.0 | 25-0 |
| 2. | Aaron Brooks, 2020-24 | 100.0 | 20-0 |
| 3. | Ed Ruth, 2011-14 | 95.5 | 21-1 |
| 4. | Bo Nickal, 2016-19 | 95.0 | 19-1 |
| | Jason Nolf, 2016-19 | 95.0 | 19-1 |
| 6. | Vincenzo Joseph, 2017-19 | 93.3 | 14-1 |
| 7. | Andy Matter, 1970-72 | 91.7 | 11-1 |
| 8. | Zain Retherford, 2014-18 | 90.5 | 19-2 |
| | Levi Haines, 2023-26 | 90.5 | 19-2 |
| 10. | David Taylor, 2011-14 | 90.0 | 18-2 |

**Top Ten Finishes (58)**

| | |
|---|---|
| 1st | 1953, 2011, 2012, 2013, 2014<br>2016, 2017, 2018, 2019, 2022<br>2023, 2024, 2025, 2026 |
| 2nd | 1955, 1993, 2021 |
| 3rd | 1942, 1951, 1954, 1984,<br>1987, 1991, 1992, 1994, 2008 |
| 4th | 1971 (tie), 1996, 1998, 1999 |
| 5th | 1935 (tie), 1952, 1956,<br>1957, 1986, 1988, 1995 |
| 6th | 1981, 1990, 2003, 2015 |
| 7th | 1960, 1961, 1974, 1983, 1985 |
| 8th | 1939, 1964, 1972 |
| 9th | 1946 (tie), 1950, 2006 (tie), 2010 |
| 10th | 1973 (tie), 1975,<br>1976, 1989, 1997 |

**Highest Point Totals**

| | | |
|---|---|---|
| 1. | 181.5* | 2026 (1st) |
| 2. | 177.0** | 2025 (1st) |
| 3. | 172.5*** | 2024 (1st) |
| 4. | 146.5 | 2017 (1st) |
| 5. | 143.0 | 2012 (1st) |
| 6. | 141.5 | 2018 (1st) |
| 7. | 140.5 | 2014 (1st) |
| 8. | 137.5 | 2023 (1st) |
| | 137.5 | 2019 (1st) |
| 10. | 131.5 | 2022 (1st) |
| 11. | 123.5 | 2013 (1st) |
| 12. | 123.0 | 2016 (1st) |
| 13. | 113.5 | 2021 (2nd) |
| 14. | 107.5 | 2011 (1st) |
| 15. | 97.75 | 1987 (3rd) |
| 16. | 89.25 | 1992 (3rd) |
| 17. | 87.50 | 1993 (2nd) |
| 18. | 78.50 | 1999 (4th) |
| 19. | 75.00 | 2008 (3rd) |
| 20. | 71.50 | 1988 (5th) |

* NCAA All-Time Record
** Second-Highest in NCAA history
*** Third-Highest in NCAA history

# ALL-AMERICAN HISTORY

## ALL-AMERICANS (272)

| | | | | |
|---|---|---|---|---|
| 1935 | 1 | Howard Johnston | 165 | 1st |
| 1939 | 2 | Joe Scalzo | 145 | 2nd |
| | | Don Bachman | 165 | 3rd |
| 1941 | 1 | Frank Gleason | 136 | 3rd |
| 1942 | 3 | Charlie Ridenour | 121 | 3rd |
| | | Sam Harry | 128 | 3rd |
| | | Glen Alexander | 145 | 3rd |
| 1946 | 1 | Sam Harry | 128 | 3rd |
| 1949 | 1 | Homer Barr | Hwt. | 4th |
| 1950 | 2 | Jim Maurey | 145 | 3rd |
| | | Homer Barr | Hwt. | 3rd |
| 1951 | 4 | Don Maurey | 137 | 3rd |
| | | Don Frey | 147 | 2nd |
| | | Mike Rubino | 177 | 2nd |
| | | Homer Barr | Hwt. | 2nd |
| 1952 | 2 | Dick Lemyre | 130 | 3rd |
| | | Joe Lemyre | 167 | 1st |
| 1953 | 5 | Dick Lemyre | 130 | 2nd |
| | | Jerry Maurey | 137 | 3rd |
| | | Don Frey | 147 | 3rd |
| | | Joe Lemyre | 167 | 3rd |
| | | Hud Samson | 191 | 1st |
| 1954 | 3 | Jerry Maurey | 137 | 3rd |
| | | Joe Krufka | 177 | 3rd |
| | | Bill Oberly | 191 | 3rd |
| 1955 | 3 | Larry Fornicola | 137 | 1st |
| | | Joe Krufka | 177 | 2nd |
| | | Bill Oberly | Hwt. | 1st |
| 1956 | 3 | John Pepe | 137 | 3rd |
| | | Dave Adams | 147 | 2nd |
| | | Bill Oberly | Hwt. | 3rd |
| 1957 | 2 | John Johnston | 130 | 1st |
| | | John Pepe | 137 | 2nd |
| 1958 | 1 | John Johnston | 123 | 3rd |
| 1960 | 2 | Ron Pifer | 157 | 4th |
| | | Johnston Oberly | Hwt. | 3rd |
| 1961 | 2 | Ron Pifer | 147 | 2nd |
| | | Johnston Oberly | Hwt. | 4th |
| 1962 | 1 | Ron Pifer | 157 | 3rd |
| 1963 | 1 | Tom Balent | 115 | 3rd |
| 1964 | 2 | Mark Piven | 130 | 3rd |
| | | George Edwards | 147 | 5th |
| 1965 | 2 | Jay Windfelder | 115 | 5th |
| | | Marty Strayer | 167 | 5th |
| 1968 | 2 | Matt Kline | 160 | 4th |
| | | Rich Lorenzo | 191 | 4th |
| 1969 | 1 | Clyde Frantz | 145 | 3rd |
| 1971 | 3 | Don Stone | 150 | 3rd |
| | | Andy Matter | 167 | 1st |
| | | Dave Joyner | Hwt. | 2nd |
| 1972 | 1 | Andy Matter | 167 | 1st |
| 1973 | 2 | John Fritz | 126 | 3rd |
| | | Charlie Getty | Hwt. | 5th |
| 1974 | 3 | John Fritz | 126 | 3rd |
| | | Jerry Villecco | 158 | 4th |
| | | Charlie Getty | Hwt. | 3rd |
| 1975 | 2 | John Fritz | 126 | 1st |
| | | Jerry Villecco | 167 | 6th |
| 1976 | 1 | Jerry Villecco | 167 | 4th |
| 1977 | 1 | Jerry White | 177 | 3rd |
| 1978 | 2 | Mike DeAugustino | 118 | 6th |
| | | Dave Becker | 158 | 5th |
| 1981 | 3 | Bernie Fritz | 142 | 6th |
| | | John Hanrahan | 167 | 3rd |
| | | Steve Sefter | Hwt. | 6th |
| 1982 | 2 | Scott Lynch | 126 | 6th |
| | | John Hanrahan | 167 | 5th |
| 1983 | 3 | Scott Lynch | 126 | 4th |
| | | Bill Marino | 134 | 7th |
| | | Bob Harr | 177 | 6th |
| 1984 | 7 | Carl DeStefanis | 118 | 1st |
| | | Scott Lynch | 134 | 1st |
| | | Eric Childs | 142 | 7th |
| | | Chris Bevilacqua | 150 | 8th |
| | | Greg Elinsky | 158 | 7th |
| | | Eric Brugel | 167 | 8th |
| | | Bob Harr | 177 | 5th |
| 1985 | 3 | Chris Bevilacqua | 150 | 4th |
| | | Greg Elinsky | 158 | 2nd |
| | | Steve Sefter | Hwt. | 4th |
| 1986 | 2 | Jim Martin | 118 | 4th |
| | | Greg Elinsky | 158 | 2nd |
| 1987 | 8 | Jim Martin | 118 | 2nd |
| | | Ken Chertow | 126 | 3rd |
| | | Tim Flynn | 134 | 7th |
| | | Joe Hadge | 142 | 6th |
| | | Sean Finkbeiner | 150 | 6th |
| | | Greg Elinsky | 167 | 3rd |
| | | Dan Mayo | 177 | 3rd |
| | | Andy Voit | 190 | 4th |
| 1988 | 4 | Ken Chertow | 118 | 3rd |
| | | Jim Martin | 126 | 1st |
| | | Dan Mayo | 177 | 2nd |
| | | Andy Voit | 190 | 5th |
| 1989 | 4 | Ken Chertow | 118 | 6th |
| | | Jim Martin | 126 | 3rd |
| | | Andy Voit | 190 | 7th |
| | | Greg Haladay | Hwt. | 7th |
| 1990 | 4 | Jeff Prescott | 118 | 5th |
| | | Tim Wittman | 150 | 4th |
| | | Jason Suter | 167 | 8th |
| | | Greg Haladay | Hwt. | 2nd |
| 1991 | 6 | Jeff Prescott | 118 | 1st |
| | | Bob Truby | 126 | 5th |
| | | Troy Sunderland | 142 | 4th |
| | | Tim Wittman | 150 | 7th |
| | | Jason Suter | 158 | 5th |
| | | Matt White | 177 | 8th |
| 1992 | 7 | Jeff Prescott | 118 | 1st |
| | | Shawn Nelson | 126 | 4th |
| | | Bob Truby | 134 | 4th |
| | | Troy Sunderland | 150 | 2nd |
| | | Tim Wittman | 158 | 6th |
| | | Dave Hart | 167 | 4th |
| | | Matt White | 177 | 8th |
| 1993 | 5 | Sanshiro Abe | 126 | 4th |
| | | Cary Kolat | 134 | 2nd |
| | | Troy Sunderland | 150 | 2nd |
| | | Josh Robbins | 158 | 2nd |
| | | Dave Hart | 167 | 3rd |
| 1994 | 4 | Sanshiro Abe | 126 | 3rd |
| | | Cary Kolat | 134 | 3rd |
| | | John Hughes | 142 | 7th |
| | | Kerry McCoy | Hwt. | 1st |
| 1995 | 3 | Sanshiro Abe | 126 | 2nd |
| | | John Hughes | 142 | 1st |
| | | Kerry McCoy | Hwt. | 3rd |
| 1996 | 3 | Sanshiro Abe | 126 | 1st |
| | | John Hughes | 142 | 2nd |
| | | Russ Hughes | 150 | 3rd |
| 1997 | 1 | Kerry McCoy | Hwt. | 1st |
| 1998 | 5 | Jeremy Hunter | 118 | 5th |
| | | Jamarr Billman | 142 | 5th |
| | | Clint Musser | 150 | 5th |
| | | John Lange | 158 | 3rd |
| | | Glenn Pritzlaff | 167 | 7th |
| 1999 | 4 | Jeremy Hunter | 125 | 2nd |
| | | Biff Walizer | 149 | 8th |
| | | Clint Musser | 157 | 2nd |
| | | Glenn Pritzlaff | 174 | 1st |
| 2000 | 2 | Jeremy Hunter | 125 | 1st |
| | | Ross Thatcher | 197 | 6th |
| 2002 | 1 | Doc Vecchio | 165 | 8th |
| 2003 | 4 | Josh Moore | 133 | 3rd |
| | | Scott Moore | 141 | 4th |
| | | Mark Becks | 184 | 7th |
| | | Pat Cummins | Hwt. | 4th |
| 2004 | 2 | Josh Moore | 133 | 2nd |
| | | Pat Cummins | Hwt. | 2nd |
| 2005 | 2 | Eric Bradley | 184 | 4th |
| | | Phil Davis | 197 | 7th |
| 2006 | 3 | Phil Davis | 197 | 2nd |
| | | James Yonushonis | 174 | 8th |
| | | Eric Bradley | 184 | 8th |
| 2007 | 3 | Aaron Anspach | Hwt. | 2nd |
| | | Phil Davis | 197 | 5th |
| | | Jake Strayer | 133 | 7th |
| 2008 | 4 | Phil Davis | 197 | 1st |
| | | Bubba Jenkins | 149 | 2nd |
| | | Dan Vallimont | 157 | 3rd |
| | | Mark McKnight | 125 | 4th |
| 2009 | 2 | Quentin Wright | 174 | 6th |
| | | Frank Molinaro | 141 | 8th |

# ALL-AMERICAN HISTORY

## All-Americans under Sanderson (109)

| | | | | |
|---|---|---|---|---|
| 2010 | 3 | Dan Vallimont | 165 | 2nd |
| | | Frank Molinaro | 149 | 5th |
| | | Cyler Sanderson | 157 | 6th |
| 2011 | 5 | Quentin Wright | 184 | 1st |
| | | Frank Molinaro | 149 | 2nd |
| | | David Taylor | 157 | 2nd |
| | | Andrew Long | 133 | 3rd |
| | | Ed Ruth | 174 | 3rd |
| 2012 | 6 | Frank Molinaro | 149 | 1st |
| | | Ed Ruth | 174 | 1st |
| | | David Taylor | 165 | 1st |
| | | Nico Megaludis | 125 | 2nd |
| | | Quentin Wright | 184 | 2nd |
| | | Dylan Alton | 157 | 3rd |
| 2013 | 5 | Ed Ruth | 184 | 1st |
| | | Quentin Wright | 197 | 1st |
| | | Nico Megaludis | 125 | 2nd |
| | | David Taylor | 165 | 2nd |
| | | Matt Brown | 174 | 2nd |
| 2014 | 7 | David Taylor | 165 | 1st |
| | | Ed Ruth | 184 | 1st |
| | | Nico Megaludis | 125 | 3rd |
| | | Zain Retherford | 141 | 5th |
| | | Matt Brown | 174 | 5th |
| | | James English | 149 | 7th |
| | | Morgan McIntosh | 197 | 7th |
| 2015 | 5 | Matt Brown | 174 | 1st |
| | | Morgan McIntosh | 197 | 3rd |
| | | Jimmy Gulibon | 133 | 5th |
| | | Jimmy Lawson | 285 | 6th |
| | | Jordan Conaway | 125 | 8th |
| 2016 | 6 | Nico Megaludis | 125 | 1st |
| | | Zain Retherford | 149 | 1st |
| | | Jason Nolf | 157 | 2nd |
| | | Bo Nickal | 174 | 2nd |
| | | Morgan McIntosh | 197 | 2nd |
| | | Jordan Conaway | 133 | 6th |
| 2017 | 6 | Zain Retherford | 149 | 1st |
| | | Jason Nolf | 157 | 1st |
| | | Vincenzo Josepn | 165 | 1st |
| | | Mark Hall | 174 | 1st |
| | | Bo Nickal | 184 | 1st |
| | | Nick Nevills | 285 | 5th |
| 2018 | 8 | Zain Retherford | 149 | 1st |
| | | Jason Nolf | 157 | 1st |
| | | Vincenzo Josepn | 165 | 1st |
| | | Bo Nickal | 184 | 1st |
| | | Mark Hall | 174 | 2nd |
| | | Nick Lee | 141 | 5th |
| | | Shakur Rasheed | 197 | 7th |
| | | Nick Nevills | 285 | 7th |
| 2019 | 7 | Jason Nolf | 157 | 1st |
| | | Bo Nickal | 197 | 1st |
| | | Anthony Cassar | 285 | 1st |
| | | Vincenzo Joseph | 165 | 2nd |
| | | Mark Hall | 174 | 2nd |
| | | Nick Lee | 141 | 5th |
| | | Roman Bravo-Young | 133 | 8th |
| 2020* | 5 | Roman Bravo-Young | 133 | 1st-T |
| | | Nick Lee | 141 | 1st-T |
| | | Vincenzo Joseph | 165 | 1st-T |
| | | Mark Hall | 174 | 1st-T |
| | | Aaron Brooks | 184 | 1st-T |
| 2021 | 6 | Roman Bravo-Young | 133 | 1st |
| | | Nick Lee | 141 | 1st |
| | | Carter Starocci | 174 | 1st |
| | | Aaron Brooks | 184 | 1st |
| | | Michael Beard | 197 | 7th |
| | | Greg Kerkvliet | 197 | 7th |
| 2022 | 6 | Roman Bravo-Young | 133 | 1st |
| | | Nick Lee | 141 | 1st |
| | | Carter Starocci | 174 | 1st |
| | | Aaron Brooks | 184 | 1st |
| | | Max Dean | 197 | 1st |
| | | Greg Kerkvliet | 197 | 4th |
| 2023 | 8 | Carter Starocci | 174 | 1st |
| | | Aaron Brooks | 184 | 1st |
| | | Roman Bravo-Young | 133 | 2nd |
| | | Levi Haines | 157 | 2nd |
| | | Greg Kerkvliet | 285 | 2nd |
| | | Beau Bartlett | 141 | 3rd |
| | | Shayne Van Ness | 149 | 3rd |
| | | Max Dean | 197 | 7th |
| 2024 | 8 | Levi Haines | 157 | 1st |
| | | Carter Starocci | 174 | 1st |
| | | Aaron Brooks | 197 | 1st |
| | | Greg Kerkvliet | 285 | 1st |
| | | Beau Bartlett | 141 | 2nd |
| | | Mitchell Mesenbrink | 165 | 2nd |
| | | Tyler Kasak | 149 | 3rd |
| | | Bernie Truax | 184 | 5th |
| 2025 | 10 | Mitchell Mesenbrink | 165 | 1st |
| | | Carter Starroci | 184 | 1st |
| | | Josh Barr | 197 | 2nd |
| | | Luke Lilledahl | 125 | 3rd |
| | | Beau Bartlett | 141 | 3rd |
| | | Shayne Van Ness | 149 | 3rd |
| | | Tyler Kasak | 157 | 3rd |
| | | Levi Haines | 174 | 3rd |
| | | Braeden Davis | 133 | 5th |
| | | Greg Kerkvliet | 285 | 6th |
| 2026 | 8 | Luke Lilledahl | 125 | 1st |
| | | Mitchell Mesenbrink | 165 | 1st |
| | | Levi Haines | 174 | 1st |
| | | Josh Barr | 197 | 1st |
| | | Shayne Van Ness | 149 | 2nd |
| | | Rocco Welsh | 184 | 2nd |
| | | PJ Duke | 157 | 3rd |
| | | Marcus Blaze | 133 | 4th |

* The 2020 tournament was canceled by the NCAA, the top eight seeds at each weight were named First Team All-Americans by the NWCA.

# ALL-AMERICAN HISTORY

**5X NCAA Champion/5X All-American (1)**

Carter Starocci:
1st (174), 2021; 1st (174), 2022;
1st (174), 2023; 1st (174), 2024;
1st (184), 2025.

**4X NCAA Champion/5X All-American (1)**

Aaron Brooks:
Aaron Brooks
First-Team (184), 2020; 1st (184), 2021;
1st (184), 2022; 1st (184), 2023
1st (197), 2024.

**3X NCAA Champions/4X Finalists (2)**

Jason Nolf:
2nd (157), 2016; 1st (157), 2017;
1st (157), 2018; 1st (157), 2019.

Bo Nickal:
2nd (174), 2016; 1st (184), 2017;
1st (184), 2018; 1st (197), 2019.

**3X NCAA Champions (2)**

Ed Ruth:
3rd (174), 2011; 1st (174), 2012;
1st (184), 2013; 1st (184), 2014.

Zain Retherford
5th (141), 2014; 1st (149), 2016;
1st (149), 2017; 1st (149), 2018.

**2X Champion/5X All-Americans (2)**

Nick Lee:
5th (141), 2018; 5th (141), 2019;
1st-T (141), 2020; 1st (141), 2021;
1st (141), 2022)

Roman Bravo-Young
8th (133), 2019; 1st-T (133), 2020;
1st (133), 2021. 1st (133), 2022;
2nd (133), 2023.

**1X Champion/5X All-American (1)**

Greg Kerkvliet:
7th (285), 2021); 4th (285), 2022;
2nd (285), 2023; 1st (285), 2024;
6th (285), 2025.

**4X All-Americans**
**(20 including previous column)**

Greg Elinsky:
7th (158),1984; 2nd (158), 1985;
2nd (158), 1986; 3rd (167), 1987.

Jim Martin:
4th (118), 1986; 2nd (118), .....1987;
1st (126), 1988; 3rd (126), 1989.

Sanshiro Abe:
4th (126), 1993; 3rd (126), 1994;.....
2nd (126), 1995; 1st (126), 1996.

Phil Davis:
7th (197), 2005; 2nd (197), 2006;
5th (197), 2007; 1st (197), 2008.

Frank Molinaro:
8th (141), 2009; 5th (149), 2010;
2nd (149), 2011; 1st (149), 2012.

Quentin Wright:
6th (174), 2009; 1st (184), 2011;
2nd (184), 2012; 1st (197), 2013.

David Taylor:
2nd (157), 2011; 1st (165), 2012;
2nd (165), 2013; 1st (165), 2014.

Nico Megaludis:
2nd (125), 2012; 2nd (125), 2013;
3rd (125), 2014; 1st (125), 2016.

Mark Hall:
1st (174), 2017; 2nd (174), 2018;
2nd (174), 2019; 1st-Tm (174), 2020.

Vincenzo Joseph:
1st (165), 2017; 1st (165), 2018;
2nd (165), 2019; 1st-Tm (165), 2020.

Levi Haines
2nd (157), 2023; 1st (157), 2024; 3rd (174),
2025; 1st (174), 2026

**3X All-Americans**
**(37 including 4X & 5X All-Americans)**

Homer Barr:
4th (Hwt.), 1949; 3rd (Hwt.), 1950;
2nd (Hwt.), 1951.

Bill Oberly:
3rd (191), 1954; 1st (Hwt.), 1955;
3rd (Hwt.), 1956.

Ron Pifer:
4th (157), 1960; 2nd (147), 1961;
3rd (157), 1962.

John Fritz:
3rd (126), 1973; 3rd (126), 1974;
1st (126), 1975.

Jerry Villecco:
4th (158), 1974; 6th (167), 1975;
4th (167), 1976.

Scott Lynch:
6th (126), 1982; 4th (126), 1983;
1st (134), 1984.

**3X All-Americans**
**(continued)**

Ken Chertow:
3rd (126), 1987; 3rd (118), 1988;
6th (118), 1989.

Andy Voit:
4th (190), 1987; 5th (190), 1988;
7th (190), 1989.

Jeff Prescott:
5th (118), 1990; 1st (118), 1991;
1st (118), 1992.

Tim Wittman:
4th (150), 1990; 7th (150), 1991;
6th (158), 1992.

Troy Sunderland:
4th (142), 1991; 2nd (150), 1992;
2nd (150), 1993.

John Hughes:
7th (142), 1994; 1st (142), 1995;
2nd (142), 1996.

Kerry McCoy:
1st (Hwt.), 1994; 3rd (Hwt.), 1995;
1st (Hwt.), 1997.

Jeremy Hunter:
5th (125), 1998; 2nd (125), 1999;
1st (125), 2000.

Matt Brown
2nd (174), 2013; 5th (174), 2014;
1st (174), 2015.

Morgan McIntosh
7th (197), 2014; 3rd (197), 2015;
2nd (197), 2016.

Beau Bartlett
3rd (141), 2023; 2nd (141), 2024;
3rd (141), 2025.

Mitchell Mesenbrink
2nd (165), 2024; 1st (165), 2025;
1st (165), 2026

Shayne Van Ness
3rd (149), 2023; 3rd (149), 2025;
2nd (149); 2026

# 6 SIX NITTANY LIONS HAVE WON EIGHT DAN HODGE TROPHIES, INCLUDING SEVEN UNDER CAEL SANDERSON



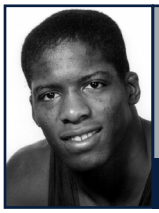
## ABOUT THE DAN HODGE TROPHY

The Dan Hodge Trophy is awarded each year to the best collegiate wrestler in the United States. The trophy is named after Danny Hodge, a three-time NCAA Champion for the University of Oklahoma from 1955 to 1957. Voting is based on a set of four criteria, namely the individual athlete's record, dominance/bonus-point percentage, quality of competition and sportsmanship.

Six individuals have won multiple Dan Hodge Trophies in their careers, highlighted by Iowa State standout and Nittany Lion head coach Cael Sanderson, the only individual to win the award on three separate occasions. Penn State is the only institution to have both a sitting head coach and current student-athlete with Hodge Trophies on their career resume entering the 2026-27 season. PSU is also the only institution in the history of collegiate wrestling to boast more than one student-athlete that won the Hodge Trophy on multiple occasions, with David Taylor (2012, 2014) and Zain Retherford (2017, 2018) achieving those accolades.

The reigning winner of the Dan Hodge Trophy is Penn State fifth-year student-athlete Mitchell Mesenbrink, who collected 66-of-71 first-place votes to bring the trophy back to Happy Valley in 2026. Mesenbrink turned in an unblemished 27-0 record en route to the national title at 165 pounds, bonusing 26 of his 27 foes in the process.





**KERRY McCOY**

1997 | 285 POUNDS



**DAVID TAYLOR**

2012, 2014 | 165 POUNDS



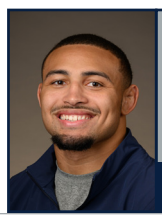
**ZAIN RETHERFORD**

2017, 2018 | 149 POUNDS



**BO NICKAL**

2019 | 197 POUNDS



**AARON BROOKS**

2024 | 197 POUNDS



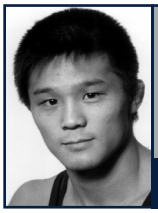
**MITCHELL MESENBRINK**

2026 | 165 POUNDS

## BIG TEN CHAMPIONS

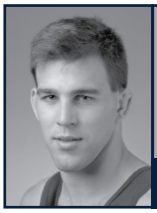
# 41

# 41 NITTANY LIONS HAVE WON 76 BIG TEN TITLES, INCLUDING 57 UNDER CAEL SANDERSON



**SANSHIRO ABE**

1993, 1994, 1996 | 126 POUNDS



**DAVE HART**

1993 | 167 POUNDS



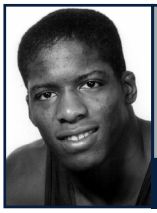
**TROY SUNDERLAND**

1993 | 150 POUNDS



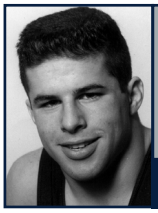
**CARY KOLAT**

1994 | 134 POUNDS



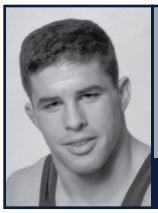
**KERRY McCOY**

1994, 1995, 1997 | 285 POUNDS



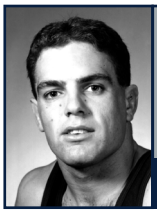
**JOHN HUGHES**

1995 | 142 POUNDS



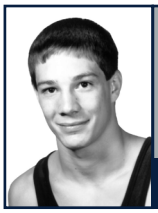
**RUSS HUGHES**

1996 | 150 POUNDS



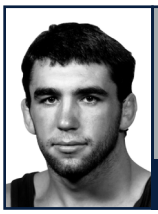
**JOHN LANGE**

1998 | 158 POUNDS



**JEREMY HUNTER**

1999 | 125 POUNDS



**GLENN PRITZLAFF**

1999 | 174 POUNDS



**SCOTT MOORE**

2003 | 141 POUNDS



**ERIC BRADLEY**

2004, 2005 | 184 POUNDS



**PHIL DAVIS**

2006, 2008 | 197 POUNDS



**CYLER SANDERSON**

2010 | 157 POUNDS



**ANDREW LONG**

2011 | 133 POUNDS



**FRANK MOLINARO**

2011, 2012 | 149 POUNDS



**ED RUTH**

2011, 2012 | 174 POUNDS
2013, 2014 | 184 POUNDS



**DAVID TAYLOR**

2011 | 157 POUNDS
2012, 2013, 2014 | 165 POUNDS



**QUENTIN WRIGHT**

2011 | 184 POUNDS
2013 | 197 POUNDS



**MATT BROWN**

2013 | 174 POUNDS



**MORGAN McINTOSH**

2015, 2016 | 197 POUNDS

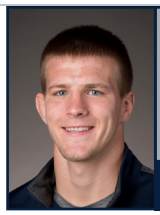
## BIG TEN CHAMPIONS



**ZAIN RETHERFORD**
2016, 2017, 2018 | 149 POUNDS



**BO NICKAL**
2016 | 174 POUNDS
2018 | 184 POUNDS
2019 | 197 POUNDS



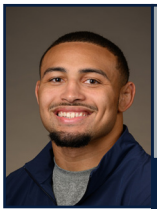
**JASON NOLF**
2017, 2019 | 157 POUNDS



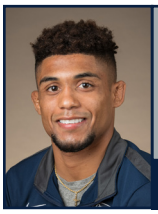
**MARK HALL**
2018, 2019, 2020 | 174 POUNDS



**ANTHONY CASSAR**
2019 | 285 POUNDS



**AARON BROOKS**
2020, 2021, 2023 | 184 POUNDS
2024 | 197 POUNDS



**ROMAN BRAVO-YOUNG**
2021, 2022, 2023 | 133 POUNDS



**NICK LEE**
2022 | 141 POUNDS



**CARTER STAROCCI**
2022, 2023 | 174 POUNDS
2025 | 184 POUNDS



**MAX DEAN**
2022 | 197 POUNDS



**LEVI HAINES**
2023, 2024 | 157 POUNDS
2025, 2026 | 174 POUNDS



**BRAEDEN DAVIS**
2024 | 125 POUNDS



**MITCHELL MESENBRINK**
2024, 2025, 2026 | 165 POUNDS



**GREG KERKVLIET**
2024 | 285 POUNDS



**TYLER KASAK**
2025 | 157 POUNDS



**LUKE LILLEDAHL**
2025, 2026 | 125 POUNDS



**JOSH BARR**
2026 | 197 POUNDS



**PJ DUKE**
2026 | 157 POUNDS



**SHAYNE VAN NESS**
2026 | 149 POUNDS



**ROCCO WELSH**
2026 | 184 POUNDS

# PENN STATE AT THE BIG TEN CHAMPIONSHIPS

## BIG TEN CHAMPIONS

Total Champions: 76
(41 individuals)

Four-Time Champions:
- Aaron Brooks (2020, 21, 23, 24)
- Levi Haines (2023, 24, 25, 26)
- Ed Ruth (2011, 12, 13, 14)
- David Taylor (2011, 12, 13, 14)

Three-Time Champions:
- Sanshiro Abe (1993, 94, 96)
- Roman Bravo-Young (2021, 22, 23)
- Mark Hall (2018, 19, 20)
- Kerry McCoy (1994, 95, 97)
- Mitchell Mesenbrink (2024, 25, 26)
- Bo Nickal (2016, 18, 19)
- Zain Retherford (2016, 17, 18)
- Carter Starocci (2022, 23, 25)

Champions:
- Josh Barr (2026)
- Eric Bradley (2004, 05)
- Matt Brown (2013)
- Anthony Cassar (2019)
- Braeden Davis (2024)
- Phil Davis (2006, 08)
- Max Dean (2022)
- PJ Duke (2026)
- Dave Hart (1993)
- John Hughes (1995)
- Russ Hughes (1996)
- Jeremy Hunter (1999)
- Tyler Kasak (2025)
- Greg Kerkvliet (2024)
- Cary Kolat (1994)
- John Lange (1998)
- Nick Lee (2022)
- Luke Lilledahl (2025, 26)
- Andrew Long (2011)
- Morgan McIntosh (2015, 16)
- Frank Molinaro (2011, 12)
- Scott Moore (2003)
- Jason Nolf (2017, 19)
- Glenn Pritzlaff (1999)
- Cyler Sanderson (2010)
- Troy Sunderland (1993)
- Shayne Van Ness (2026)
- Rocco Welsh (2026)
- Quentin Wright (2011, 13)

## BIG TEN CHAMPIONSHIPS

| | |
|---|---|
| 1993: | 2nd |
| 1994: | 3rd |
| 1995: | 6th |
| 1996: | 2nd |
| 1997: | 4th |
| 1998: | 2nd |
| 1999: | 3rd |
| 2000: | 8th |
| 2001: | 10th |
| 2002: | 6th |
| 2003: | 3rd |
| 2004: | 5th |
| 2005: | 7th |
| 2006: | 4th |
| 2007: | 4th |
| 2008: | 7th |
| 2009: | 7th |
| 2010: | 5th |
| **2011:** | **1st** |
| **2012:** | **1st** |
| **2013:** | **1st** |
| **2014:** | **1st** |
| 2015: | 5th |
| **2016:** | **1st** |
| 2017: | 2nd |
| 2018: | 2nd |
| **2019:** | **1st** |
| 2020: | 4th |
| 2021: | 2nd |
| 2022: | 2nd |
| **2023:** | **1st** |
| **2024:** | **1st** |
| **2025:** | **1st** |
| **2026:** | **1st** |

## TOP FINISHES

| | |
|---|---|
| 1993: | Shawn Nelson (3rd, 118),<br>Cary Kolat (2nd, 134),<br>Josh Robbins (2nd, 158) |
| 1994: | John Hughes (3rd, 150) |
| 1995: | Sanshiro Abe (2nd, 126) |
| 1996: | Biff Walizer (3rd, 134),<br>Rob Neidlinger (3rd, 190) |
| 1997: | Jeremy Hunter (3rd, 118),<br>Biff Walizer (3rd, 134),<br>Clint Musser (3rd, 142),<br>Rob Neidlinger (4th, 190) |
| 1998: | Jeremy Hunter (2nd, 118),<br>Biff Walizer (2nd, 134)<br>Jamarr Billman (3rd, 142)<br>Clint Musser (2nd, 150)<br>Glenn Pritzlaff (3rd, 167)<br>Rob Neidlinger (3rd, 177) |
| 1999: | Clint Musser (2nd, 150)<br>Ross Thatcher (2nd, 184)<br>Mark Janus (3rd, Hwt.) |
| 2000: | Jeremy Hunter (2nd, 125) |
| 2001: | Doc Vecchio (3rd, 165) |
| 2003: | Mark Becks (2nd, 184)<br>Josh Moore (3rd, 133)<br>Pat Cummins (3rd, Hwt.) |
| 2004: | Matt Storniolo (2nd, 149)<br>Pat Cummins (2nd, Hwt.) |
| 2006: | Jake Strayer (3rd, 133) |
| 2007: | James Yonushonis (2nd, 174)<br>Aaron Anspach (2nd, Hwt.) |
| 2008: | Dan Vallimont (2nd, 157) |
| 2009: | Bubba Jenkins (2nd, 149)<br>Quentin Wright (2nd, 174)<br>Dan Vallimont (3rd, 165) |
| 2010: | Cyler Sanderson (1st, 157)<br>Dan Vallimont (3rd, 165) |
| 2011: | Andrew Long (1st, 133)<br>Frank Molinaro (1st, 149)<br>Ed Ruth (1st, 174)<br>David Taylor (1st, 157)<br>Quentin Wright (1st, 184) |
| 2012: | Frank Molinaro (1st, 149)<br>David Taylor (1st, 165)<br>Ed Ruth (1st, 174)<br>Dylan Alton (3rd, 157)<br>Quentin Wright (3rd, 184)<br>Cameron Wade (3rd, Hwt.) |
| 2013: | David Taylor (1st, 165)<br>Matt Brown (1st, 174)<br>Ed Ruth (1st, 184)<br>Quentin Wright (1st, 197)<br>Nico Megaludis (3rd, 125) |

# PENN STATE AT THE BIG TEN CHAMPIONSHIPS

## TOP FINISHES (CONTINUED)

2014: David Taylor (1st, 165)
Ed Ruth (1st, 184)
Nico Megaludis (2nd, 125)
Zain Retherford (2nd, 141)
Morgan McIntosh (2nd, 197)
Matt Brown (3rd, 174)

2015: Morgan McIntosh (1st, 197)
Matt Brown (2nd, 174)
Jordan Conaway (3rd, 125)

2016: Morgan McIntosh (1st, 197)
Bo Nickal (1st, 174)
Zain Retherford (1st, 149)
Jimmy Gulibon (2nd, 141)
Jason Nolf (2nd, 157)

2017: Zain Retherford (1st, 149)
Jason Nolf (1st, 157)
Mark Hall (2nd, 174)

2018: Zain Retherford (1st, 149)
Mark Hall (1st, 174)
Bo Nickal (1st, 184)
Vincenzo Joseph (2nd, 165)
Shakur Rasheed (2nd, 197)
Nick Lee (3rd, 141)
Nick Nevills (3rd, 285)

2019: Jason Nolf (1st, 157)
Mark Hall (1st, 174)
Bo Nickal (1st, 197)
Anthony Cassar (1st, 285)
Vincenzo Joseph (2nd, 165)
Shakur Rasheed (2nd, 184)

2020: Aaron Brooks (1st, 184)
Mark Hall (1st, 174)
Roman Bravo-Young (2nd, 133)
Nick Lee (2nd, 141)
Vincenzo Joseph (2nd, 165)

2021: Roman Bravo-Young (1st, 133)
Aaron Brooks (1st, 184)
Nick Lee (2nd, 141)
Carter Starocci (2nd, 174)
Greg Kerkvliet (4th, 285)

2022: Roman Bravo-Young (1st, 133)
Nick Lee (1st, 141)
Carter Starocci (1st, 174)
Max Dean (1st, 197)
Aaron Brooks (2nd, 184)
Brady Berge (3rd, 157)
Greg Kerkvliet (3rd, 285)

2023: Roman Bravo-Young (1st, 133)
Levi Haines (1st, 157)
Carter Starocci (1st, 174)
Aaron Brooks (1st, 184)
Max Dean (2nd, 197)
Greg Kerkvliet (2nd, 285)
Beau Bartlett (3rd, 141)

2024: Braeden Davis (1st, 125)
Levi Haines (1st, 157)
Mitchell Mesenbrink (1st, 165)
Aaron Brooks (1st, 197)
Greg Kerkvliet (1st, 285)
Beau Bartlett (2nd, 141)
Bernie Truax (2nd, 184)
Aaron Nagao (3rd, 133)
Tyler Kasak (3rd, 149)

2025: Luke Lilledahl (1st, 125)
Tyler Kasak (1st, 157)
Mitchell Mesenbrink (1st, 165)
Levi Haines (1st, 174)
Carter Starocci (1st, 184)
Greg Kerkvliet (2nd, 285)
Beau Bartlett (3rd, 141)
Shayne Van Ness (3rd, 149)

2026: Luke Lilledahl (1st, 125)
Shayne Van Ness (1st, 149)
PJ Duke (1st, 157)
Mitchell Mesenbrink (1st, 165)
Levi Haines (1st, 174)
Rocco Welsh (1st, 184)
Josh Barr (1st, 197)
Marcus Blaze (2nd, 133)

## NCAA QUALIFIERS BY YEAR

| | | |
|---|---|---|
| 1993: 10 | 1994: 6 | 1995: 4 |
| 1996: 7 | 1997: 10 | 1998: 9 |
| 1999: 9 | 2000: 6 | 2001: 6 |
| 2002: 7 | 2003: 8 | 2004: 6 |
| 2005: 6 | 2006: 8 | 2007: 7 |
| 2008: 7 | 2009: 6 | 2010: 6 |
| 2011: 8 | 2012: 9 | 2013: 10 |
| 2014: 10 | 2015: 7 | 2016: 9 |
| 2017: 9 | 2018: 9 | 2019: 9 |
| 2020: 7 | 2021: 9 | 2022: 9 |
| 2023: 9 | 2024: 10 | 2025: 10 |
| 2026: 10 | | |

## HOST SITE

| | |
|---|---|
| Bryce Jordan Center: | 1998 |
| Bryce Jordan Center: | 2009 |
| Bryce Jordan Center: | 2021 |
| Bryce Jordan Center: | 2026 |

## TEAM HIGHS AND LOWS

Highest Finish:
1st; 2011, 2012, 2013, 2014, 2016, 2019, 2023, 2024, 2025, 2026
Lowest Finish: 10th; 2001
Top Three Finishes: 18
Highest Point Total: 184.0, 2026
Lowest Point Total: 35; 2001
Most Champions: 7, 2026
Most Wrestlers in Finals: 8, 2026
Fewest Wrestlers in Finals: 0; 2001 & 02
Most Placers (top 8): 10; 1993, 97, 2012, 13, 14, 18, 24, 25, 2026
Fewest Placers: 4; 1995
Most NCAA Qualifiers:
10; 1993, 1997, 2013, 2014, 2024, 2025, 2026
Fewest NCAA Qualifiers: 4; 1995
Most Dual Wins: 9; 2016, 17, 18, 19

## BIG TEN DUAL TITLES

| | | |
|---|---|---|
| 2012: 7-1 (co-) | 2014: 7-1 (co-) | 2016: 9-0 (co-) |
| 2017: 9-0 | 2018: 9-0 | 2019: 9-0 |
| 2021: 6-0 (co-) | 2022: 8-0 | 2023: 8-0 |
| 2024: 8-0 | 2025: 8-0 | 2026: 8-0 |

## BIG TEN DUAL MEET RECORDS

| | | |
|---|---|---|
| 1993: 5-0-1 | 1994: 5-2 | 1995: 2-4 |
| 1996: 3-4 | 1997: 5-2 | 1998: 6-0 |
| 1999: 5-3 | 2000: 3-5 | 2001: 1-7 |
| 2002: 3-5 | 2003: 3-5 | 2004: 5-3 |
| 2005: 3-5 | 2006: 5-3 | 2007: 5-3 |
| 2008: 5-3 | 2009: 1-5-2 | 2010: 5-3 |
| 2011: 6-1-1 | 2012: 7-1 | 2013: 7-1 |
| 2014: 7-1 | 2015: 6-3 | 2016: 9-0 |
| 2017: 9-0 | 2018: 9-0 | 2019: 9-0 |
| 2020: 8-1 | 2021: 6-0 | 2022: 8-0 |
| 2023: 8-0 | 2024: 8-0 | 2025: 8-0 |
| 2026: 8-0 | | |

## INDIVIDUAL HONORS

### Big Ten Tournament O.W.

| | |
|---|---|
| Troy Sunderland (150) | 1993 |
| Cary Kolat (134) | 1994 |
| Kerry McCoy (Hwt) | 1995 |
| Quentin Wright (184) | 2011 |
| Frank Molinaro (149, Co-) | 2012 |
| David Taylor (165) | 2014 |
| Zain Retherford (149) | 2017 |
| Jason Nolf (157, Co-) | 2019 |
| Aaron Brooks (197) | 2024 |
| PJ Duke (157) | 2026 |

### Big Ten Wrestler of the Year

| | |
|---|---|
| Cary Kolat (134) | 1994 |
| Jeremy Hunter (125) | 2000 |
| David Taylor (157) | 2011 |
| David Taylor (165) | 2012 |
| Ed Ruth (184) | 2013 |
| David Taylor (165) | 2014 |
| Zain Retherford (149) | 2016 |
| Jason Nolf (157) | 2017 |
| Zain Retherford (149) | 2018 |
| Jason Nolf (157, Co-) | 2019 |
| Bo Nickal (197, Co-) | 2019 |
| Aaron Brooks (197) | 2024 |
| Carter Starocci (184) | 2025 |

### Big Ten Freshman of the Year

| | |
|---|---|
| Jeremy Hunter (118) | 1997 |
| Jamarr Billman (149) | 1998 |
| Matt Storniolo (149) | 2004 |
| David Taylor (157) | 2011 |
| Jason Nolf (157) | 2016 |
| Aaron Brooks (184) | 2020 |
| Carter Starocci (174) | 2021 |
| Levi Haines (157) | 2023 |
| Mitchell Mesenbrink (165) | 2024 |

### Big Ten Coach of the Year

| | |
|---|---|
| John Fritz | 1998 |
| Troy Sunderland | 2003 |
| Cael Sanderson | 2011 |
| Cael Sanderson | 2012 |
| Cael Sanderson | 2013 |
| Cael Sanderson | 2014 |
| Cael Sanderson | 2016 |
| Cael Sanderson | 2019 |
| Cael Sanderson | 2023 |
| Cael Sanderson | 2024 |
| Cael Sanderson | 2025 |

# YEAR-BY-YEAR SUMMARY: 2009-11

## YEAR-BY-YEAR: 09-10

During his first year as head coach, Cael Sanderson laid a strong foundation for future success in Happy Valley. Sanderson led Penn State back into the Top 10 in both dual meets and the NCAA Championships, coaching a Big Ten Champion, three All-Americans and a national finalist. Penn State's 13-6-1 dual meet record (5-3 in the Big Ten) earned it a No. 10 ranking in the final NWCA Coaches Poll and its 49.0 points in Omaha were good enough for a ninth place finish at nationals.

**Final Results (13-6-1, 5-3 B1G, 5th B1G, 9th NCAA)**

| | | | |
|---|---|---|---|
| Nov. 13 | at #17 Lehigh | 14-23 | L |
| Nov. 15 | BLOOMSBURG | 23-15 | W |
| Nov. 22 | vs. Rutgers$ | 18-17 | W |
| | vs. Harvard$ | 36-6 | W |
| | vs. #15 Edinboro$ | 22-9 | W |
| Dec. 11 | at West Virginia | 33-12 | W |
| Dec. 12 | at #24 Pittsburgh | 19-19 | T |
| Jan. 3 | at Lock Haven | 32-6 | W |
| Jan. 8 | vs. Virginia Tech! | 26-9 | W |
| Jan. 8 | vs. #13 Kent State! | 22-13 | W |
| Jan. 9 | vs. #4 Oklahoma State! | 13-24 | L |
| Jan. 9 | vs. #10 Oklahoma! | 15-22 | L |
| Jan. 22 | #19 ILLINOIS* | 24-11 | W |
| Jan. 24 | at #3 Ohio State* | 14-21 | L |
| Jan. 29 | at #1 Iowa* | 6-29 | L |
| Jan. 31 | at #12 Wisconsin* | 22-15 | W |
| Feb. 5 | NORTHWESTERN* | 37-10 | W |
| Feb. 7 | MICHIGAN* | 29-10 | W |
| Feb. 12 | MICHIGAN STATE* | 26-12 | W |
| Feb. 19 | at #5 Minnesota* | 16-26 | L |
| March 6-7 | Big Ten Championships | | 5th |
| March 18-20 | NCAA Championships | | 9th |
| | $ Sprawl and Brawl Duals, Binghamton, N.Y.; | | |
| | ! Virginia Duals, Hampton, Va. -- * Big Ten Dual | | |

**Signature Wins**

-- Sanderson's first win as Penn State head coach came in the Nittany Lions' home opener with a 23-15 win over Bloomsburg on Nov. 15, 2009.
-- Early signs that Penn State was back came with a 22-9 win over then No. 15 Edinboro during a 3-0 run at the Sprawl and Brawl Duals on Nov. 22.
-- Sanderson made a fine Big Ten debut with a 24-11 win over No. 19 Illinois on Jan. 22, 2010.
-- His first Big Ten road win came at No. 12 Wisconsin as Penn State earned a 22-15 win in Madison on Jan. 31.

**Highlights**

-- Penn State went 13-6-1 in dual meets, much improved from the prior year's 8-12-2, and a strong finish to return to the Top 10 (No. 10) in the final NWCA Coaches Poll.
-- Sanderson led Penn State to a fifth place finish at the 2010 Big Ten Championships, including his first Big Ten individual champion as younger brother Cyler claimed the 157 pound title.
-- Penn State tallied 49.0 points at the 2010 NCAA Championships in Omaha, Neb., the 17th-most in school history and good enough for ninth place in the final team standings. Dan Vallimont was the top finisher among Penn State's three All-Americans, advancing to the national finals at 165. Frank Molinaro finished fifth at 149 and Cyler Sanderson took sixth at 157.

## YEAR-BY-YEAR: 10-11

Fulfilling the promise of a bright young coaching career in just his fifth season as a collegiate head coach (and only his second at Penn State), Sanderson led the Nittany Lion wrestling team to the 2011 NCAA National Championship in March at Philadelphia's Wells Fargo Center. Just two weeks after guiding Penn State to its first ever Big Ten title, Sanderson and his staff helped five Penn Staters earn All-America honors (all in the top three) and crowned one NCAA champion. The magical March run was built on the foundation of a superb regular season, including a co-championship at the Southern Scuffle, the Virginia Duals championship and tying a school record for Big Ten dual meet wins with a 6-1-1 conference mark. Penn State's run to the NCAA title in 2011 was the school's first since 1953. 2011 marked the year that the Nittany Lions were the first East Coast team to win the NCAA crown since 1973. Sanderson was named the 2011 Big Ten Coach of the Year and in just five short years as a collegiate head coach, he became the only coach in NCAA history to be named both Big Ten and Big 12 Coach of the Year.

**Final Results (17-1-1, 6-1-1 B1G, 1st B1G, 1st NCAA)**

| | | | |
|---|---|---|---|
| Nov. 12 | at Bloomsburg | 41-3 | W |
| Nov. 14 | #15 LEHIGH | 27-17 | W |
| Nov. 21 | vs. Harvard$ | 45-0 | W |
| | vs. West Virginia$ | 40-3 | W |
| | vs. #24 Rutgers$ | 22-10 | W |
| Dec. 12 | LOCK HAVEN | 48-0 | W |
| Dec. 19 | #22 OHIO STATE* | 42-3 | W |
| Dec. 29-30 | Southern Scuffle at UNC-Greensboro | | 1st |
| Jan. 7 | vs. VMI! | 42-3 | W |
| | vs. Edinboro! | 37-12 | W |
| | vs. #23 Kent State! | 27-15 | W |
| | vs. #15 Michigan! | 24-12 | W |
| Jan. 21 | #22 PITTSBURGH | 30-7 | W |
| Jan. 23 | at Indiana* | 36-8 | W |
| Jan. 30 | #8 IOWA* | 13-22 | L |
| Feb. 4 | at Michigan State* | 30-9 | W |
| Feb. 6 | at #13 Michigan* | 28-13 | W |
| Feb. 11 | #20 ILLINOIS* | 23-13 | W |
| Feb. 13 | at #5 Minnesota* | 18-18 | T |
| Feb. 18 | #16 WISCONSIN* | 30-12 | W |
| March 5-6 | Big Ten Championships | | 1st |
| March 17-19 | NCAA Championships | | 1st |
| | $ Sprawl and Brawl Duals, Binghamton, N.Y.; | | |
| | ! Virginia Duals, Hampton, Va. -- * Big Ten Dual | | |

**Signature Wins**

-- The Nittany Lions opened up Big Ten dual meet action with a resounding 42-3 win over Ohio State on Dec. 19.
-- Sanderson led Penn State to four straight wins at the Virginia Duals on Jan. 7-8 for the school's first Virginia Duals title since 1991.
-- Penn State's 30-12 Senior Day win over Wisconsin in front of a sold out Rec Hall crowd helped the Lions finish with a 6-1-1 Big Ten dual meet record, tying the school record for conference dual wins in a season.

**Highlights**

-- The Nittany Lions sold out two duals in Rec Hall and averaged nearly 5,500 fans per home event.
-- Penn State tied Cornell for the Southern Scuffle title in the school's first ever appearance at the event in Greensboro, N.C.
-- Sanderson led Penn State to its most dual meet wins (17) since the team went 18-3 in 1998.
-- Penn State's 6-1-1 Big Ten dual meet record tied a school record for conference wins in a season.
-- The Nittany Lions claimed the school's first-ever Big Ten Championship with a stunning final session run at Northwestern in March. Penn State crowned five Big Ten Champions, going 5-0 in the finals, and picked up key consolation wins from a number of wrestlers to out-distance Iowa by a single point.
-- Sanderson led Penn State to the 2011 NCAA Championship in front of a home-state crowd in Philadelphia's Wells Fargo Center on March 17-19. The Nittany Lions stormed the competition, clinching the title early on the third day of the event, before the national finals even began.
-- Penn State had five All-Americans, all finishing in the top three, none of whom were seniors at the time.
-- Sophomore Quentin Wright became Sanderson's first Penn State National Champion, claiming the 184-pound title.
-- Penn State's team title was the school's first NCAA crown since 1953, only the second in school history.
-- The win by Penn State marked the first time since 1973 that a school east of the Mississippi River won the NCAA wrestling title (Michigan State).
-- Sanderson was named 2011 Big Ten Coach of the Year and became the first person ever to win both Big Ten and Big 12 Coach of the Year honors.

# YEAR-BY-YEAR: 11-12

Sanderson led Penn State to a second straight NCAA title in 2011-12, making Penn State only the fourth team in NCAA history to ever win back-to-back crowns. The Nittany Lions' run through the NCAA field in St. Louis was a dominant showcase, highlighted by three NCAA champions, five NCAA finalists and six All-Americans, all of whom placed in the top three of their respective weights. Just two weeks after guiding Penn State to its second straight Big Ten title at Purdue, Sanderson watched his squad run away with another NCAA crown, this time by over 20.0 points. The year was stellar from start to finish as the Nittany Lions went 13-1 in duals, including a school record 7-1 mark in Big Ten duals (Penn State earned Big Ten Regular Season Co-Champion laurels). The Lions also won their second straight Southern Scuffle crown, this time outright. Sanderson earned his second straight Big Ten Coach of the Year award and was also named the InterMat National Coach of the Year. The Nittany Lions averaged 6,481 fans per dual meet, selling out all but two of their seven home events and drawing over 6,000 for every event.

**Final Results (13-1, 7-1 B1G, 1st B1G, 1st NCAA)**

| | | | |
|---|---|---|---|
| Nov. 13 | BLOOMSBURG | 39-3 | W |
| Nov. 20 | #4 MINNESOTA* | 14-23 | L |
| Dec. 9 | at #10 Lehigh | 24-12 | W |
| Dec. 11 | WEST VIRGINIA | 34-6 | W |
| Dec. 18 | at Lock Haven | 50-0 | W |
| Jan. 1-2 | Southern Scuffle at UT-Chattanooga | | 1st |
| Jan. 8 | at Michigan State* | 36-6 | W |
| Jan. 13 | at #17 Northwestern* | 38-3 | W |
| Jan. 15 | at Wisconsin* | 43-0 | W |
| Jan. 22 | #2 IOWA* | 22-12 | W |
| Jan. 29 | #5 OHIO STATE* | 34-9 | W |
| Feb. 3 | at #7 Nebraska* | 31-6 | W |
| Feb. 5 | #12 MICHIGAN* | 34-7 | W |
| Feb. 11 | at Utah Valley | 39-3 | W |
| Feb. 19 | #9 PITTSBURGH* | 33-6 | W |
| March 3-4 | 2012 Big Ten Championships at Purdue | | 1st |
| March 15-17 | 2012 NCAA Championships at St. Louis | | 1st |
| | * Big Ten Dual | | |

**Signature Wins**

-- Penn State shut out Big Ten foe Wisconsin 43-0 in Madison on Jan. 15, 2012, marking the first time in over 50 years that the Badgers had suffered a shut-out and also marked Penn State's first shut-out in a Big Ten dual.
-- The Nittany Lions downed #2 Iowa 22-12 in a packed Rec Hall on Jan. 22, 2012, as nearly 6,800 standing room only fans filled Rec Hall.
-- Penn State clinched a share of the 2012 Big Ten Regular Season Championship with a 34-7 home dual win over Michigan on Feb. 5, 2012. The win was Penn State's seventh Big Ten dual win of the year, setting a school record for conference wins in a season.

**Highlights**

-- Penn State averaged 6,481 fans per dual meet, selling out all but two of its seven home dates with every single event having over 6,000 fans fill Rec Hall.
-- The Nittany Lions ran away with the 2012 Southern Scuffle title, outdistancing Minnesota by 14 points to win its second straight Scuffle crown.
-- Penn State's 7-1 Big Ten dual meet mark set a school record for conference wins in a season and gave the Lions a share of the 2012 Big Ten Regular Season title.
-- The Nittany Lions rolled to a second straight Big Ten Championship, running away with the conference crown at Purdue. The Lions had three champions and notched 149.0 points to second place Minnesota's 134.0.
-- PSU won the 2012 NCAA Championship in St. Louis' Scottrade Center on March 15-17. The title was Penn State's second straight, making the Lions only the fourth team in NCAA history to win back-to-back titles.
-- Penn State had six All-Americans, all of whom finished in the top three.
-- Senior Frank Molinaro, sophomore David Taylor and sophomore Ed Ruth each capped off stunning undefeated seasons by winning NCAA titles at their respective weights. Molinaro (149), Taylor (165) and Ruth (174) gave Penn State a 3-2 mark in the national finals with true freshman Nico Megaludis (125) and junior Quentin Wright (184) finishing as National Runners-Up.
-- Penn State's team title was the school's third overall.
-- Sanderson was named 2012 Big Ten Coach and InterMat's 2012 National Coach of the Year.
-- David Taylor was named the 2012 Hodge Trophy winner as the National Wrestler of the Year.

# YEAR-BY-YEAR: 12-13

In 2012-13, Penn State went 13-1 overall in dual meets and won its third straight Southern Scuffle title in early January. The Nittany Lions followed that up with a third straight Big Ten Championship on March 9-10 at Illinois and a third straight NCAA Championship in Des Moines on March 21-23. He was named Big Ten Coach of the Year for the third straight season (sharing this year's honor as a co-winner) and 2013 National Coach of the Year (the second time he has earned that honor).

**Final Results (13-1, 7-1 B1G, 1st B1G, 1st NCAA)**

| | | | |
|---|---|---|---|
| Nov. 16 | #24 LEHIGH | 29-6 | W |
| Nov. 18 | at West Virginia | 44-3 | W |
| Dec. 9 | INDIANA* | 52-0 | W |
| Dec. 15 | LOCK HAVEN | 42-3 | W |
| Jan. 1-2 | Southern Scuffle at UT-Chattanooga | | 1st |
| Jan. 13 | MICHIGAN STATE* | 41-0 | W |
| Jan. 18 | #24 WISCONSIN* | 36-6 | W |
| Jan. 20 | at Purdue* | 35-3 | W |
| Jan.. 27 | #12 NEBRASKA* | 33-9 | W |
| Feb. 1 | at #3 Iowa* | 16-22 | L |
| Feb. 3 | at #8 Illinois* | 37-0 | W |
| Feb. 8 | at #15 Pittsburgh | 31-7 | W |
| Feb. 10 | at #6 Ohio State* | 29-18 | W |
| Feb. 17 | RIDER | 48-0 | W |
| Feb. 24 | at Rutgers | 34-0 | W |
| March 9-10 | Big Ten Championships at Illinois | | 1st |
| March 21-23 | NCAA Championships at Des Moines | | 1st |
| | * Big Ten Dual | | |

**Signature Wins**

-- Penn State opens up season with 29-6 win over #24 Lehigh in sold out Rec Hall.
-- Lions shut-out Big Ten foe Indiana 52-0, one of five dual shut-outs on the year (and three within the Big Ten including Michigan State and #8 Illinois).
-- Team comes from behind for thrilling 29-18 road dual victory at #6 Ohio State on Feb. 10.

**Highlights**

-- Penn State averaged 6,411 fans per dual meet selling out every single dual BEFORE the start of the season.
-- Penn State claimed a third straight Southern Scuffle title as 2013 dawned, beating second place Oklahoma State by over 20 points (178.5 to 158.0).
-- Penn State's 7-1 Big Ten dual meet tied a school record for conference wins in a season.
-- The Lions stormed their way to a third straight Big Ten Championship, once again outdistancing the field by double-digits. Penn State won the title with 151.0 points.
-- Sanderson led Penn State to its third straight NCAA crown as 10 Nittany Lions scored points at the 2013 NCAA Championships in Des Moines on March 21-23. Penn State became only the third school to ever win three or more titles in a row (joining Oklahoma State and Iowa). Penn State won by four points (123.5 to 119.5) over Oklahoma State.
-- Penn State had five All-Americans, each and every one of which wrestled in the National Finals.
-- Ed Ruth (184) and Quentin Wright (197) won individual NCAA crowns. Ruth's was his second straight while Wright's, his second overall, clinched the team title.
-- Nico Megaludis (125), David Taylor (165) and Matt Brown (174) each ended the year as National Runner-Up.
-- Sanderson was named Big Ten Coach of the Year (co) for the third straight season and earned his second National Coach of the Year nod from the NWCA.
-- Matt Brown was named Elite 89 Award Winner as wrestling's top student-athlete; David Taylor won the 2013 NCAA Championships Gorriaran Award and Ed Ruth was named 2013 Big Ten Wrestler of the Year and was Hodge Trophy runner-up for the second straight season.

# YEAR-BY-YEAR SUMMARY: 2013-15

## YEAR-BY-YEAR: 13-14

In 2013-14, Sanderson led Penn State to a 15-1 overall record, yet another share of the Big Ten dual meet title with a 7-1 mark, a fourth straight Southern Scuffle title, a fourth straight Big Ten title and a fourth straight NCAA Championship. He was once again named Big Ten Coach of the Year, the fourth time he has been honored.

**Final Results (15-1, 7-1 B1G/1st, 1st B1G, 1st NCAA)**

| | | |
|---|---|---|
| Nov. 16 | at Rider | W, 34-8 |
| Nov. 17 | at #25 Lehigh | W, 22-12 |
| Nov. 24 | LOCK HAVEN | W, 34-6 |
| Dec. 6 | at Boston | W, 34-6 |
| Dec. 8 | #23 PITTSBURGH (BJC) | W, 28-9 |
| Dec. 15 | #6 OHIO STATE* | W, 31-6 |
| Dec. 21 | at #3 Iowa | W, 24-12 |
| Jan. 1-2 | Southern Scuffle at UT-Chattanooga | 1st |
| Jan. 12 | PURDUE* | W, 34-3 |
| Jan. 17 | at #19 Indiana* | W, 36-6 |
| Jan. 19 | #14 NORTHWESTERN* | W, 39-8 |
| Jan. 24 | #11 ILLINOIS* | W, 31-3 |
| Jan. 31 | at Michigan State* | W, 42-3 |
| Feb. 2 | at #11 Michigan* | W, 32-9 |
| Feb. 9 | at #3 Minnesota* | L, 17-18 |
| Feb. 16 | #5 OKLAHOMA STATE | W, 23-12 |
| Feb. 23 | CLARION | W, 43-3 |
| March 8-9 | 2014 Big Ten Championships at Wisconsin | 1st |
| March 20-22 | 2014 NCAA Championships at Oklahoma City | 1st |
| | * Big Ten Dual | |

**Signature Wins**

-- The Nittany Lions traveled to Boston University on Dec. 6, 2013, and downed the Terriers in front of a sold out, partisan, BU crowd. The crowd was the largest ever to see a wrestling event at Boston and the school's first-ever sell-out.
-- Penn State hosted Pittsburgh in the Bryce Jordan Center on Dec. 8 and downed the Panthers 28-9 in front of an NCAA-record crowd of 15,996.
-- The Nittany Lions ventured to Iowa City on Dec. 21, 2013, for a non-conference dual against the Iowa Hawkeyes in Carver-Hawkeye Arena. Penn State came away with a 24-12 win.
-- Penn State hosted Oklahoma State on Feb. 16 in sold out Rec Hall and posted a hard-fought 23-12 win in front of over 6,500 fans.

**Highlights**

-- Penn State averaged 7,646 fans per dual meet, selling out all eight home duals, including one in the 16K seat Bryce Jordan Center. Penn State ended the year with a 19-match home sell-out streak.
-- The Nittany Lions ran away with the 2014 Southern Scuffle title, outdistancing Oklahoma State by 24.5 points to win their fourth straight Scuffle crown.
-- Penn State's 7-1 Big Ten dual meet mark tied a school record for conference wins in a season and gave the Lions a share of the 2014 Big Ten Regular Season title.
-- The Nittany Lions claimed their fourth straight Big Ten title in Madison, Wis., on March 8-9, 2014. The Nittany Lions won with 140.5 points, clipping second place Iowa, who had 135.0.
-- David Taylor and Ed Ruth became Penn State's first ever four-time Big Ten Champions and Taylor was named Big Ten Wrestler of the Year. Sanderson earned his fourth straight Big Ten Coach of the Year award.
-- Sanderson led Penn State to the 2014 NCAA Championship in Oklahoma City on March 20-22, 2014. The title was Penn State's fourth straight, making the Lions only the third team in NCAA history to win four straight titles.
-- Penn State had seven All-Americans, the most since 1992.
-- Ed Ruth became Penn State's first ever three-time NCAA Champion by winning the 184 pound title (he was also a four-time All-American).
-- David Taylor became a two-time NCAA Champion, winning the crown at 165 (he was also a four-time All-American).
-- David Taylor was named the 2014 Hodge Trophy winner as the National Wrestler of the Year, his second. He was also named Penn State's Male Athlete of the Year and the Big Ten Male Athlete of the Year and was one of five nominees for the 2014 ESPY for Best Male Collegiate Athlete.

## YEAR-BY-YEAR: 14-15

In 2014-15, Sanderson led Penn State through a transitional year, red-shirting the nation's top recruiting class and key All-Americans while still guiding the squad to yet another NCAA Top 10 finish. In the end, the Nittany Lions won a fifth straight Southern Scuffle title, crowned their newest Big Ten Champion (Morgan McIntosh at 197) and saw Matt Brown cap off a stellar career with the NCAA title at 174 pounds. Penn State left St. Louis with a sixth place finish and five All-Americans. In addition to Brown, McIntosh took third at 197 and three Penn Staters became first time All-Americans (Jordan Conaway at 125, Jimmy Gulibon at 133 and Jimmy Lawson at 285). Brown went on to earn Penn State Male Athlete of the Year honors, an NCAA Post-Graduate Scholarship and became only the second overall Penn State athlete to be named CoSIDA National Academic All-America of the Year for all sports (joining fellow Lion wrestler Jim Martin on the short list).

**Final Results ( 11-4, 6-3 B1G, 5th B1G, 6th NCAA)**

| | | |
|---|---|---|
| Nov. 9 | #17 LEHIGH | W, 24-10 |
| Nov. 21 | at #16 Pittsburgh | W, 24-12 |
| Nov. 22 | at Clarion | W, 44-0 |
| Dec. 11 | at Maryland* | W, 38-3 |
| Dec. 19 | #9 VIRGINIA TECH | W, 20-15 |
| Jan. 1-2 | 2015 Southern Scuffle | 1st |
| Jan. 9 | #23 INDIANA* | W, 42-3 |
| Jan. 11 | at #3 Ohio State* | L, 15-22 |
| Jan. 16 | at #25 Rutgers* | W, 28-6 |
| Jan. 18 | PURDUE* | W, 26-9 |
| Jan. 25 | #2 MINNESOTA* | L, 16-17 |
| Jan. 30 | at #15 Michigan* | W, 19-15 |
| Feb. 1 | at Michigan State* | W, 35-0 |
| Feb. 8 | #1 IOWA (BJC)* | L, 12-18 |
| Feb. 15 | at #8 Oklahoma State | L, 18-21 |
| Feb. 22 | RIDER | W, 30-3 |
| March 7-8 | 2015 Big Ten Championships at Ohio State | 5th |
| March 19-21 | 2015 NCAA Championships at St. Louis | 6th |
| | * Big Ten Dual | |

**Signature Wins**

-- Penn State opened the season with another win over Lehigh, this one a 24-10 victory in sold out Rec Hall.
-- Jimmy Lawson's 5-3 (sv) win over fifth-ranked Ty Walz highlighted a thrilling 20-15 win over #9 Virginia Tech in Rec Hall.
-- Penn State rolled to its fifth straight Southern Scuffle crown with 165.0 points.
-- The Nittany Lions downed Rider 30-3 on Senior Day on Feb. 22, wrestling in front of the 26th-straight home sell-out.

**Highlights**

-- Penn State averaged 7,747 fans per dual meet, a school record and second nationally.
-- Penn State won its fifth straight Southern Scuffle title on Jan. 1-2 in Chattanooga, Tenn.
-- The Nittany Lions sold out the Bryce Jordan Center for the second straight year, hosting Iowa on Feb. 8 in a nationally-televised slug fest that went down to the final bout before Iowa won. The dual was wrestled in front of 15,967 fans, the second-highest crowd ever in NCAA history (second only to the BJC Dual from the year before, a win over Pitt during the 13-14 season).
-- Matt Brown became the 23rd Penn Stater to win an NCAA title, claiming the school's 30th overall title, by winning the 174 crown with a 5-4 victory over Pittsburgh's Tyler Wilps.
-- Penn State had five All-Americans in St. Louis, including Brown, Morgan McIntosh (3rd at 197) and first time All-Americans Jordan Conaway (125), Jimmy Gulibon (133) and Jimmy Lawson (285).
-- Seven Penn Staters earned Academic All-Big Ten laurels.
-- Matt Brown was awarded both Big Ten and NCAA Post-Graduate Scholarships.
-- Four Nittany Lions were honored with first team national NWCA All-Academic laurels.
-- Matt Brown was a first team CoSIDA Academic All-American and the Division I Spring Sports/At-Large Academic All-American of the Year.
-- Matt Brown became only the second overall Penn State athlete to be named National Academic All-America of the Year for all sports (joining fellow Lion wrestler Jim Martin on the short list).

# YEAR-BY-YEAR SUMMARY: 2015-17

## YEAR-BY-YEAR: 15-16

In 2015-16, Sanderson added a sixth straight Southern Scuffle championships, a third Big Ten dual meet title (co-) and the 2016 NWCA National Dual Series championship. He led Penn State to its fifth Big Ten Championship in the last six years on March 5-6 in Iowa City and followed that up with his fifth NCAA National Championship in the last six years in New York City's Madison Square Garden on March 17-19.

**Final Results (16-0, 9-0 B1G/1st, 1st B1G, 1st NCAA)**

| | | |
|---|---|---|
| Nov. 13 | LOCK HAVEN | W, 50-0 |
| Nov. 15 | at #7 Virginia Tech | W, 21-15 |
| Nov. 20 | at CSU Bakersfield | W, 39-3 |
| Nov. 22 | at #18 Stanford | W, 31-12 |
| Dec. 13 | #15 WISCONSIN* (BJC) | W, 36-7 |
| Dec. 19 | at Rider | W, 38-4 |
| Jan. 1-2 | Southern Scuffle at UT-Chattanooga | 1st |
| Jan. 8 | at Purdue* | W, 42-3 |
| Jan. 10 | at Indiana* | W, 34-8 |
| Jan. 15 | #11 NEBRASKA* | W, 24-10 |
| Jan. 17 | at #25 Northwestern* | W, 46-4 |
| Jan. 23 | at #8 Illinois* | W, 30-15 |
| Jan. 31 | #10 MICHIGAN* | W, 35-7 |
| Feb. 5 | #3 OHIO STATE* (BJC) | W, 24-14 |
| Feb. 12 | at #14 Lehigh | W, 28-9 |
| Feb. 13 | MICHIGAN STATE* | W, 41-3 |
| Feb. 21 | #2 OKLAHOMA STATE $ | W, 29-18 |
| March 5-6 | 2016 Big Ten Championships at Wisconsin | 1st |
| March 17-19 | 2016 NCAA Championships at New York City | 1st |

* Big Ten Dual - $ NWCA Dual Championship

**Signature Wins**

-- Nittany Lions posted exciting 21-15 win at #7 Virginia Tech on 11/15.
-- Lions down #15 Wisconsin 36-7 in the BJC on 12/13.
-- Penn State wins at #8 Illinois 30-15, including Jason Nolf pinning then-undefeated Isaiah Martinez in marquee bout at 157.
-- Lions dominate #3 Ohio State 24-14 in front of nearly 16,000 in second BJC Dual of the year on 2/5.
-- Nittany Lions win NWCA Dual Meet Championship Series title with rousing 29-18 win over #2 Oklahoma State in Rec Hall on 2/21.

**Highlights**

-- Cael Sanderson leads Penn State to its fifth NCAA Championship in the last six years at Madison Square Garden in New York City.
-- Penn State has six All-Americans, including five NCAA finalists.
-- The Nittany Lions claim two National Champions as Nico Megaludis (125) and Zain Retherford (149) claim Penn State's 31st and 32nd individual titles.
-- Megaludis became Penn State's ninth four-time All-American by winning the NCAA title at 125. Megaludis also became a three-time finalist.
-- Retherford was named the 2014 NCAA Most Dominant Wrestler.
-- Retherford won his first NCAA title at 149 and was named the 2016 NCAA Most Dominant Wrestler for his season-long efforts.
-- Retherford was named Penn State's Male Athlete of the Year and is a finalist for the Big Ten's Jesse Owens Award as the conference's Male Athlete of the Year. Retherford became the fifth straight wrestler to win the Penn State Male Athlete of the Year award.
-- Morgan McIntosh became Penn State's 25th three-time All-American as the 197-pound national runner-up.
-- Red-shirt freshmen Bo Nickal (174) and Jason Nolf (157) became freshmen All-Americans and NCAA national runners-up with 4-1 runs to the finals in Madison Square Garden.
-- Senior Jordan Conaway became a two-time All-American with a sixth place finish at 133 while qualifiers Geno Morelli (165) and Jimmy Gulibon (141) each went 2-2.
-- Penn State won its fifth Big Ten title in six years, running away from the field in Iowa City. The Lions' 150.5 points were over 20 more than second place Iowa's 127.0.
-- Sanderson was named Big Ten Coach of the Year for the 5th straight time.
-- Retherford was named Big Ten Wrestler of the Year.
-- Nickal won the Big Ten title at 174.
-- McIntosh became Penn State's ninth two-time Big Ten Champion, winning another crown at 197.
-- Nolf was named Big Ten Freshman of the Year.
-- Penn State won a share of its third Big Ten Regular Season (dual meet) title with a school record 9-0 record.
-- The Nittany Lions posted a perfect 16-0 dual meet mark.
-- Penn State won the 2016 NWCA National Dual Meet title with a rousing 29-17 win over Oklahoma State in Rec Hall.
-- Penn State claimed its sixth-straight Southern Scuffle title.
-- Penn State averaged a school-record 8,756 fans per dual meet and has wrestled in front of sell-out crowds in 32 of its last 33 home events, including 29 straight in Rec Hall.

## YEAR-BY-YEAR: 16-17

In 2016-17, Sanderson added a fourth Big Ten dual meet title (this one outright) and the 2016 NWCA National Dual Series championship for a second straight year. He led Penn State to its sixth NCAA National Championship in the last seven years in St. Louis' Scottrade Center on March 16-18.

**Final Results (14-0, 9-0 B1G/1st reg. season, 1st NCAA)**

| | | |
|---|---|---|
| Nov. 11 | at Army | W, 45-0 |
| Nov. 13 | #12 STANFORD | W, 36-6 |
| Nov. 20 | Keystone Classic at Penn | 1st -- 245.0 |
| Dec. 4 | #9 LEHIGH (BJC / BTN) | W, 30-10 |
| Dec. 11 | BINGHAMTON | W, 46-0 |
| Jan. 6 | at #9 Minnesota* | W, 33-6 |
| Jan. 8 | at #6 Nebraska* | W, 27-14 |
| Jan. 13 | #21 RUTGERS* (BTN) | W, 37-6 |
| Jan. 20 | at #3 Iowa* (BTN) | W, 26-11 |
| Jan. 27 | at #13 Wisconsin* | W, 33-11 |
| Jan. 29 | NORTHWESTERN* | W, 45-3 |
| Feb. 3 | at #3 Ohio State* (BTN) | W, 32-12 |
| Feb. 10 | #11 ILLINOIS* | W, 34-7 |
| Feb. 12 | MARYLAND* | W, 45-6 |
| Feb. 19 | at #2 Oklahoma State$ | W, 27-13 |
| March 4-5 | 2017 Big Ten Championships at Indiana | 2nd |
| March 16-18 | 2017 NCAA Championships at St. Louis | 1st |

* Big Ten Dual - $ NWCA Dual Championship

**Signature Wins**

-- Penn State opened up its home slate with a 36-6 win over #12 Stanford in Rec Hall, its second win of the young season and the 100th win for head coach Cael Sanderson as the Nittany Lions' head coach.
-- The Nittany Lions throttle #9 Lehigh 30-10 in front of nearly 16,000 fans in the annual BJC Dual on 12/4.
-- Lions open up Big Ten schedule with a 33-6 win at #9 Minnesota on 1/6.
-- Nittany Lions visit #3 Iowa and claim 26-11 win in Carver Hawkeye Arena.
-- Penn State hammers #3 Ohio State 32-12 in Columbus.
-- Sanderson's squad closes out a perfect dual meet season with a 27-13 win at #2 Oklahoma State in Stillwater on 3/19, winning its second straight NWCA Dual Championship Series title.

**Highlights**

-- Cael Sanderson leads Penn State to its sixth NCAA Championship in the last seven years at the Scottrade Center in St. Louis.
-- Penn State has six All-Americans, including a perfect 5-0 performance in the finals with a school record five NCAA Champions.
-- The Nittany Lions perfect five NCAA Champions include: Zain Retherford (149), Jason Nolf (157), Vincenzo Joseph (165), Mark Hall (174) and Bo Nickal (184).
-- Joseph and Hall became Penn State's first ever freshmen National Champions.
-- Retherford became Penn State's seventh two-time National Champion.
-- Retherford hauled in a stunning list of post-season honors: Hodge Trophy Winner as the nation's top collegiate wrestler; 2017 NCAA Most Dominant Wrestler, 2017 NCAA Championships Outstanding Wrestlers; 2017 Big Ten Championship Outstanding Wrestler, 2017 InterMat Wrestler of the Year.
-- Retherford and Jason Nolf won Big Ten Championships at 149 and 157.
-- Nolf was named the Big Ten's 2017 Wrestler of the Year.
-- Retherford and Nolf both earned CoSIDA Academic All-Region honors.
-- Retherford was a first team CoSIDA Academic All-American and Nolf was a second teamer.
-- Cael Sanderson was named the 2017 InterMat Coach of the Year.
-- Mark Hall was named 2017 NCAA Freshman of the Year.
-- While Penn State did not compete at the Southern Scuffle as a team, Hall traveled down and won the 174 pound title and was named Scuffle Outstanding Wrestler.
-- Bo Nickal won the 2017 Amateur Wrestling News Hammer Award.
-- Nickal won the 2017 NCAA Championship Gorriaran Award.
-- Penn State won the 2017 Big Ten Regular Season Championship with a perfect 9-0 record.
-- The Nittany Lions posted a perfect 14-0 dual meet mark.
-- Penn State won the 2017 NWCA National Dual Meet title, it's second straight, by dominating Oklahoma State in Stillwater 27-13.
-- The Nittany Lions collected a whopping 15 Academic All-Big Ten selections, nearly half the roster.
-- The Nittany Lions had five NWCA First Team National All-Academic team members: (Retherford, Nolf, Matt McCutcheon).
-- Geno Morelli won the Big Ten Duke Postgraduate Award and a Big Ten Post-Graduate Scholarship.

## YEAR-BY-YEAR SUMMARY: 2017-19

# YEAR-BY-YEAR: 17-18

In 2017-18, Sanderson picked up a fifth dual meet title with yet another unbeaten season and a seventh Southern Scuffle title. Sanderson led Penn State to the 2018 NCAA Wrestling Championship in Cleveland, winning the seventh national championship in the last eight years (and the seventh in his nine years at PSU) on March 15-17.

**Final Results (14-0, 9-0 B1G/1st reg. season, 1st NCAA)**

| | | |
|---|---|---|
| Nov. 9 | ARMY WEST POINT | W, 45-3 |
| Nov. 12 | BUCKNELL | W, 36-6 |
| Nov. 17 | at Binghamton (ESPN3) | W, 40-2 |
| Nov. 19 | Keystone Classic at Penn | 1st -- 190.5 |
| Dec. 3 | at #7 Lehigh (SE2) | W, 23-19 |
| Dec. 17 | INDIANA* (BTN) | W, 44-3 |
| Jan. 1-2 | Southern Scuffle, Chattanooga | 1st -- 197.0 |
| Jan. 12 | at #4 Michigan* (BTN) | W, 25-12 |
| Jan. 14 | at Michigan State* | W, 48-3 |
| Jan. 19 | PURDUE* | W, 43-6 |
| Jan. 21 | at Maryland* | W, 47-3 |
| Jan. 26 | #16 MINNESOTA* (BTN) | W, 35-8 |
| Jan. 28 | at #13 Rutgers (BTN) | W, 25-15 |
| Feb. 3 | #2 OHIO STATE* (BTN) | W, 19-18 |
| Feb. 10 | #7 IOWA* (BTN / BJC) | W, 28-13 |
| Feb. 18 | BUFFALO | W, 55-0 |
| March 3-4 | 2018 Big Ten Championships at Michigan State | 2nd |
| March 15-17 | 2018 NCAA Championships at Cleveland | 1st |

**Signature Wins**

-- Penn State notched a hard-earned 23-19 win at #7 Lehigh in a dual meet wrestled in Allentown's PPL Center in front of nearly 10,000 fans.
-- Penn State rolled over #4 Michigan 25-12 in Ann Arbor on Jan. 12 in a BTN national telecast.
-- The Nittany Lions took care of #16 Minnesota 35-8 on Jan. 26 in Rec Hall.
-- Penn State rode a key win from Anthony Cassar at 197 to a 19-18 win over #2 Ohio State in sold out Rec Hall on Feb. 3 in a BTN national telecast.
-- The Nittany Lions downed #7 Iowa in the annual BJC Dual, posting a 28-13 victory over the Hawkeyes in front of an NCAA indoor dual record crowd of 15,998. The win clinched the Big Ten dual meet crown.
-- Penn State closed out the 2017-18 season with a 55-0 shutout win over Buffalo in the season finale, ending the year riding a 45-dual win streak dating back to Feb. 15, 2015.

**Highlights**

-- Cael Sanderson leads Penn State to its seventh NCAA Championship in the last eight seasons at Cleveland's Quicken Loans Arena.
-- Penn State has eight All-Americans, including a 4-1 performance in the finals.
-- The Nittany Lions five NCAA Finalists, with four champs, include: Zain Retherford (149), Jason Nolf (157), Vincenzo Joseph (165), Mark Hall (174, 2nd) and Bo Nickal (184).
-- Retherford became Penn State's second three-time National Champion.
-- Retherford hauled in a stunning list of post-season honors: Hodge Trophy Winner as the nation's top collegiate wrestler for the second straight year, 2018 NCAA Most Dominant Wrestler once again, Big Ten Wrestler of the Year and Penn State's McCoy Award winner.
-- Retherford and Jason Nolf won Big Ten Championships at 149 and 157, Joseph made it two-for-two at 165 and Nickal clinched the NCAA team title with his second NCAA title at 184.
-- Nickal was named NCAA Championship Outstanding Wrestler and earned the Schalles Award as the NCAA's top pinner.
-- Cael Sanderson was named the 2018 InterMat Coach of the Year.
-- Retherford, Hall and Nickal won Big Ten titles.
-- Penn State won the 2018 Big Ten Regular Season Championship with a perfect 9-0 record.
-- The Nittany Lions posted a perfect 14-0 dual meet mark.
-- Penn State won its seventh Southern Scuffle title in Chattanooga.
-- The Nittany Lions collected a whopping 16 Academic All-Big Ten selections, nearly half the roster.
-- The Nittany Lions had five NWCA First Team National All-Academic team members: (Corey Keener, Nick Lee, Retherford, Nolf, Anthony Cassar).

# YEAR-BY-YEAR: 18-19

In 2018-19, Penn State ran its dual meet win streak to 59 and closed out a fourth straight unbeaten season. The Lions won yet another Southern Scuffle crown, the Big Ten Regular Season title, the Big Ten Championship title and their eighth NCAA Championship in the last nine years. Penn State ran away from the competition in Pittsburgh on March 21-23 with three Nittany Lions winning individual championships.

**Final Results (14-0, 9-0 B1G/1st B1G/1st reg. season, 1st NCAA)**

| | | |
|---|---|---|
| Nov. 11 | #24 KENT STATE | W, 52-3 |
| Nov. 18 | Keystone Classic at Penn | 1st -- 192.0 |
| Nov. 30 | at Bucknell | W, 42-3 |
| Dec. 2 | #10 LEHIGH | W, 42-0 |
| Dec. 14 | #9 ARIZONA STATE | W, 41-3 |
| Jan. 1-2 | Southern Scuffle, Chattanooga | 1st -- 216.5 |
| Jan. 11 | at #11 Northwestern | W, 33-8 |
| Jan. 13 | #19 WISCONSIN | W, 24-13 |
| Jan. 20 | #7 NEBRASKA | W, 25-6 |
| Jan. 25 | at Purdue | W, 30-10 |
| Jan. 27 | at Indiana | W, 35-9 |
| Feb. 1 | #5 MICHIGAN (BJC) | W, 25-11 |
| Feb. 8 | at #2 Ohio State | W, 28-9 |
| Feb. 15 | MICHIGAN STATE | W, 37-10 |
| Feb. 17 | at #19 Illinois | W, 39-9 |
| Feb. 24 | BUFFALO | W, 47-3 |
| March 9-10 | 2019 Big Ten Championships at Minnesota | 1st -- 157.5 |
| March 21-13 | 2019 NCAA Championships at Pittsburgh | 1st -- 137.5 |

**Signature Wins**

-- The Nittany Lions shutout #10 Lehigh 42-0 in Rec Hall on Dec. 2.
-- Penn State welcomed #9 Arizona State to Rec Hall and took down the Sun Devils 41-3 on Dec. 14 on ESPN2.
-- Penn State handed #7 Nebraska 25-6 in sold out Rec Hall on Jan. 20.
-- The Nittany Lions handed #5 Michigan in the sold out Bryce Jordan Center, winning 25-11 on Feb. 1.
-- Penn State dominated #2 Ohio State in Columbus on Feb. 8, winning seven of ten bouts in a 28-9 dual meet victory.
-- Penn State closed out its fourth straight unbeaten season and ran its win streak to 59 straight with a 47-3 home win over Buffalo on Feb. 24.

**Highlights**

-- Cael Sanderson leads Penn State to its eighth NCAA Championship in the last nine years and its fourth straight.
-- Penn state has seven All-Americans, five NCAA finalists and three NCAA Champions.
-- Penn State's five finalists were: Jason Nolf (champ at 157), Bo Nickal (champ at 197), Anthony Cassar (champ at 285), Vincenzo Joseph (runner-up at 165), and Mark Hall (runner-up at 174).
-- Nick Lee earned his second All-American honor with another fifth place finish at 141.
-- Roman Bravo-Young became a true freshman All-American with an eighth place finish at 133.
-- Bo Nickal hauled in a long list of personal accolades: 2019 Hodge Trophy Award, Penn State Male Athlete of the Year, 2019 NCAA Most Dominant Wrestler, First Team All-Big Ten, Big Ten Champion, NWCA Academic All-American.
-- Jason Nolf hauled in a long list of personal accolades: 2019 Hodge Finalist, Penn State McCoy Award Winner, First Team All-Big Ten, Big Ten Champion, NWCA Academic All-American.
-- National Champion Anthony Cassar and true freshman All-American Roman Bravo-Young joined Nolf and Nickal as NWCA Academic All-Americans.
-- Nolf, Nickal, Cassar and Mark Hall all won Big Ten titles.
-- Penn State won the Southern Scuffle title once again.
-- The Nittany Lions claimed the 2019 Big Ten Regular Season title.
-- Penn State won the 2019 Big Ten Championship with a dominant run in Minneapolis.
-- Cael Sanderson was named 2019 Big Ten Coach of the Year.
-- Casey Cunningham was named 2019 USA Wrestling Freestyle Coach of the Year.

# YEAR-BY-YEAR: 19-20

In 2019-20, Penn State rolled to a 12-2 overall record and an 8-1 mark in Big Ten duals. In a fractured season that saw the NCAA shut down post-season action in reaction the COVID-19 pandemic, Penn State's 2019-20 season was highlighted by crowning two more Big Ten Champions at the Big Ten Tournament at Rutgers, in what turned out to be the season's final action.

**Final Results (12-2, 8-1 B1G)**

| | | |
|---|---|---|
| Nov. 10 | NAVY | W, 45-0 |
| Nov. 22 | at #6 Arizona State | L, 18-19 |
| Dec. 6 | at #14 Lehigh | W, 23-10 |
| Dec. 8 | PENN | W, 33-7 |
| Jan. 10 | #24 ILLINOIS | W, 22-16 |
| Jan. 12 | #12 NORTHWESTERN | W, 30-9 |
| Jan. 19 | RUTGERS | W, 38-6 |
| Jan. 24 | at #7 Nebraska | W, 20-18 |
| Jan. 31 | at #1 Iowa | L, 17-19 |
| Feb. 2 | MARYLAND | W, 40-3 |
| Feb. 7 | at #4 Wisconsin | W, 29-10 |
| Feb. 9 | at #6 Minnesota | W, 31-10 |
| Feb. 15 | #3 OHIO STATE (BJC) | W, 20-16 |
| Feb. 23 | AMERICAN | W, 40-3 |
| March 7-8 | 2020 Big Ten Championship at Rutgers | 4th -- 107.0 |
| March 19-21 | 2020 NCAA Championship canceled by NCAA in reaction to COVID-19 pandemic | |

**Signature Wins**

-- Penn State rolled to a 23-10 road win at #14 Lehigh in December.
-- The Nittany Lions posted a 20-18 victory at #7 Nebraska on Jan. 24.
-- Penn State went 2-0 in a Big Ten road trip in February, downing #4 Wisconsin 29-10 on Feb. 7 and #6 Minnesota 31-10 on Feb. 9.
-- The Lions took down #3 Ohio State 20-16 in the 2020 BJC Dual.

**Highlights**

-- Roman Bravo-Young (133), Nick Lee (141), Jarod Verkleeren (149) and Mark Hall (174) all won titles at the Army Black Knight Invite on Nov. 17.
-- Penn State lost the services of two returning All-Americans (defending 285 NCAA Champ Anthony Cassar and All-American Kyle Conel) to injuries at the semester break.
-- The Nittany Lions crowned two more Big Ten Champions at the Big Ten Championship tournament on March 7-8 in New Jersey. Mark Hall won the title at 174 and Aaron Brooks took home the 184 pound crown.
-- Brooks was named Big Ten Freshman of the Year.
-- Nick Lee and Roman Bravo-Young were honored as NWCA First Team Academic All-Americans.
-- Penn State qualified seven wrestlers to the 2020 NCAA Championship tournament: Roman Bravo-Young (133), Nick Lee (141), Jarod Verkleeren (149), Vincenzo Joseph (165), Mark Hall (174), Aaron Brooks (184) and Shakur Rasheed (197).
-- Just days before embarking for the tournament, the NCAA canceled the 2020 NCAA Championship tournament in Minnesota in reaction to the COVID-19 pandemic. The NWCA named the top-eight seeds at each weight as First Team All-Americans, giving Penn State five more All-Americans (Bravo-Young, Lee, Joseph, Hall, Brooks).

# YEAR-BY-YEAR: 20-21

In 2020-21, the Nittany Lions began an uncertain season facing a condensed schedule due to the NCAA's continued reaction to the COVID-19 pandemic. With only Big Ten foes on the dual schedule, Penn State went a perfect 6-0 to claim a share of yet another Big Ten Regular Season (dual meet) title. While finishing as Big Ten and NCAA runners-up, Penn State stole the show in the 2021 NCAA finals in St. Louis. The Lions went a perfect 4-0 in national title bouts to close out the championships on fire.

**Final Results (6-0, 6-0 B1G/2nd B1G/2nd NCAA/T-1st B1G reg. season)**

| | | |
|---|---|---|
| Jan. 30 | vs. Indiana at Evanston, Ill. | W, 24-15 |
| | at #16 Northwestern | W, 29-13 |
| Feb. 2 | at Wisconsin | W, 34-6 |
| Feb. 14 | at #2 Michigan | W, 18-13 |
| Feb. 19 | at #11 Ohio State | W, 28-12 |
| Feb. 22 | MARYLAND | W, 44-0 |
| March 6-7 | 2021 Big Ten Championship, Penn State | 2nd -- 124.0 |
| March 18-20 | 2021 NCAA Championship at St. Louis | 2nd -- 113.5 |

**Signature Wins**

-- Penn State opened up a delayed and condensed season with wins over Indiana (24-15) and Northwestern (29-13) on Jan. 30 at Northwestern.
-- The Lions traveled straight to Madison, Wis., to take on Wisconsin on Feb. 2 and won 34-6.
-- Penn State took down #2 Michigan on the road 18-13 on Feb. 14.
-- The Lions handled #11 Ohio State 28-12 in Columbus on Feb. 19
-- Penn State won its lone home dual meet of the season, a 44-0 shutout over Maryland on Feb. 22.

**Highlights**

-- Penn State won a share of its seventh Big Ten regular season (dual meet) title since Cael Sanderson's arrival with a perfect 6-0 mark.
-- The Nittany Lions went a perfect 4-0 in the NCAA finals on March 20 in St. Louis, crowning four brand new individual champions.
-- Roman Bravo-Young became a three-time All-American and won the 133-pound title with a 4-2 (sv) win over #1 Daton Fix of Oklahoma State. Bravo-Young ended the year with a 14-0 record.
-- Bravo-Young was a Hodge Trophy Finalist.
-- Bravo-Young was named Penn State's Male Athlete of the Year.
-- Nick Lee became a four-time All-American and won his first individual title at 141 with a 4-2 (sv) win over #1 Jaydin Eierman of Iowa. Lee ended the season with a 13-1 record.
-- Carter Starocci became an All-American and won the 174-pound crown as a freshman, downing #1 Michael Kemerer of Iowa 3-1 (sv). Starocci ended the campaign at 14-2.
-- Starocci was named Big Ten Freshman of the Year.
-- Aaron Brooks became a two-time All-American and won his first 184-pound individual title with a 3-2 victory over #2 Trent Hidlay of North Carolina State. Brooks ended his season with a 14-0 mark.
-- Brooks was a Hodge Trophy Finalist.
-- Michael Beard became an All-American as a freshman, taking seventh at 197 with a 4-2 run at NCAAs. Beard ended the season with a 10-6 mark.
-- Greg Kerkvliet became an All-American as a freshman, after resuming wrestling literally on the last day of the regular season. Kerkvliet took seventh at 285 and ended the year with a 10-4 mark with 12 of those 14 bouts coming in the Big Ten and NCAA tournaments.
-- Penn State hosted the Big Ten Championship at the Bryce Jordan Center on March 6-7.
-- Bravo-Young won his first Big Ten title, claiming the 133-pound crown with a 5-2 win over Iowa's Austin DeSanto.
-- Brooks became a two-time Big Ten Champion at 184, going 3-0 at Big Tens and downing Taylor Venz 10-5 in the finals for the title in the Bryce Jordan Center.

# YEAR-BY-YEAR SUMMARY: 2021-23

## YEAR-BY-YEAR: 21-22

In 2021-22, Penn State rolled to yet another undefeated dual meet season. The Nittany Lions went 17-0 overall, 8-0 in Big Ten action and won another Big Ten Regular Season (dual meet) title. The Nittany Lions won the inaugural Collegiate Wrestling Duals in late December as well. Penn State crowned four Big Ten Champions: Roman Bravo-Young, Nick Lee, Carter Starocci and Max Dean. The Lions qualified nine for the NCAA Championships and went on to roll over the field in Detroit, Mich., to claim their ninth National Championship in the last 11 events, all under head coach Cael Sanderson, and the 10th in the school's history. Penn State was a perfect 5-0 in the NCAA finals with Roman Bravo-Young (133), Nick Lee (141), Carter Starocci (174), Aaron Brooks (184) and Max Dean (197) all winning titles. Greg Kerkvliet (285) placed fourth at 285 for his second All-American medal.

**Final Results (17-0, 8-0 B1G/2nd B1G/1st NCAA/1st B1G reg. season)**

| | | |
|---|---|---|
| Nov. 13 | vs. Sacred Heart, Manheim, Pa. | W, 47-3 |
| Nov. 13 | vs. Oregon State, Manheim, Pa. | W, 32-7 |
| Nov. 18 | ARMY WEST POINT | W, 32-7 |
| Dec. 3 | at Penn | W, 20-16 |
| Dec. 5 | at Lehigh | W, 23-16 |
| Dec. 20-21 | Collegiate Wrestling Duals, Niceville, Fla. | |
| Dec. 20 | vs. #22 Northern Iowa | W, 29-9 |
| Dec. 20 | vs. #9 Cornell | W, 21-16 |
| Dec. 21 | vs. #3 Arizona State | W, 29-10 |
| Jan. 7 | at Maryland | W, 46-0 |
| Jan. 9 | INDIANA | W, 29-11 |
| Jan. 16 | #14 RUTGERS | W, 27-11 |
| Jan. 21 | at #3 Michigan | W, 29-6 |
| Jan. 23 | at Michigan State | W, 28-9 |
| Jan. 28 | at #3 Iowa | W, 19-13 |
| Feb. 4 | #6 OHIO STATE | W, 32-7 |
| Feb. 6 | #7 NEBRASKA | W, 21-13 |
| Feb. 20 | RIDER | W, 45-0 |
| March 5-6 | 2022 Big Ten Championships, Nebraska, | 2nd -- 141.5 |
| March 17-19 | NCAA Championships at Detroit | 1st -- 131.5 |

**Signature Wins**

-- Penn State downed #22 Northern Iowa 29-9 and #9 Cornell 21-16 on the first day of the Collegiate Wrestling Duals in Niceville, Fla.
-- Nittany Lions hammered #3 Arizona State the next day to go 3-0 in Niceville, Fla.
-- Penn State rolled to a 29-6 victory at #3 Michigan on Jan. 16.
-- The Nittany Lions rolled to a 19-13 victory at #3 Iowa on Jan. 28 in Carver-Hawkeye Arena led by Max Dean's win at 197.
-- Penn State rolled over #6 Ohio State 32-7 in front of a sold out Bryce Jordan Center crowd on Feb. 4.

**Highlights**

-- Penn State went 17-0 overall and 8-0 in Big Ten dual meets.
-- For the second time since Cael Sanderson's arrival as head coach, Penn State went a perfect 5-0 in the NCAA National Finals, with Roman Bravo-Young, Nick Lee, Carter Starocci, Aaron Brooks and Max Dean all winning individual NCAA crowns.
-- Joined by sixth All-American Greg Kerkvliet, the above five led Penn State to its ninth NCAA Championship in the last 11 events. Penn State out distanced second place Michigan by almost 40 points and had the team title clinched before the final session began.
-- Bravo-Young, Lee and Starocci were Hodge Trophy Finalists (Lee finished third in voting).
-- Nick Lee was named Penn State's Male Athlete of the Year.
-- Lee became Penn State's first five-time All-American and a two-time NCAA Champion with a 10-3 victory over North Carolina's Kizhan Clarke in the finals.
-- Bravo-Young became a four-time All-American and two-time NCAA Champion with a 3-2 victory over Oklahoma State's Daton Fix.
-- Brooks became a three-time All-American and a two-time NCAA Champion by dominating Michigan's Myles Amine in the finals, winning 5-3 with over 2:00 in riding time.
-- Starocci became a two-time NCAA Champion and a two-time All-American with a 5-5 (TB2, RT) victory over Mekhi Lewis of Virginia Tech in the finals.
-- Max Dean, in his first year at Penn State, earned his first NCAA individual title with a 3-2 victory over Iowa's Jacob Warner. He became a three-time All-American as well.
-- Greg Kerkvliet became a two-time All-American with a fourth place finish at 285, including a key 6-1 victory over Michigan's Mason Parris in the conso semis.
-- Nick Lee, Roman Bravo-Young, Carter Starocci and Max Dean all won Big Ten Championships and were first-team All-Big Ten honorees.
-- Penn State won its eighth Big Ten Regular Season (dual meet) title with an 8-0 record.

## YEAR-BY-YEAR: 22-23

Penn State dominated the competition in 2022-23, claiming a second straight NCAA title, it's 10th championship in the last 12 tournaments. The Nittany Lions welcomed two new three-time NCAA National Championships to the fold with both Carter Starocci (174) and Aaron Brooks (184) winning titles. The Nittany Lions also had three national runners-up, including true freshman Levi Haines (157) and junior Greg Kerkvliet (285). Senior Roman Bravo-Young became Penn State's second five-time All-American with another trip to the finals at 133. Junior Beau Bartlett (141) and redshirt freshman Shayne Van Ness (149) both took third place to become All-Americans and senior Max Dean (197) closed out a four-time All-American career with a seventh-place finish. Penn State went 16-0 in dual meets and won yet another Big Ten Regular Season Championship with an 8-0 mark. The Lions rolled to the 2023 Big Ten Championship two weeks before nationals, winning the title on the strength of four Big Ten Champions: Bravo-Young (133), Haines (157), Starocci (174) and Brooks (184).

**Final Results (16-0, 8-0 B1G/1st B1G/1st NCAA/1st B1G reg. season)**

| | | |
|---|---|---|
| Nov. 11 | LOCK HAVEN | W, 44-3 |
| Nov. 20 | Black Knight Open, West Point, N.Y. | 5 champs |
| Dec. 2 | at Rider (CURE Arena, Trenton, N.J.) | W, 37-3 |
| Dec. 4 | at Lehigh | W, 24-12 |
| Dec. 11 | OREGON STATE | W, 31-3 |
| Dec. 19-20 | Collegiate Wrestling Duals, New Orleans, La. | |
| Dec. 19 | vs. Central Michigan | W, 50-3 |
| Dec. 19 | vs. #24 North Carolina | W, 37-3 |
| Dec. 20 | vs. #5 Iowa State | W, 22-12 |
| Jan. 6 | at #11 Wisconsin | W, 28-11 |
| Jan. 20 | #14 MICHIGAN (BJC) | W, 30-8 |
| Jan. 22 | MICHIGAN STATE | W, 34-6 |
| Jan. 27 | #2 IOWA (BJC) | W, 23-14 |
| Feb. 3 | at #10 Ohio State | W, 29-9 |
| Feb. 5 | at Indiana | W, 35-8 |
| Feb. 10 | at Rutgers | W, 33-8 |
| Feb. 12 | MARYLAND | W, 44-3 |
| Feb. 19 | CLARION | W, 40-6 |
| March 4-5 | 2023 Big Ten Championships at Michigan | 1st -- 147.0 |
| March 17-19 | NCAA Championships at Tulsa, Okla. | 1st -- 137.5 |

**Signature Wins**

-- Penn State rolled to a 24-12 win at Lehigh in the annual intra-state rivalry.
-- The Nittany Lions downed #5 Iowa State in the final match-up at the Collegiate Duals in New Orleans, La.
-- Penn State overwhelmed #14 Michigan 30-8 in the first of two BJC Duals.
-- A week later, the Nittany Lions took down #2 Iowa 23-14 in yet another sold-out BJC Dual.
-- Penn State dominated #10 Ohio State 29-9 on the road.

**Highlights**

-- Penn State went 16-0 overall and 8-0 in Big Ten dual meets.
-- Penn State sent five wrestlers to the NCAA finals once again, with Carter Starocci (174) and Aaron Brooks (184) emerging as three-time NCAA Champions. Roman Bravo-Young (133), Levi Haines (157) and Greg Kerkvliet (285) were national runners-up.
-- Joined by Beau Bartlett (3rd, 141), Shayne Van Ness (3rd, 149) and Max Dean (7th, 197), those eight All-Americans Penn State to its 10th NCAA Championship in the last 12 events. Penn State out distanced second place Iowa by almost by the fifth-largest margin in NCAA history and once again had the team title clinched before the final session began.
-- Starocci was a Hodge Trophy Finalists and was runner-up in voting.
-- Bravo-Young became Penn State's second five-time All-American.
-- Brooks and Starocci became Penn State's third and fourth three-time NCAA Champions with both returning to battle for fourth titles.
-- Dean ended his collegiate career as a four-time NCAA All-American with a seventh place finish at 197.
-- Greg Kerkvliet's trip to the NCAA finals made him a three-time All-American.
-- Haines became a true freshman NCAA finalist at 157.
-- Bartlett earned his first All-American honor with a third place finish at 141.
-- Van Ness became a freshman All-American finishing third at 149.
-- Bravo-Young, Haines, Starocci and Brooks all won Big Ten Championships and were first-team All-Big Ten honorees.
-- Penn State won its ninth Big Ten Regular Season (dual meet) title with an 8-0 record.
-- Haines was named Big Ten Freshman of the Year.
-- Head coach Cael Sanderson was named Big Ten Coach of the Year.

# YEAR-BY-YEAR SUMMARY: 2023-25

## YEAR-BY-YEAR: 23-24

Penn State dominated the competition in 2023-24, claiming a third straight NCAA title, it's 11th championship in the last 13 tournaments. The Nittany Lions welcomed their first four-time NCAA National Champion to the fold with both Carter Starocci (174) and Aaron Brooks (184) winning fourth straight titles. Had two other NCAA champions as Levi Haines (157) won his first as did Greg Kerkvliet (285). Penn State had two national runners-up in Beau Bartlett (141) and Mitchell Mesenbrink. The Nittany Lions had two more All-Americans in third place Tyler Kasak (149) and fifth place Bernie Truax (184). Penn State went 12-0 in dual meets and won yet another Big Ten Regular Season Championship with an 8-0 mark. The Lions rolled to the 2024 Big Ten Championship two weeks before nationals, winning the title on the strength of five Big Ten Champions: Braeden Davis (125), Haines (157), Mesenbrink (165), Brooks (197) and Kerkvliet (285).

**Final Results (12-0, 8-0 B1G/1st B1G/1st NCAA/1st B1G reg. season)**

| | | |
|---|---|---|
| Dec. 3 | #20 LEHIGH | W, 30-10 |
| Dec. 10 | HOFSTRA | W, 43-10 |
| Jan. 5 | at #18 Oregon State | W, 36-3 |
| Jan. 14 | INDIANA | W, 46-0 |
| Jan. 19 | at #5 Michigan | W, 27-9 |
| Jan. 21 | at Michigan State | W, 35-0 |
| Jan. 28 | at Maryland | W, 42-6 |
| Feb. 2 | #17 OHIO STATE | W, 28-9 |
| Feb. 9 | at #6 Iowa | W, 29-6 |
| Feb. 12 | RUTGERS (BJC) | W, 35-3 |
| Feb. 18 | #8 NEBRASKA | W, 22-13 |
| Feb. 25 | EDINBORO | W, 55-0 |
| March 9-10 | 2024 Big Ten Championships at Maryland | 1st -- 170.5 |
| March 21-23 | NCAA Championships at Kansas City, Kan. | 1st -- 172.5 |

**Signature Wins**

-- Penn State handled a strong #18 Oregon State team 36-3 in Corvallis.
-- The Lions rolled over #5 Michigan 27-9 in Ann Arbor.
-- Penn State dominated #17 Ohio State 28-9 in Rec Hall.
-- Penn State won eight of ten in beating #6 Iowa 29-6 in CHA.

**Highlights**

-- Penn State went 12-0 overall and 8-0 in Big Ten dual meets.
-- Penn State sent six wrestlers to the NCAA finals, with Levi Haines (157), Carter Starocci (174), Aaron Brooks (197) and Greg Kerkvliet (285) emerging as NCAA Champions. Beau Bartlett (141) and Mitchell Mesenbrink (165) were national runners-up.
-- Starocci and Brooks became Penn State's first-ever four-time NCAA Champions as the Lions became the first team in NCAA history to ever have two athletes turn the trick in the same season.
-- Joined by Tyler Kasak (3rd at 149), Bernie Truax (5th) at 184, Braedn Davis (2-2 at 125) and Aaron Nagao (3-2 at 133); Penn State had eight All-Americans and 10 scorers as the team rolled to its 11th NCAA Championship in the last 13 events.
-- Penn State won the team title with an NCAA record 172.5 points and notched the largest margin of victory between first and second place (100.0 over the second place team's 72.5).
-- Aaron Brooks was named the 2024 Hodge Trophy Award recipient as the nation's top collegiate wrestler.
-- Brooks was named the NCAA Most Dominant Wrestler and 2024 NCAA Championship Outstanding Wrestler in Kansas City.
-- Brooks went on to win the 2024 U.S. Olympic Team Trials, hosted by Penn State in the Bryce Jordan Center, earning a trip to the Paris 2024 Olympics.
-- Starocci, Haines and Kerkvliet were also Hodge Trophy finalists.
-- Truax ended his career as a four-time All-American with his fifth place finish.
-- Kerkvliet became a four-time All-American with his title run.
-- Haines became a two-time All-American with his second trip to the finals and first title.
-- Bartlett becames a two-time All-American as runner-up this year.
-- Mesenbrink became a freshman All-American as national finalist.
-- Kasak earned All-America honors as a true freshman.
-- Davis, Haines, Mesenbrink, Brooks and Kervliet were first team All-Big Ten honorees as conference champions.
-- Penn State qualified all 10 wrestlers to the NCAA Championships.
-- Penn State won its 10th Big Ten Regular Season (dual meet) title with an 8-0 record.
-- Penn State won its 8th Big Ten Championship at the conference tourney in Maryland.
-- Mesenbrink was named Big Ten Freshman of the Year.
-- Head coach Cael Sanderson was named Big Ten Coach of the Year.
-- Brooks was named Big Ten Wrestler of the Year and 2024 Big Ten Championship Outstanding Wrestler.

## YEAR-BY-YEAR: 24-25

The Penn State Nittany Lions were once again the dominant force in collegiate wrestling in 2024-25. Penn State won its fourth straight NCAA Championship (a third four-peat for head coach Cael Sanderson) and its 12 in the last 15 years (no tournament in 2020). The Lions crowned two more NCAA individual champions. Mitchell Mesenbrink (165) won his first title and Carter Starocci (184) become the first-ever five-time NCAA Champion.. Freshman Josh Barr (197) was national runner-up as well. Five Nittany Lions took third place at their weights: Luke Lilledahl (125), Beau Bartlett (141), Shayne Van Ness (149), Tyler Kasak (157) and Levi Haines (174). Braeden Davis (133) took fifth and Greg Kerkvliet (285) placed sixth. Penn State became only the second team ever to have 10 All-Americans in one season. The Nittany Lions went 15-0 overall and won the Big Ten Regular Season title with an 8-0 mark. Penn State also won the Big Ten Championsihp, running away from the conference at the conference tournament at Northwestern.

**Final Results (15-0, 8-0 B1G/1st B1G/1st NCAA/1st B1G reg. season)**

| | | |
|---|---|---|
| Nov. 17 | DREXEL | W, 41-3 |
| Dec. 8 | at #14 Lehigh | W, 36-3 |
| Dec. 15 | WYOMING (BJC) | W, 54-0 |
| Dec. 22 | vs. Binghamton | W, 52-0 |
| Dec. 22 | vs. #15 Little Rock | W, 44-0 |
| Dec. 22 | vs. #8 Missouri | W, 41-3 |
| Jan. 10 | MICHIGAN STATE | W, 55-0 |
| Jan. 17 | at #4 Nebraska | W, 31-7 |
| Jan. 24 | at #25 Rutgers | W, 35-3 |
| Jan. 31 | #2 IOWA (BJC) | W, 30-8 |
| Feb. 7 | #12 MICHIGAN (BJC) | W, 39-0 |
| Feb. 9 | MARYLAND | W, 35-10 |
| Feb. 14 | at #6 Ohio State | W, 27-13 |
| Feb. 16 | at #19 Illinois | W, 29-9 |
| Feb. 21 | AMERICAN | W, 50-3 |
| March 8-9 | 2025 Big Ten Championships at Northwestern | 1st -- 181.5 |
| March 20-22 | 2025 NCAA Championships at Philadelphia, Pa. | 1st -- 177.0 |

**Signature Wins**

-- Penn State won at #15 Lehigh 36-3 on Dec. 8.
-- The Nittany Lions went 3-0 at the Collegiate Duals in Nashville, shutting out Binghamton 55-0, #15 Little Rock 44-0 and downing #8 Missouri 41-3.
-- Penn State dominated #4 Nebraska in Lincoln 31-7.
-- The Lions rolled over #2 Iowa 30-8 in one of three BJC Duals on Jan. 31.
-- The next weekend, Penn State shutout #12 Michigan 39-0 in another BJC Dual on Feb. 7.
-- Penn State downed #6 Ohio State 27-13 in Columbus on Feb. 14.

**Highlights**

-- Penn State went 15-0 overall and 8-0 in Big Ten dual meets.
-- The Nittany Lions had three NCAA finalists, with Carter Starocci (184) become the nation's first and only five-time NCAA Champion and Mitchell Mesenbrink (165) winning his first title. Freshman Josh Barr finished as national runner-up (197).
-- Five Lions placed third: Luke Lilledahl (125), Beau Bartlett (141), Shayne Van Ness (149), Tyler Kasak (157) and Levi Haines (174).
-- Braeden Davis (133) took fifth and Greg Kerkvliet (285) placed sixth as the Nittany Lions became only the second team in NCAA history to have 10 All-Americans in one year.
-- Penn State won yet another NCAA team title, winning a fourth straight (for the third time since head coach Cael Sanderson's arrival), with an NCAA record 177.0 points (breaking the mark of 172.5 that PSU set the year prior).
-- Carter Starocci was named Penn State's Male Athlete of the Year.
-- Starocci was then honored as the 2025 Big Ten Jesse Owens Male Athlete of the Year.
-- Mitchell Mesenbrink was voted a CSC First Team Academic All-American.
-- Mesenbrink also won the NCAA's season-long Most Technical Falls award.
-- Cael Sanderson was named Big Ten Coach of the Year.
-- Starocci and Mesenbrink were Hodge Trophy finalists.
-- Kerkvliet became a five-time All-American.
-- Haines and Bartlett became three-time All-Americans.
-- Van Ness, Kasak and Davis became two-time All-Americans.
-- Lilledahl, Kasak, Mesenbrink, Haines and Starocci all won Big Ten individual titles.
-- Penn State won the Big Ten Championship in Northwestern.
-- The NIttany Lions went 8-0 and claimed yet another Big Ten Regular Season title.

# YEAR-BY-YEAR: 25-26

Penn State remained atop the collegiate wrestling world in the 2025-26 season, with the Blue & White surging to their fifth-consecutive NCAA Championship crown and 13th in the prior 15 contested events. The Nittany Lions reset the NCAA Championship scoring record for the third year in a row, registering 181.5 points inside Cleveland's Rocket Arena. PSU crowned four individual national champions in the postseason, with sophomore 125-pounder Luke Lilledahl, redshirt junior 165-pounder Mitchell Mesenbrink, senior 174-pounder Levi Haines and redshirt sophomore 197-pounder Josh Barr standing at the top of their respective podiums. An additional group of four more Penn Staters garnered All-America laurels, with national runners-up Shayne Van Ness (149) and Rocco Welsh (184), third-place finisher PJ Duke (157) and fourth-place finisher Marcus Blaze (133) rounding out PSU's eight-member All-American corps. In recognition of his dominant 2025-26 individual season, Mesenbrink took home the Dan Hodge Trophy, becoming the sixth Nittany Lion to win a Hodge while netting PSU its eighth win of the award all-time. Penn State turned in an unblemished 15-0 overall dual schedule with an 8-0 mark in Big Ten contests, claiming the league's regular season crown in the process. The Blue & White additionally played host to the 2026 Big Ten Championships, mustering a program-record seven conference champions while amassing 184.0 points inside the BJC.

**Final Results (15-0, 8-0 B1G/1st B1G/1st NCAA/1st B1G reg. season)**

| | | |
|---|---|---|
| Nov. 14 | #22 OKLAHOMA (BJC) | W, 45-0 |
| Dec. 5 | at Drexel | W, 43-3 |
| Dec. 7 | #13 LEHIGH | W, 36-6 |
| Dec. 13 | at #18 Wyoming | W, 40-7 |
| Dec. 20 | vs. North Dakota State | W, 46-0 |
| Dec. 20 | vs. #9 Stanford | W, 42-0 |
| Jan. 10 | #19 RUTGERS | W, 46-0 |
| Jan. 16 | at #3 Iowa | W, 32-3 |
| Jan. 18 | at Northwestern | W, 51-0 |
| Jan. 23 | INDIANA | W, 48-0 |
| Jan. 25 | at Maryland | W, 51-0 |
| Jan. 30 | #5 NEBRASKA (BJC) | W, 26-12 |
| Feb. 6 | at #13 Michigan | W, 38-3 |
| Feb. 13 | #2 OHIO STATE (BJC) | W, 36-5 |
| Feb. 20 | PRINCETON | W, 50-0 |
| March 7-8 | 2026 Big Ten Championships at Penn State | 1st -- 184.0 |
| March 19-21 | 2026 NCAA Championships at Cleveland, Ohio | 1st -- 181.5 |

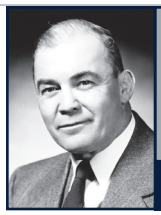
**Signature Wins**

-- Penn State opened its season against No. 22 Oklahoma in the Bryce Jordan Center and booked its first of eight shutouts with a 45-0 result.
-- PSU made its first trip to the state of Wyoming on Dec. 13, beating the host-Cowboys 40-7.
-- Penn State swept the Collegiate Wrestling Duals in Nashville, beating North Dakota State and No. 9 Stanford by a combined score of 88-0.
-- The Nittany Lion win over Stanford on Dec. 20 saw PSU break the all-time NCAA Division I dual meet win streak record with the program's 77th consecutive win.
-- PSU marched into Iowa City and defeated No. 3 Iowa on Jan. 16, 32-3, handing the Hawkeyes their largest home defeat in 60 years.
-- The Blue & White set an NCAA indoor attendance record on Feb. 13 against Ohio State, beating the Buckeyes by a 36-5 score while taking 9-of-10 bouts in front of 16,006 fans.

**Highlights**

-- Penn State went 15-0 overall and 8-0 in Big Ten dual meets.
-- The Nittany Lions crowned four NCAA Champions and had six national finalists. Mitchell Mesenbrink (165) and Levi Haines (174) each won their second titles, while Luke Lilledahl (125) and Josh Barr (197) landed their first.
-- All four of Penn State's NCAA Champions were unbeaten, marking the first instance of four unbeaten NCAA individual champions in history.
-- Shayne Van Ness (149) and Rocco Welsh (184) each finished as national runners-up, while PJ Duke (157) and Marcus Blaze (133) were true freshman All-Americans after finishing third and fourth, respectively.
-- Penn State won its fifth consecutive NCAA team title and 13th in the prior 15 events with an NCAA record 181.5 points (breaking the mark of 177.0 that PSU set the year prior). PSU booked NCAA-record team scoring marks for the third year in a row.
-- Mesenbrink was named the NCAA Championships Outstanding Wrestler, NCAA Championships Most Dominant Wrestler and Dan Hodge Trophy Winner.
-- Duke earned the NCAA Championships Gorriaran Award for booking the most falls in the tournament in the least amount of time.
-- Haines became a four-time All-American.
-- Mesenbrink and Van Ness became three-time All-Americans.
-- Lilledahl, Barr and Welsh became two-time All-Americans.
-- Penn State hosted the B1G Championships, won with 184.0 points and crowned a program-record seven individual champions in Lilledahl (125), Van Ness (149), Duke (157), Mesenbrink (165), Haines (174), Welsh (184) and Barr (197).
-- Haines was named Penn State's male recipient of the Big Ten Medal of Honor.
-- Haines and Mesenbrink were each tabbed CSC Second Team Academic All-Americans.

# HEAD COACHING HISTORY

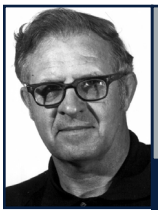


## CHARLIE SPEIDEL

**1927-42, 1947-64**

### CHARLIE SPEIDEL

Charlie Speidel guided Penn State to 14 Top 10 NCAA finishes, including the 1953 NCAA title, and posted seven straight top five finishes from 1951 to 1958 at the NCAA Championships. The longest tenured coach in PSU history, he coached for 34 seasons guiding six national champions, 15 NCAA finalists, 41 All-Americans and Penn State's first national champion in Howard Johnston (1935). He also won eight EIWA conference titles.

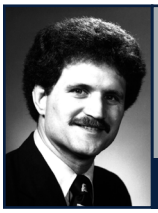


## BILL KOLL

**1964-1978**

### BILL KOLL

In 14 seasons, Bill Koll led the Nittany Lions to six Top 10 NCAA finishes and posted a best ever PSU winning percentage of 85.2 at the time. He coached three individual national champions and 20 All-Americans and helped Penn State climb as high as fourth in the 1971 NCAA Championships. Koll led the Lions to five unbeaten seasons on the dual meet mat (1967, 70, 71, 72 & 74) and a record 41-match home unbeaten streak from 1969-76.



## RICH LORENZO

**1978-1992**

### RICH LORENZO

In 14 seasons, Rich Lorenzo posted 11 Top 10 NCAA finishes and guided five individual national champions. Under Lorenzo, the Nittany Lions placed in the top three on four occasions at the NCAAs while picking up 53 All-American honors, five individual national champions and 11 NCAA finalists. He guided Penn State to 11-straight EWL conference titles from 1982-92, two national dual team championships (1987 & 1991), was named EWL Coach of the Year six times and coached 44 conference champions. Lorenzo was named NWCA Coach of the Year in 1981 and 1992.



## JOHN FRITZ

**1992-1998**

### JOHN FRITZ

In six seasons, John Fritz posted five top five NCAA finishes including a second in 1993, Penn State's highest finish in 39 years. He guided four national champions, nine NCAA finalists, 21 All-Americans and 12 Big Ten champions. Fritz was named the 1993 NWCA National Coach of the Year, after leading Penn State to a school record 22-0-1 dual meet record, a No. 1 national ranking, and a national dual team title. He also earned 1998 Big Ten Coach of the Year honors.



## TROY SUNDERLAND

**1998-2009**

### TROY SUNDERLAND

Over the course of 11 seasons, Troy Sunderland guided Penn State to one top three NCAA finish, another top five finish and a total of four top 10 finishes. He coached three NCAA individual champions, ten finalists, 25 All-Americans and seven conference champions. He was named the 2003 Big Ten Coach of the Year and the 1999 Amateur Wrestling News RookieCoach of the Year.



## CAEL SANDERSON

**2009-PRESENT**

### CAEL SANDERSON

Cael Sanderson began his first season as Penn State's head coach in 2009-10 and has re-written the Penn State record books.

In 17 years as Penn State's coach, Sanderson led the Nittany Lions to nine Southern Scuffle titles, 12 B1G dual meet titles, 10 Big Ten Championships, 13 of the last 15 NCAA Championships contest (no event in 2020), collected 109 All-Americans, 44 National Champions including an NCAA record-tying five in 2017 and in 2022, four Gorriaran winners, seven NCAA Tournament Outstanding Wrestlers, one CoSIDA Academic All-American of the Year, one NCAA Elite 89 winner, one NCAA Top 10 Award winner and seven Hodge Trophy Winners. Sanderson, who has coached 124 total All-Americans and 46 total National Champions (including his three years at Iowa State), grabbed his 100th win as Penn State's head coach in its 36-6 victory over Stanford in Rec Hall on 11/13/16.

## COACHING HONORS

**NWCA NATIONAL COACH OF THE YEAR**
Rich Lorenzo, 1992
John Fritz, 1993
Cael Sanderson, 2013

**EWL COACH OF THE YEAR**
Rich Lorenzo, 1981–84, 87, 91

**BIG TEN COACH OF THE YEAR**
John Fritz, 1998
Troy Sunderland, 2003
Cael Sanderson, 2011, 12, 13, 14, 16, 19, 23, 24, 25

**AWN "ROOKIE" COACH OF THE YEAR**
Troy Sunderland, 1999

**BIG TEN MEN'S SPORT COACH OF THE YEAR**
Cael Sanderson, 2011, 2012

**INTERMAT NATIONAL COACH OF THE YEAR**
Cael Sanderson, 2012, 2016, 2017, 2018, 2019, 2023, 2025

**ALL-TIME HEAD COACHING RECORDS**

| Coach | Seasons | W | L | T | Pct. |
|---|---|---|---|---|---|
| William E. Lewis (1909-13, 15-17, 20-21) | 10 | 40 | 7 | 0 | .851 |
| J.H. Shollenberger (1914) | 1 | 5 | 0 | 0 | 1.000 |
| H.C. Yerger (1918-19) | 2 | 6 | 2 | 0 | .750 |
| D.D. Detar (1922-24) | 3 | 14 | 4 | 1 | .778 |
| Ralph G. Leonard (1925-26) | 2 | 13 | 1 | 0 | .929 |
| Charlie Speidel (1927-42, 47-64) | 34 | 191 | 56 | 13 | .773 |
| Paul Campbell (1943-46) | 4 | 12 | 9 | 1 | .571 |
| Bill Koll (1965-78) | 14 | 128 | 21 | 7 | .853 |
| Rich Lorenzo (1979-92) | 14 | 188 | 64 | 9 | .737 |
| John Fritz (1993-98) | 6 | 87 | 33 | 2 | .717 |
| Troy Sunderland (1999-2009) | 11 | 115 | 90 | 2 | .560 |
| Cael Sanderson (2010-Pres.) | 17 | 233 | 16 | 2 | .932 |

# PROGRAM TIMELINE

**1909**
- Penn State begins intercollegiate wrestling with a loss to Cornell. They post an 0-1 record on the season. It would be one of only 11 losing seasons in the next 92 years of wrestling and the last for 37 seasons.
- William E. Lewis is named Penn State's first head coach. He leads Penn State a total of 10 seasons in three separate stints and posts a 40-7 mark.

**1910**
- Penn State records its first dual meet wrestling win with a 7-0 decision over the University of Pennsylvania.

**1914**
- J.H. Shollenberger takes over as head coach for one season and posts a 5-0 mark.

**1918**
- H.C. Yerger is named Penn State's third head coach and leads the Nittany Lions for two seasons posting a 7-2 mark. His team claims Penn State's first Eastern Intercollegiate Wrestling Association title in this year.

**1921**
- Penn State is declared the National Dual Team champion after defeating Indiana and Iowa State.

**1922**
- D.D. Detar is named Penn State's fourth head coach and leads the Nittany Lions for three years posting a 14-4-1 record.

**1925**
- Ralph G. Leonard is named Penn State's fifth head coach and leads the Nittany Lions for two years posting a 13-1 record.

**1927**
- Charlie Speidel is named Penn State's sixth head coach and begins the longest coaching tenure in the program's history. He leads the Nittany Lions for 34 seasons over two stints and posts a 191-56-13 record. He goes on to coach until 1964.

**1930**
- Penn State hosts the NCAA Wrestling Championships for the first-time in Rec Hall.

**1935**
- Penn State 165-pounder Howard Johnston wins the Nittany Lions first individual national title.

**1938**
- Penn State hosts the NCAA Wrestling Championships for the second time in Rec Hall.

**1943**
- Paul Campbell is named Penn State's seventh head coach as he takes over for four seasons and posts a 12-9-1 record.

**1950**
- Penn State begins a school record run of 34 consecutive dual meet victories that lasts until 1954.

**1951**
- Homer Barr grabs his third top four finish at the NCAA tournament as the heavyweight becomes Penn State's first three-time All-American.

**1953**
- Penn State claims its first national title in wrestling as the Nittany Lions host the NCAA tournament in Rec Hall for the third time.

**1965**
- Three-time NCAA Champion Bill Koll takes over for the retiring Charlie Speidel as the Nittany Lion's eighth head coach. He would go on to coach 14 seasons and lead Penn State to a 127-22-7 marking one of Penn State's winningest dual meet eras.

**1968**
- Penn State hosts the NCAA Championships for the 4th time in Rec Hall.

**1969**
- Penn State begins a school record 41-match home unbeaten streak that lasts until 1976.

**1972**
- Andy Matter completes a perfect season with a national title at 167 pounds to become Penn State's first two-time national champion.

**1976**
- Penn State joins the Eastern Wrestling League, which it soon dominates.

**1979**
- Former Nittany Lion All-American Rich Lorenzo is named Penn State's ninth head coach. He goes on to lead Penn State for 14 seasons and post a 188-64-9 mark.

**1981**
- Head coach Rich Lorenzo is named the NWCA National Coach-of-the-Year, the first such honor for Penn State.

**1987**
- Greg Elinsky posts his third top three finish at the NCAA tournament, grabbing third at 167 pounds, to become Penn State's first 4X All-American.
- Lions share second National Dual Team Championship as the Nittany Lions post an 18-18 tie with Oklahoma State in the tournament final. They go on to post an 18-1-1 dual record and earn the No. 1 ranking in the final Amateur Wrestling News poll.

**1988**
- Ken Chertow is the first Nittany Lion named to the USA Olympic team.
- Dan Mayo reached the NCAA finals at 177, becoming a 2X All-American.

**1989**
- 1988 NCAA champion Jim Martin (126) ends his career as the all-time leader in victories (155) and dual meet wins (73) and becomes Penn State's second four-time All-American. He later wins his second-consecutive GTE Academic All-American of the Year award and is named to the NCAA Today's Top Six. He is presented the award by President Ronald Reagan.

**1990**
- Penn State hosts the first University Freestyle and Greco-Roman National Championships.

**1991**
- Penn State jumps to No. 1 in the Amateur Wrestling News Rankings after defeating top ranked and defending national champion Oklahoma State, 21-18, to win the National Dual Team Championship.
- Head coach Rich Lorenzo wins his sixth and final EWL Coach of the Year award.

**1992**
- In its last EWL Tournament appearance, Penn State completes a run of 11-straight tournament titles by breaking its own scoring record (165.5) and crowning a record seven individual champions.
- Head Coach Rich Lorenzo wins his second NWCA National Coach of the Year award as Penn State goes 18-4-1 and finishes third at the NCAA Tournament.
- Jeff Prescott becomes the second Nittany Lion to win back-to-back NCAA titles as he claims the crown at 118 pounds.

**1993**
- Three-time Nittany Lion All-American and 1976 NCAA champion John Fritz is named Penn State's 10th head coach. He goes on to coach six seasons and post an 87-33-2 record.
- Fritz makes it back-to-back NWCA Coach of the Year awards for PSU as the Lions post a school record mark of 22-0-1, reach the No. 1 ranking and take second at the NCAA Championships, their highest finish in 39 years.
- Penn State joins the Big Ten, the nation's premier wrestling conference, and posts a second place finish in its first Big Ten Tournament appearance.
- Penn State wins the National Dual Team Championship for the fourth time, moves to No. 1 in the Amateur Wrestling News rankings.

**1994**
- Heavyweight Kerry McCoy posts a Penn State season record 47 wins on his way to the first of his two NCAA titles. Cary Kolat (134) also posts a season record 20 falls.

**1996**
- NCAA champion Sanshiro Abe becomes the third four-time All-American at Penn State and competes in the Olympics as he takes the mat as a member of the Japanese national team.
- Penn State falls to Iowa in the first dual meet held in the Bryce Jordan Center. A record crowd of 11,245 turn out to see the action, the largest ever to witness a dual meet East of the Mississippi River.

**1997**
- Heavyweight Kerry McCoy becomes the third Nittany Lion to claim two national titles and is named W.I.N. Magazine's "Hodge" award winner as the most dominant collegiate wrestler of the year after posting a 41-0 mark.

**1998**
- Penn State hosts the Big Ten Wrestling Championships in the Bryce Jordan Center and posts a second place finish as coach John Fritz receives conference Coach-of-the-Year honors.
- Three-time Nittany Lion All-American Troy Sunderland takes over as Penn State's 11th head coach.

# PROGRAM TIMELINE



**1999**
- Penn State hosts the NCAA Wrestling Championships for the fifth time, and first in the Bryce Jordan Center. A crowd of 80,654 fans, third all-time, sold-out the arena over six sessions.

**2000**
- Former Penn State heavyweight Kerry McCoy wins the U.S. Olympic trials and U.S. National Freestlye title and represents the U.S. in the Olympics in Sydney, Australia, placing fifth.

**2001**
- Heavyweight Kerry McCoy wins his second U.S. National Freestyle title.

**2002**
- Former walk-on Doc Vecchio becomes Penn State's 143rd All-American.
- Heavyweight Kerry McCoy wins his third U.S. National Freestyle title.

**2003**
- Heavyweight Kerry McCoy wins a fourth U.S. National Freestyle title and wins a silver medal at the World Championships.
- Troy Sunderland is Big Ten Coach of the Year.

**2004**
- Pat Cummins (Hwt.) and Josh Moore (133) reach the NCAA finals.
- Heavyweight Kerry McCoy wins his fifth U.S. National Freestyle title, wins the U.S. Olympic Team Trials and takes 7th at the 2004 Olympic Games in Athens Greece becoming Penn State's first two-time Olympian.

**2005**
- Eric Bradley wins second-straight Big Ten title.
- Phil Davis earns first All-American tag

**2006**
- Phil Davis becomes national finalist, reaching NCAA finals at 197. He also earns his second All-America honor.
- Eric Bradley becomes a two-time All-American with an 8th place finish at 184 & James Yonushonis places 8th at 174 for All-America laurels.
- Penn State earns 41st top ten team finish, scoring 53.5 points for ninth place.

**2007**
- Aaron Anspach earns national runner-up laurels at HWT, becoming an All-American for the first time.
- Phil Davis becomes a three-time All-American with 5th place finish at 197.
- Jake Strayer earns first All-America tag with 7th place finish at 133.
- Penn State's 54.0 team points is 14th highest team total in Nittany Lion history.

**2008**
- Phil Davis becomes Penn State's fourth four-time All-American, 18th individual to win a national title and wins Penn State's 21st national crown with his title at 197.
- Bubba Jenkins becomes an All-American for first time with runner-up finish at 149; Dan Vallimont places third at 157 to earn first All-America honor; Mark McKnight goes from unseeded at 125 to All-American with fourth place finish.
- Nittany Lions claim four All-American and collect 75.00 points, the fifth most in school history, to place third at the NCAA Championships.

**2009**
- Quentin Wright becomes first true freshman All-American for Penn State (taking sixth at 174) since 1998.
- Frank Molinaro becomes second straight Nittany Lion wild card to become an All-American (taking eighth at 141 as an unseeded wild card).
- National wrestling icon Cael Sanderson is named 12th head coach in Penn State history on April 17, 2009, in front of over 500 fans in a rousing open-to-the-public press event and introduction.

**2010**
- Dan Vallimont becomes Penn State's 27th NCAA National Runner-Up by advancing to the national finals at 165. Vallimont became a two-time All-American with the performance.
- Frank Molinaro became a two-time All-American with a fifth place finish at 149 after taking eighth at 141 the year before.
- Cyler Sanderson becomes Penn State's 166th All-American with a sixth place showing at 157.
- Cael Sanderson, in his first year as Penn State's head coach, led Penn State to a top-ten final dual meet ranking and a top ten finish at the NCAA Championships as the Lions took ninth with 49.0 points (among the top 20 point totals all-time in PSU history).

**2011**
- Cael Sanderson leads Penn State to its first NCAA Championship since 1953 in just his second year as head coach, scoring a team record 107.5 points to run away with the crown.
- Penn State has five All-Americans, all in the top 3.
- Quentin Wright becomes Penn State's 19th NCAA Champion by winning the 184 pound title as the No. 9 seed.
- Frank Molinaro becomes Penn State's 19th three-time All-American by advancing to the national title bout at 149.
- David Taylor becomes a freshman national finalist and All-American by advancing to the finals at 157.
- Ed Ruth and Andrew Long finish third at 133 and 174 respectively, the duo wrapped up Penn State's team title during the morning session on March 19, 2011.
- Penn State wins its first ever Big Ten title at Northwestern on March 6 and Sanderson was named Big Ten Coach of the Year (becoming the first person ever to be named both Big Ten and Big 12 Coach of the Year).
- Penn State has a school record five Big Ten Champions: Andrew Long at 133, Frank Molinaro at 149, David Taylor at 157, Ed Ruth at 174 and Quentin Wright at 184.
- Taylor is named both Big Ten Wrestler of the Year and Big Ten Freshman of the Year.
- Wright is named 2011 Big Ten Championship Outstanding Wrestler.
- Penn State posts a 17-1-1 dual meet record, including a 6-1-1 mark in Big Ten duals, tying the school record for conference dual wins in a season.
- Penn State wins both the Southern Scuffle (co-champions) and Virginia Duals.
- The Nittany Lions set numerous Rec Hall attendance marks (since reconfiguration in 1990s), sold out two duals and averaged 5,455 fans per event.
- The Penn State wrestlers are named the 2011 Big Ten Team of the Year by the Big Ten Network and Sanderson is named Big Ten Men's Coach of the Year.

**2012**
- Cael Sanderson leads Penn State to its second straight NCAA Championship, scoring a school-record 143.0 points to run away with the crown in St. Louis' Scottrade Center.
- Penn State has six All-Americans, all in the top 3.
- The Nittany Lions have a school record three national champions (and five finalists) as Frank Molinaro (149), David Taylor (165) and Ed Ruth (174) become Penn State's 20th, 21st and 22nd NCAA Champions.
- Quentin Wright became Penn State's 20th three-time All-American by advancing to the national title bout at 184.
- Nico Megaludis becomes a true freshman National Runner-Up at 125, advancing to the finals before dropping a close 4-1 decision in the title bout.
- Dylan Alton took third at 157 with a very strong 6-1 showing in his first NCAA Championship.
- Taylor is named the 2012 NCAA Championship Most Outstanding Wrestler, the 2012 NCAA Most Dominant Wrestler and wins the 2012 NCAA Gorriaran Award.
- Taylor wins the Hodge Trophy as the nation's top wrestler.
- InterMat names Ed Ruth as its National Wrestler of the Year and Sanderson its National Coach of the Year.
- Penn State claimed its second straight Big Ten Championship, running away from the field for the title at Purdue University.
- Penn State crowned three repeat Big Ten Champions as Frank Molinaro (149), David Taylor (165) and Ed Ruth (174) all repeated as conference kings.
- Taylor earns his second straight Big Ten Wrestler of the Year Award.
- Molinaro shares the 2012 Big Ten Championship Outstanding Wrestler Award.
- Cael Sanderson earns his second straight Big Ten Coach of the Year honor.
- Penn State posts a 13-1 dual meet record.
- The Nittany Lions go 7-1 in Big Ten duals, setting a school record for dual wins in a season and earning a share of the Big Ten Regular Season Championship.
- Penn State wins its second straight Southern Scuffle Championship.
- Wrestling duals at Penn State become the hardest tickets to come by as the Lions average a whopping 6,481 fans per dual, including five sellouts in seven duals and more than 6,000 for each and every event.
- The Penn State wrestlers are named the 2012 Big Ten Team of the Year by the Big Ten Network and Sanderson is named Big Ten Men's Coach of the Year, the second straight year for both honors.

## PROGRAM TIMELINE

**2013**

- Cael Sanderson leads Penn State to its third straight NCAA Championship at the Wells Fargo Center in Des Moines Iowa.
- Penn State has five All-Americans, all in the top two as national finalists.
- The Nittany Lions garner two National Champions as Ed Ruth (184) and Quentin Wright (197) garner the school's 26th and 27th individual crowns.
- Quentin Wright became Penn State's 6th four-time All-American by winning the NCAA title at 197, clinching Penn State's team crown.
- Ed Ruth became Penn State's 21st three-time All-American by winning his second straight NCAA crown, this one at 184.
- David Taylor became Penn State's 22nd three-time All-American by advancing to the national finals at 165.
- Taylor won both the NCAA Technical Falls Award and the 2013 NCAA Championship Gorriaran Award.
- Cael Sanderson is named NWCA National Coach of the Year after guiding Penn State to its third straight crown.
- Matt Brown advances to NCAA finals at 174 in his first trip to NCAAs.
- Brown is named the NCAA Championship's Most Outstanding Student by winning the prestigious Elite 89 Award.
- Nico Megaludis advances to his second straight NCAA Championship bout at 125, becoming a two-time All-American as a true-sophomore.
- Matt Brown is named a first team Capital One Academic All-American, Penn State's first since 1999.
- Brown, Megaludis, Taylor and Wright are first team NWCA Academic All-Americans.
- 15 Nittany Lion (nearly half the entire roster) earn Academic All-Big Ten laurels.
- Quentin Wright wins a prestigious NCAA Post-Graduate Award.
- Ed Ruth is named Penn State's Male Athlete of the Year and is a finalist for the Big Ten's Jesse Owens Award as the conference's Male Athlete of the Year.
- Penn State claimed its third straight Big Ten Championship, running away from the field for the title at the University of Illinois.
- Penn State crowned four Big Ten Champions as Taylor (165), Brown (174), Ruth (184) and Wright (197) all win titles.
- Ed Ruth is named Big Ten Wrestler of the Year.
- Cael Sanderson earns his third straight Big Ten Coach of the Year honor.
- Penn State posts a 13-1 dual meet record.
- The Nittany Lions go 7-1 in Big Ten duals, tying a school record for conference dual wins in a season.
- Penn State wins its third straight Southern Scuffle Championship.
- Penn State sells out its entire season of home duals before the season even starts. The Nittany Lions average 6,411 fans per dual over seven sold out events, including three that reached SRO limits as well.

**2014**

- Cael Sanderson leads Penn State to its fourth straight NCAA Championship at Chesapeake Energy Arena in Oklahoma City.
- Penn State has seven All-Americans, the most since 1992.
- The Nittany Lions claim two National Champions as Ed Ruth (184) and David Taylor (165) record the school's 28th and 29th individual titles.
- Ed Ruth became Penn State's seventh four-time All-American and first-ever three-time NCAA Champion by winning his third straight crown (and second straight at 184).
- David Taylor became Penn State's eighth four-time All-American and first ever four-time NCAA Finalist by winning the 165 pound crown.
- Taylor was named the 2014 NCAA Most Dominant Wrestler.
- Taylor was named the 2014 Most Outstanding Wrestler at the 2014 NCAA Championships.
- David Taylor won his second Hodge Trophy Award, given yearly to the top collegiate wrestler in the nation.
- Taylor was named Penn State's Male Athlete of the year and is a finalist for the Big Ten's Jesse Owens Award as the conference's Male Athlete of the Year.
- Nico Megaludis became Penn State's 23rd three-time All-American with a third place finish at 125.
- Matt Brown became a two-time All-American with a fifth-place showing at 174.
- True freshman Zain Retherford (141), senior James English (149) and sophomore Morgan McIntosh (197) each brought home their first All-American laurels.
- Cael Sanderson led Penn State to its fourth-straight Big Ten title.
- Sanderson was named Big Ten Coach of the Year for the 4th straight time.
- Taylor was named Big Ten Wrestler of the Year for the third time.
- Taylor won the 2014 Big Ten Championship Outstanding Wrestler honor.
- Ruth and Taylor became Penn State's first-ever four-time Big Ten Champions with titles at 184 and 165.
- All 10 Nittany Lions qualified for NCAAs.
- Penn State posted a 15-1 dual meet record.
- The Nittany Lions won a share of the Big Ten Dual Meet title with a 7-1 conference mark.
- Penn State claimed its fourth-straight Southern Scuffle title.
- On Dec. 8, 2013, Penn State hosted Pittsburgh in the Bryce Jordan Center and set an all-time NCAA single dual attendance record with 15,996 fans in the sold out venue. It was also the highest attendance figure ever in the building and is the top crowd to ever witness a home Penn State athletic event outside Beaver Stadium.

**2015**

- Junior Morgan McIntosh becomes a Big Ten Champion at 197 for the first time.
- Senior Matt Brown capped off a stellar career by claiming the 2015 NCAA title at 174 pounds and became a three-time All-American in the process.
- Penn State had five All-Americans at the 2015 NCAA Championships in St. Louis, including three first-timers: Matt Brown was the champion at 174-pounds, Morgan McIntosh placed third at 197 to become a two-time All-American, Jimmy Gulibon placed fifth at 133 to become a first-time All-American, senior Jimmy Lawson placed sixth at 285 to leave Penn State as an All-American and junior Jordan Conaway took eighth at 125 to earn his first All-America honor.
- Matt Brown ruled the nation's post-season awards period. Brown claimed a long list of the nations' top academic awards: Brown was the 2015 Capital One Academic All-American of the Year for all sports, Division 1; Brown was the Spring/At-Large Academic All-American of the Year; Brown was Penn State's Male Athlete of the Year; Brown was a first team NWCA Academic All-American; Brown was Penn State's Medal of Honor recipient; Brown was awarded both the Big Ten and NCAA Post-Graduate Scholarships; and Brown was a candidate for the prestigious NCAA Top Ten Award.

**2016**

- Cael Sanderson leads Penn State to its fifth NCAA Championship in the last six years at Madison Square Garden in New York City.
- Penn State has six All-Americans, including five NCAA finalists.
- The Nittany Lions claim two National Champions as Nico Megaludis (125) and Zain Retherford (149) claim Penn State's 31st and 32nd individual titles.
- Megaludis became Penn State's ninth four-time All-American by winning the NCAA title at 125. Megaludis also became a three-time finalist.
- Retherford was named the 2014 NCAA Most Dominant Wrestler.
- Retherford won his first NCAA title at 149 and was named the 2016 NCAA Most Dominant Wrestler for his season-long efforts.
- Retherford was named Penn State's Male Athlete of the Year and is a finalist for the Big Ten's Jesse Owens Award as the conference's Male Athlete of the Year. Retherford became the fifth straight wrestler to win the Penn State Male Athlete of the Year award.
- Morgan McIntosh became Penn State's 25th three-time All-American as the 197-pound national runner-up.
- Red-shirt freshmen Bo Nickal (174) and Jason Nolf (157) became freshmen All-Americans and NCAA national runners-up with 4-1 runs to the finals in Madison Square Garden.
- Senior Jordan Conaway became a two-time All-American with a sixth place finish at 133 while qualifiers Geno Morelli (165) and Jimmy Gulibon (141) each went 2-2.
- Penn State won its fifth Big Ten title in six years, running away from the field in Iowa City. The Lions' 150.5 points were over 20 more than second place Iowa's 127.0.

- Sanderson was named Big Ten Coach of the Year for the 5th straight time.
- Retherford was named Big Ten Wrestler of the Year.
- Nickal won the Big Ten title at 174.
- McIntosh became Penn State's ninth two-time Big Ten Champion, winning another crown at 197.
- Nolf was named Big Ten Freshman of the Year.
- Penn State won a share of its third Big Ten Regular Season (dual meet) title with a school record 9-0 record.
- The Nittany Lions posted a perfect 16-0 dual meet mark.
- Penn State won the 2016 NWCA National Dual Meet title with a rousing 29-17 win over Oklahoma State in Rec Hall.
- Penn State claimed its sixth-straight Southern Scuffle title.
- Penn State averaged a school-record 8,756 fans per dual meet and has wrestled in front of sell-out crowds in 32 of its last 33 home events, including 29 straight in Rec Hall.

# PROGRAM TIMELINE



**2017**

- Cael Sanderson leads Penn State to its sixth NCAA Championship in a seven-year span at the Scottrade Center in St. Louis.
- Penn State has six All-Americans, including a perfect 5-0 performance in the finals with a school record five NCAA Champions.
- The Nittany Lions perfect five NCAA Champions include: Zain Retherford (149), Jason Nolf (157), Vincenzo Joseph (165), Mark Hall (174) and Bo Nickal (184).
- Joseph and Hall became Penn State's first ever freshmen National Champions.
- Retherford became Penn State's seventh two-time National Champion.
- Retherford hauled in a stunning list of post-season honors: Hodge Trophy Winner as the nation's top collegiate wrestler; 2017 NCAA Most Dominant Wrestler, 2017 NCAA Championships Outstanding Wrestlers; 2017 Big Ten Championship Outstanding Wrestler, 2017 InterMat Wrestler of the Year.
- Retherford and Jason Nolf won Big Ten Championships at 149 and 157.
- Nolf was named the Big Ten's 2017 Wrestler of the Year.
- Retherford and Nolf both earned CoSIDA Academic All-Region honors.
- Retherford was a first team CoSIDA Academic All-American and Nolf was a second teamer.
- Cael Sanderson was named the 2017 InterMat Coach of the Year.
- Mark Hall was named 2017 NCAA Freshman of the Year.
- While Penn State did not compete at the Southern Scuffle as a team, Hall traveled down and won the 174 pound title and was named Scuffle Outstanding Wrestler.
- Bo Nickal won the 2017 Amateur Wrestling News Hammer Award.
- Nickal won the 2017 NCAA Championship Gorriaran Award.
- Penn State won the 2017 Big Ten Regular Season Championship with a perfect 9-0 record.
- The Nittany Lions posted a perfect 14-0 dual meet mark.
- Penn State won the 2017 NWCA National Dual Meet title, it's second straight, by dominating Oklahoma State in Stillwater 27-13.
- The Nittany Lions collected a whopping 15 Academic All-Big Ten selections, nearly half the roster.
- The Nittany Lions had five NWCA First Team National All-Academic team members
- Geno Morelli won the Big Ten Duke Postgraduate Award and a Big Ten Post-Graduate Scholarship.

**2018**

- Cael Sanderson leads Penn State to its seventh NCAA Championship in the last eight seasons at Cleveland's Quicken Loans Arena.
- Penn State has eight All-Americans, including a 4-1 performance in the finals.
- The Nittany Lions five NCAA Finalists, with four champs, include: Zain Retherford (149), Jason Nolf (157), Vincenzo Joseph (165), Mark Hall (174, 2nd) and Bo Nickal (184).
- Retherford became Penn State's second three-time National Champion.
- Retherford hauled in a stunning list of post-season honors: Hodge Trophy Winner as the nation's top collegiate wrestler for the second straight year, 2018 NCAA Most Dominant Wrestler once again, Big Ten Wrestler of the Year and Penn State's McCoy Award winner.
- Retherford and Jason Nolf won Big Ten Championships at 149 and 157, Joseph made it two-for-two at 165 and Nickal clinched the NCAA team title with his second NCAA title at 184.
- Nickal was named NCAA Championship Outstanding Wrestler and earned the Schalles Award as the NCAA's top pinner.
- Sanderson was named the 2018 InterMat Coach of the Year.
- Retherford, Hall and Nickal won Big Ten titles.
- Penn State won the 2018 Big Ten Regular Season Championship with a perfect 9-0 record.
- The Nittany Lions posted a perfect 14-0 dual meet mark.
- Penn State won its seventh Southern Scuffle title in Chattanooga.
- The Nittany Lions collected a whopping 16 Academic All-Big Ten selections, nearly half the roster.
- The Nittany Lions had five NWCA First Team National All-Academic team members: (Corey Keener, Nick Lee, Retherford, Nolf, Anthony Cassar).

**2019**

- Cael Sanderson leads Penn State to its eighth NCAA Championship in the last nine seasons at Pittsburgh's PPG Paints Arena.
- Penn State won its fourth straight national crown for the second time under Sanderson.
- Penn State has seven All-Americans, five NCAA finalists and three NCAA Champions.
- Penn State's five finalists were: Jason Nolf (champ at 157), Bo Nickal (champ at 197), Anthony Cassar (champ at 285), Vincenzo Joseph (runner-up at 165), and Mark Hall (runner-up at 174).
- Nick Lee earned his second All-America honor with another fifth place finish at 141.
- Roman Bravo-Young became a true freshman All-American with an eighth place finish at 133.
- Bo Nickal hauled in a long list of personal accolades: 2019 Hodge Trophy Award, Penn State Male Athlete of the Year, 2019 NCAA Most Dominant Wrestler, First Team All-Big Ten, Big Ten Champion, NWCA Academic All-American.
- Jason Nolf hauled in a long list of personal accolades: 2019 Hodge Finalist, Penn State McCoy Award Winner, First Team All-Big Ten, Big Ten Champion, NWCA Academic All-American.
- National Champion Anthony Cassar and true freshman All-American Roman Bravo-Young joined Nolf and Nickal as NWCA Academic All-Americans.
- Nolf, Nickal, Cassar and Mark Hall all won Big Ten titles.
- Penn State won the Southern Scuffle title once again.
- The Nittany Lions claimed the 2019 Big Ten Regular Season title
- Penn State won the 2019 Big Ten Championship with a dominant run in Minneapolis.
- Cael Sanderson was named 2019 Big Ten Coach of the Year.
- Casey Cunninghman was named 2019 USA Wrestling Freestyle Coach of the Year.

**2020**

- Penn State went 12-2 overall, 8-1 in Big Ten duals.
- Penn State rolled to a 23-10 road win at #14 Lehigh in December.
- The Nittany Lions posted a 20-18 victory at #7 Nebraska on Jan. 24.
- Penn State went 2-0 in a Big Ten road trip in February, downing #4 Wisconsin 29-10 on Feb. 7 and #6 Minnesota 31-10 on Feb. 9.
- The Lions took down #3 Ohio State 20-16 in the 2020 BJC Dual.
- Roman Bravo-Young (133), Nick Lee (141), Jarod Verkleeren (149) and Mark Hall (174) all won titles at the Army Black Knight Invite on Nov. 17.
- Penn State lost the services of two returning All-Americans (defending 285 NCAA Champ Anthony Cassar and All-American Kyle Conel) to injuries at the semester break.
- The Nittany Lions crowned two more Big Ten Champions at the Big Ten Championship tournament on March 7-8 in New Jersey. Mark Hall won the title at 174 and Aaron Brooks took home the 184 pound crown.
- Aaron Brooks was named Big Ten Freshman of the Year.
- Nick Lee and Roman Bravo-Young were honored as NWCA First Team Academic All-Americans.
- Penn State qualified seven wrestlers to the 2020 NCAA Championship tournament: Roman Bravo-Young (133), Nick Lee (141), Jarod Verkleeren (149), Vincenzo Joseph (165), Mark Hall (174), Aaron Brooks (184) and Shakur Rasheed (197).
- The NCAA canceled the 2020 NCAA Championship tournament in Minnesota in reaction to the COVID-19 pandemic.

**2021**

- Penn State won a share of Big Ten regular season title with 6-0 record.
- Nittany Lions went perfect 4-0 in NCAA finals.
- Penn State won a share of its seventh Big Ten regular season (dual meet) title since Cael Sanderson's arrival with a perfect 6-0 mark.
- The Nittany Lions went a perfect 4-0 in the NCAA finals on March 20 in St. Louis, crowning four brand new individual champions.
- Roman Bravo-Young became a three-time All-American and won the 133-pound title with a 4-2 (sv) win over #1 Daton Fix of Oklahoma State. Bravo-Young ended the year with a 14-0 record.
- Bravo-Young was a Hodge Trophy Finalist.
- Bravo-Young was named Penn State's Male Athlete of the Year.
- Nick Lee became a four-time All-American and won his first individual title at 141 with a 4-2 (sv) win over #1 Jaydin Eierman of Iowa. Lee ended the season with a 13-1 record.
- Carter Starocci became an All-American and won the 174-pound crown as a freshman, downing #1 Michael Kemerer of Iowa 3-1 (sv). Starocci ended the campaign at 14-2.
- Starocci was named Big Ten Freshman of the Year.
- Aaron Brooks became a two-time All-American and won his first 184-pound individual title with a 3-2 victory over #2 Trent Hidlay of North Carolina State. Brooks ended his season with a 14-0 mark.
- Brooks was a Hodge Trophy Finalist.
- Michael Beard became an All-American as a freshman, taking seventh at 197 with a 4-2 run at NCAAs. Beard ended the season with a 10-6 mark.
- Greg Kerkvliet became an All-American as a freshman, after resuming wrestling literally on the last day of the regular season. Kerkvliet took seventh at 285 and ended the year with a 10-4 mark with 12 of those 14 bouts coming in the Big Ten and NCAA tournaments.
- Penn State hosted the Big Ten Championship at the Bryce Jordan Center on March 6-7.
- Bravo-Young won his first Big Ten title, claiming the 133-pound crown with a 5-2 win over Iowa's Austin DeSanto.
- Brooks became a two-time Big Ten Champion at 184, going 3-0 at Big Tens and downing Taylor Venz 10-5 in the finals for the title in the Bryce Jordan Center.

# PROGRAM TIMELINE

**2022**

- Penn State went 17-0 overall and 8-0 in Big Ten dual meets.
- Penn State downed #22 Northern Iowa 29-9 and #9 Cornell 21-16 on the first day of the Collegiate Wrestling Duals in Niceville, Fla.
- Nittany Lions hammered #3 Arizona State the next day to go 3-0 in Niceville, Fla.
- Penn State rolled to a 29-6 victory at #3 Michigan on Jan. 16.
- The Nittany Lions rolled to a 19-13 victory at #3 Iowa on Jan. 28 in Carver-Hawkeye Arena led by Max Dean's win at 197.
- Penn State rolled over #6 Ohio State 32-7 in front of a sold out Bryce Jordan Center crowd on Feb. 4.
- For the second time since Cael Sanderson's arrival as head coach, Penn State went a perfect 5-0 in the NCAA National Finals, with Roman Bravo-Young, Nick Lee, Carter Starocci, Aaron Brooks and Max Dean all winning individual NCAA crowns.
- Joined by sixth All-American Greg Kerkvliet, the above fie led Penn State to its ninth NCAA Championship in the last 11 events. Penn Stat out distanced second place Michigan by almost 40 points and had the team title clinched before the final session began.
- Bravo-Young, Lee and Starocci were Hodge Trophy Finalists (Lee finished third in voting).
- Nick Lee was named Penn State's Male Athlete of the Year.
- Lee became Penn State's first five-time All-American and a two-time NCAA Champion with a 10-3 victory over North Carolina's Kizhan Clarke in the finals.
- Bravo-Young became a four-time All-American and two-time NCAA Champion with a 3-2 victory over Oklahoma State's Daton Fix.
- Brooks became a three-time All-American and a two-time NCAA Champion by dominating Michigan's Myles Amine in the finals, winning 5-3 with over 2:00 in riding time.
- Starocci became a two-time NCAA Champion and a two-time All-American with a 5-5 (TB2, RT) victory over Mekhi Lewis of Virginia Tech in the finals.
- Max Dean, in his first year at Penn State, earned his first NCAA individual title with a 3-2 victory over Iowa's Jacob Warner. He became a three-time All-American as well.
- Greg Kerkvliet became a two-time All-American with a fourth place finish at 285, including a key 6-1 victory over Michigan's Mason Parris in the conso semis.
- Nick Lee, Roman Bravo-Young, Carter Starocci and Max Dean all won Big Ten Championships and were first-team All-Big Ten honorees.
- Penn State won its eighth Big Ten Regular Season (dual meet) title with an 8-0 record.

**2023**

-- Penn State went 16-0 overall and 8-0 in Big Ten dual meets.
-- Penn State sent five wrestlers to the NCAA finals once again, with Carter Starocci (174) and Aaron Brooks (184) emerging as three-time NCAA Champions. Roman Bravo-Young (133), Levi Haines (157) and Greg Kerkvliet (285) were national runners-up.
-- Joined by Beau Bartlett (3rd, 141), Shayne Van Ness (3rd, 149) and Max Dean (7th, 197), those eight All-Americans Penn State to its 10th NCAA Championship in the last 12 events. Penn State out distanced second place Iowa by almost by the fifth-largest margin in NCAA history and once again had the team title clinched before the final session began.
-- Starocci was a Hodge Trophy Finalists and was runner-up in voting.
-- Bravo-Young became Penn State's second five-time All-American.
-- Brooks and Starocci became Penn State's third and fourth three-time NCAA Champions with both returning to battle for fourth titles.
-- Dean ended his collegiate career as a four-time NCAA All-American with a seventh place finish at 197.
-- Greg Kerkvliet's trip to the NCAA finals made him a three-time All-American.
-- Haines became a true freshman NCAA finalist at 157.
-- Bartlett earned his first All-American honor with a third place finish at 141.
-- Van Ness became a freshman All-American finishing third at 149.
-- Bravo-Young, Haines, Starocci and Brooks all won Big Ten Championships and were first-team All-Big Ten honorees.
-- Penn State won its ninth Big Ten Regular Season (dual meet) title with an 8-0 record.
-- Haines was named Big Ten Freshman of the Year.
-- Head coach Cael Sanderson was named Big Ten Coach of the Year.

**2023**

-- Penn State went 12-0 overall and 8-0 in Big Ten dual meets.
-- Penn State sent six wrestlers to the NCAA finals, with Levi Haines (157), Carter Starocci (174), Aaron Brooks (197) and Greg Kerkvliet (285) emerging as NCAA Champions. Beau Bartlett (141) and Mitchell Mesenbrink (165) were national runners-up.
-- Starocci and Brooks became Penn State's first-ever four-time NCAA Champions as the Lions became the first team in NCAA history to ever have two athletes turn the trick in the same season.
-- Joined by Tyler Kasak (3rd at 149), Bernie Truax (5th) at 184, Braedn Davis (2-2 at 125) and Aaron Nagao (3-2 at 133); Penn State had eight All-Americans and 10 scorers as the team rolled to its 11th NCAA Championship in the last 13 events.
-- Penn State won the team title with an NCAA record 172.5 points and notched the largest margin of victory between first and second place (100.0 over the second place team's 72.5).
-- Aaron Brooks was named the 2024 Hodge Trophy Award recipient as the nation's top collegiate wrestler.
-- Brooks was named the NCAA Most Dominant Wrestler and 2024 NCAA Championship Outstanding Wrestler in Kansas City.
-- Brooks went on to win the 2024 U.S. Olympic Team Trials, hosted by Penn State in the Bryce Jordan Center, earning a trip to the Paris 2024 Olympics.
-- Starocci, Haines and Kerkvliet were also Hodge Trophy finalists.
-- Truax ended his career as a four-time All-American with his fifth place finish.
-- Kerkvliet became a four-time All-American with his title run.
-- Haines became a two-time All-American with his second trip to the finals and first title.
-- Bartlett becames a two-time All-American as runner-up this year.
-- Mesenbrink became a freshman All-American as national finalist.
-- Kasak earned All-America honors as a true freshman.
-- Davis, Haines, Mesenbrink, Brooks and Kervliet were first team All-Big Ten honorees as conference champions.
-- Penn State qualified all 10 wrestlers to the NCAA Championships.
-- Penn State won its 10th Big Ten Regular Season (dual meet) title with an 8-0 record.
-- Penn State won its 8th Big Ten Championship at the conference tourney in Maryland.
-- Mesenbrink was named Big Ten Freshman of the Year.
-- Head coach Cael Sanderson was named Big Ten Coach of the Year.
-- Brooks was named Big Ten Wrestler of the Year and 2024 Big Ten Championship Outstanding Wrestler.

**2024**

-- Penn State went 12-0 overall and 8-0 in Big Ten dual meets.
-- Penn State sent six wrestlers to the NCAA finals, with Levi Haines (157), Carter Starocci (174), Aaron Brooks (197) and Greg Kerkvliet (285) emerging as NCAA Champions. Beau Bartlett (141) and Mitchell Mesenbrink (165) were national runners-up.
-- Starocci and Brooks became Penn State's first-ever four-time NCAA Champions as the Lions became the first team in NCAA history to ever have two athletes turn the trick in the same season.
-- Joined by Tyler Kasak (3rd at 149), Bernie Truax (5th) at 184, Braedn Davis (2-2 at 125) and Aaron Nagao (3-2 at 133); Penn State had eight All-Americans and 10 scorers as the team rolled to its 11th NCAA Championship in the last 13 events.
-- Penn State won the team title with an NCAA record 172.5 points and notched the largest margin of victory between first and second place (100.0 over the second place team's 72.5).
-- Aaron Brooks was named the 2024 Hodge Trophy Award recipient as the nation's top collegiate wrestler.
-- Brooks was named the NCAA Most Dominant Wrestler and 2024 NCAA Championship Outstanding Wrestler in Kansas City.
-- Brooks went on to win the 2024 U.S. Olympic Team Trials, hosted by Penn State in the Bryce Jordan Center, earning a trip to the Paris 2024 Olympics.
-- Starocci, Haines and Kerkvliet were also Hodge Trophy finalists.
-- Truax ended his career as a four-time All-American with his fifth place finish.
-- Kerkvliet became a four-time All-American with his title run.
-- Haines became a two-time All-American with his second trip to the finals and first title.
-- Bartlett becames a two-time All-American as runner-up this year.
-- Mesenbrink became a freshman All-American as national finalist.
-- Kasak earned All-America honors as a true freshman.
-- Davis, Haines, Mesenbrink, Brooks and Kervliet were first team All-Big Ten honorees as conference champions.
-- Penn State qualified all 10 wrestlers to the NCAA Championships.
-- Penn State won its 10th Big Ten Regular Season (dual meet) title with an 8-0 record.
-- Penn State won its 8th Big Ten Championship at the conference tourney in Maryland.
-- Mesenbrink was named Big Ten Freshman of the Year.
-- Head coach Cael Sanderson was named Big Ten Coach of the Year.
-- Brooks was named Big Ten Wrestler of the Year and 2024 Big Ten Championship Outstanding Wrestler.

# PROGRAM TIMELINE



## 2025

-- Penn State went 15-0 overall and 8-0 in Big Ten dual meets.
-- The Nittany Lions had three NCAA finalists, with Carter Starocci (184) become the nation's first and only five-time NCAA Champion and Mitchell Mesenbrink (165) winning his first title. Freshman Josh Barr finished as national runner-up (197).
-- Five Lions placed third: Luke Lilledahl (125), Beau Bartlett (141), Shayne Van Ness (149), Tyler Kasak (157) and Levi Haines (174).
-- Braeden Davis (133) took fifth and Greg Kerkvliet (285) placed sixth as the Nittany Lions became only the second team in NCAA history to have 10 All-Americans in one year.
-- Penn State won yet another NCAA team title, winning a fourth straight (for the third time since head coach Cael Sanderson's arrival), with an NCAA record 177.0 points (breaking the mark of 172.5 that PSU set the year prior).
-- Carter Starocci was named Penn State's Male Athlete of the Year.
-- Starocci was then honored as the 2025 Big Ten Jesse Owens Male Athlete of the Year.
-- Mitchell Mesenbrink was voted a CSC First Team Academic All-American.
-- Mesenbrink also won the NCAA's season-long Most Technical Falls award.
-- Cael Sanderson was named Big Ten Coach of the Year.
-- Starocci and Mesenbrink were Hodge Trophy finalists.
-- Kerkvliet became a five-time All-American.
-- Haines and Bartlett became three-time All-Americans.
-- Van Ness, Kasak and Davis became two-time All-Americans.
-- Lilledahl, Kasak, Mesenbrink, Haines and Starocci all won Big Ten individual titles.
-- Penn State won the Big Ten Championship in Northwestern.
-- The Nittany Lions went 8-0 and claimed yet another Big Ten Regular Season title.

## 2026

-- Penn State went 15-0 overall and 8-0 in Big Ten dual meets.
-- The Nittany Lions crowned four NCAA Champions and had six national finalists. Mitchell Mesenbrink (165) and Levi Haines (174) each won their second titles, while Luke Lilledahl (125) and Josh Barr (197) landed their first.
-- All four of Penn State's NCAA Champions were unbeaten, marking the first instance of four unbeaten NCAA individual champions in history.
-- Shayne Van Ness (149) and Rocco Welsh (184) each finished as national runners-up, while PJ Duke (157) and Marcus Blaze (133) were true freshman All-Americans after finishing third and fourth, respectively.
-- Penn State won its fifth consecutive NCAA team title and 13th in the prior 15 events with an NCAA record 181.5 points (breaking the mark of 177.0 that PSU set the year prior). PSU booked NCAA-record team scoring marks for the third year in a row.
-- Mesenbrink was named the NCAA Championships Outstanding Wrestler, NCAA Championships Most Dominant Wrestler and Dan Hodge Trophy Winner.
-- Duke earned the NCAA Championships Gorriaran Award for booking the most falls in the tournament in the least amount of time.
-- Haines became a four-time All-American.
-- Mesenbrink and Van Ness became three-time All-Americans.
-- Lilledahl, Barr and Welsh became two-time All-Americans.
-- Penn State hosted the B1G Championships, won with 184.0 points and crowned a program-record seven individual champions in Lilledahl (125), Van Ness (149), Duke (157), Mesenbrink (165), Haines (174), Welsh (184) and Barr (197).
-- Haines was named Penn State's male recipient of the Big Ten Medal of Honor.
-- Haines and Mesenbrink were each tabbed CSC Second Team Academic All-Americans.

# EIWA & EWL HISTORY

## EIWA CHAMPIONS

| | | |
|---|---|---|
| 1974 | 126 | Fritz, John |
| | 158 | Villecco, Jerry |
| | Hwt. | Getty, Charles |
| 1973 | 126 | Fritz, John |
| | 142 | Snyder, Barry |
| | 167 | Villecco, Jerry |
| | 177 | Brenneman, Dan |
| 1972 | 167 | Matter, Andy |
| | Hwt. | Joyner, Dave |
| 1971 | 150 | Stone, Don |
| | 158 | Frantz, Clyde |
| | 167 | Matter, Andy |
| | Hwt. | Joyner, Dave |
| 1970 | 150 | Frantz, Clyde |
| | 167 | Matter, Andy |
| | 190 | High, John |
| | Hwt. | Joyner, Dave |
| 1969 | 145 | Frantz, Clyde |
| 1968 | 130 | Clark, Wally |
| | 137 | Spinda, Dave |
| | 160 | Kline, Matt |
| | 191 | Lorenzo, Rich |
| 1967 | 167 | Seaman, Jerry |
| | Hwt. | Reid, Mike |
| 1966 | 152 | DeWalt, Dick |
| 1965 | 167 | Strayer, Marty |
| 1964 | 123 | Windfelder, Jay |
| | 167 | Strayer, Marty |
| 1961 | 137 | Johnston, Dan |
| | 147 | Pifer, Ron |
| | Hwt. | Oberly, John |
| 1960 | Hwt. | Oberly, John |
| 1958 | 130 | Johnston, John |
| 1957 | 130 | Johnston, John |
| | 137 | Pepe, John |
| | 147 | Adams, Dave |
| 1956 | 123 | Nodland, Sid |
| | 130 | Johnston, John |
| | Hwt. | Oberly, Bill |
| 1955 | 137 | Fornicola, Larry |
| 1954 | 130 | Lemyre, Dick |
| | 137 | Maurey, Gerry |
| 1953 | 130 | Lemyre, Dick |
| | 137 | Maurey, Gerry |
| 1952 | 123 | Homan, Bob |
| | 130 | Lemyre, Dick |
| | 167 | Lemyre, Joe |
| 1951 | 137 | Maurey, Don |
| | 177 | Rubino, Mike |
| 1950 | 145 | Maurey, Jim |
| | Hwt. | Barr, Homer |
| 1949 | Hwt. | Barr, Homer |
| 1947 | 128 | Mohney, Jim |
| 1946 | 128 | Harry, Sam |
| | 155 | Dixon, Grant |
| 1945 | 155 | Smith, Glenn |
| 1943 | 128 | Ridenour, Charley |
| 1942 | 121 | Ridenour, Charley |
| | 128 | Harry, Sam |
| | 145 | Alexander, Glenn |
| 1941 | 121 | Ridenour, Charley |
| 1940 | 175 | Bortz, Ernie |
| 1939 | 136 | Gleason, Frank |
| 1937 | 135 | Zazzi, Aldo |
| | 145 | Light, Jack |
| | 165 | Krupa, Joe |
| | 175 | Shaffer, Ross |
| | Hwt. | O'Dowd, Joe |
| 1936 | 118 | Wolfson, Sam |
| | 135 | Light, Jack |
| | 145 | Waite, Richard |
| 1935 | 135 | Light, Jack |
| | 165 | Johnston, Howard |
| 1934 | 118 | Ellstrom, Robert |
| | 165 | Johnston, Howard |
| 1933 | 118 | Ellstrom, Robert |
| | Hwt. | Cole, Clyde |
| 1930 | 135 | Hubler, Harold |
| | 155 | Campbell, Paul |
| 1929 | 125 | Wilson, Ed |
| 1928 | 125 | Wilson, Ed |
| 1925 | 115 | Cary, Leonard |
| | 135 | Liggett, Walter |
| | 145 | Black, Bill |
| | 158 | Pathemore, John |
| 1924 | 115 | Cary, Leonard |
| | 135 | Naito, Katsutoshi |
| | 145 | Black, Bill |
| 1923 | 145 | Evans, Bayard |
| 1922 | 115 | Watson, Frank |
| | 145 | Parks, Harold |
| 1921 | 115 | Watson, Frank |
| | 125 | Garber, Jacob |
| | 175 | Spangler, Clyde |
| 1920 | 115 | Shirk, Arnim |
| | 135 | Detar, David |
| | 145 | Mills, Ralph |
| 1919 | 145 | Mowrer, Clifton |
| | 158 | Brown, Ivan |
| 1918 | 115 | Horst, Paul |
| | 135 | Long, Morris |
| | 145 | Schultz, Roscoe |
| | 158 | Brown, Ivan |
| | 175 | Nelan, Tom |
| | Hwt. | Czarnecke, Stan |

## EWL CHAMPIONS

| | | |
|---|---|---|
| 1976 | 118 | Wayne Packer (EWL's 1st Champ) |
| | 150 | Bill Vollrath |
| | 158 | Dave Becker |
| | 167 | Jerry Villecco |
| | 177 | Jerry White |
| 1977 | 134 | Jim Earl |
| | 158 | Dave Becker |
| | 190 | Bill Bertrand |
| | 177 | Jerry White |
| 1978 | 118 | Mike DeAugustino |
| | 150 | Bill Vollrath |
| | 158 | Dave Becker |
| 1981 | 142 | Bernie Fritz |
| | 167 | John Hanrahan |
| | Hwt. | Steve Sefter |
| 1982 | 118 | Carl DeStefanis |
| | 126 | Scott Lynch |
| | 167 | John Hanrahan |
| | Hwt. | Steve Sefter |
| 1983 | 118 | Carl DeStefanis |
| | 134 | Bill Marino |
| | 142 | Bob Bury |
| | 177 | Bob Harr |
| 1984 | 118 | Carl DeStefanis |
| | 134 | Scott Lynch |
| | 150 | Chris Bevilacqua |
| 1985 | 134 | John Manotti |
| | 150 | Chris Bevilacqua |
| | 158 | Greg Elinsky |
| 1986 | 126 | Tim Flynn |
| | 150 | Chris Bevilacqua |
| | 158 | Greg Elinsky |
| | 167 | Eric Brugel |
| | 177 | Dan Mayo |
| 1987 | 134 | Tim Flynn |
| | 150 | Sean Finkbeiner |
| | 167 | Greg Elinsky |
| | 177 | Dan Mayo |
| | 190 | Andy Voit |
| 1988 | 118 | Ken Chertow |
| | 126 | Jim Martin |
| | 177 | Dan Mayo |
| 1989 | 118 | Ken Chertow |
| | 126 | Jim Martin |
| | 190 | Andy Voit |
| | Hwt. | Greg Haladay |
| 1990 | 118 | Jeff Prescott |
| | 142 | Mike Bevilacqua |
| | 158 | John Yankanich |
| 1991 | 118 | Jeff Prescott |
| | 126 | Bob Truby |
| | 150 | Tim Wittman |
| 1992 | 118 | Jeff Prescott |
| | 126 | Shawn Nelson |
| | 134 | Bob Truby |
| | 150 | Troy Sunderland |
| | 158 | Tim Wittman |
| | 167 | Dave Hart |
| | 190 | Adam Mariano |

## EIWA HISTORY

The Eastern Intercollegiate Wrestling Association was founded in 1904 between students from Princeton, Penn, Yale and Columbia for the purpose of fostering the sport of wrestling. It held the first of its annual tournaments in 1905. The oldest intercollegiate wrestling organization, Penn State joined the "The Easterns" in 1918, after applying for membership for eight years. The Nittany Lions quickly proved their value as they became the jewel of the association, which included Cornell, Lehigh, Syracuse, Harvard, Navy, Virginia, and Pittsburgh among others. Penn State won the first four championships it was part of and went on to claim 16 EIWA titles and finish in the top three of the league tournament 40 times in its 56 year affiliation. The Nittany Lions also garnered the league's only NCAA title in 1953 and produced more E.I.W.A. champions (105) than any other school before leaving the league in 1974.

## EIWA TEAM TITLES

1918, 1919, 1920, 1921, 1924, 1925, 1936, 1937, 1942, 1951, 1952, 1953, 1957, 1960 (tied with Pittsburgh), 1971, 1973.

## THREE-TIME CHAMPIONS

Jack Light, '35, 36, 37
Charles Ridenour, '41, 42, 43
Dick Lemyre, '52, 53, 54
John Johnston, '56, 57, 58
Clyde Frantz, '69, 70, 71
Dave Joyner, '70, 71, 72
Andy Matter, '70, 71, 72

## TWO-TIME CHAMPIONS

Ivan Brown, '18, 19; rank Watson, '21, 22
Len Cary, '24, 25; Bill Black, '24, 25
Ted Wilson, '28, 29; Bob Ellstrom, '33, 34
Sam Harry, '42, 46; Howard Johnston, '34, 35
Homer Barr, '49, 50; Gerry Maurey, '53, 54
Marty Strayer, '64, 65; Johnston Oberly, '60, 61
John Fritz, '73, 74; Jerry Villecco, '73, 74

## OUTSTANDING WRESTLERS

Charles Ridenour, '42; Sam Harry, '46
Rich Lorenzo, '68; Clyde Frantz, '69 & 70
John Fritz, '74

## FLETCHER TROPHY

(most tournament points scored in career)
John Johnston, '58; Johnston Oberly, '61
Clyde Frantz, '71

## SHERIDAN TROPHY

(most falls in shortest time)
Rich Lorenzo, '68

## RECENT HALL OF FAME

Dave Joyner (inducted in 2004)
John Fritz (2002)
Rich Lemyre (2002)
Charles Ridenour (2002)
Clyde Frantz (2001)
Andy Matter (1999)
John Johnston (1996)
Charles Speidel (1995)

## EWL HISTORY

In 17 years (1976-82) of competition in the Eastern Wrestling League, Penn State was, by far, the most dominant member school, winning 14 tournament titles, including 11 consecutive from 1982 to 1992. Nittany Lions won 59 individual championships and 140 placed. In its final league tournament appearance, in March of 1992, Penn State, under the direction of Rich Lorenzo, romped to the EWL title, breaking its own scoring record and crowning a record seven individual champions.

The seven-for-seven performance in the finals broke, by two, the EWL record for most individual champions from one team. Five Nittany Lions had won titles in 1976, 1986 and 1987. All 10 Penn State wrestlers advanced to the semi-finals. The Lions' team total of 165.50 points eclipsed the tournament scoring record of 148.25, set by Penn State in 1987. Overall, Penn State wrestlers won 29 of 34 bouts and a record 10 by fall.

Jeff Prescott won his third consecutive league title at 118 pounds and became only the sixth Nittany Lion to secure three EWL championships. Tim Wittman, who defeated top seed Scott Hovan in overtime for his second league title and first at 158 pounds, was voted Outstanding Wrestler. Penn State posted a 89–12–2 (87.4) league dual record including a 56-bout unbeaten streak. The Nittany Lions went undefeated (7–0) in their final season in the EWL.

## THREE-TIME CHAMPIONS

Dave Becker, '76–'78; Greg Elinsky, '85–87
Chris Bevilacqua, '84–86; Dan Mayo, '86–88
Carl DeStefanis, '82–84; Jeff Prescott, '90–92

## EWL TOURNAMENT OUTSTANDING WRESTLER

Jeff Prescott, '91; Tim Wittman,'92
Steve Sefter, '81; John Yankanich, '90

## COACH-OF-THE-YEAR

Rich Lorenzo, 1981–84, 87, 91

## WRESTLER-OF-THE-YEAR

Carl DeStefanis, '84; Jim Martin, '88
Scott Lynch, '83–84; Jeff Prescott, '91–92

## FRESHMAN-OF-THE-YEAR

Steve Sefter, '81; Ken Chertow, '85
Greg Elinsky, '84; Jim Martin, '86

## EWL HALL-OF-FAME

| Coach | Contributor |
|---|---|
| Bill Koll | Ed Czekaj, Rich Lucas |
| Rich Lorenzo | Doug McDonald |

Wrestlers
Dave Becker, Chris Bevilacqua, Carl DeStefanis, Greg Elinski, John Hanrahan, Scott Lynch, Jim Martin, Steve Sefter, Jerry White, Tim Wittman, Dan Mayo.

# RECORD BOOK

## DUAL SHUTOUTS

**47 SINCE 1981-82**

| | |
|---|---|
| 45-0 | vs. Cornell, 12/3/81, Rec Hall |
| 54-0 | vs. Millersville, 1/25/83, Rec Hall |
| 39-0 | vs. Virginia, 12/1/87, Rec Hall |
| 45-0 | vs. Maryland, 1/18/92, Rec Hall |
| 38-0 | vs. Minnesota, 2/8/92, Ann Arbor |
| 39-0 | vs. Bloomsburg, 2/10/93, Rec Hall |
| 39-0 | vs. Lehigh, 2/13/93, Rec Hall |
| 40-(-1) | vs. Wartburg, 1/22/00, BJC |
| 38-0 | vs. Appalachian State, 1/11/02, Hampton, Va. |
| 47-0 | vs. Clarion, 11/19/06, Lock Haven, Pa. |
| 41-0 | vs. Rider, 1/13/07, Hampton, Va. |
| 33-0 | vs. Lehigh, 12/7/07, Easton, Pa. |
| 45-0 | vs. Harvard, 11/21/10, Binghamton |
| 48-0 | vs. Lock Haven, 12/12/10, Rec Hall |
| 50-0 | vs. Lock Haven, 12/18/11, Lock Haven, |
| 43-0 | vs. Wisconsin, 1/15/12, Madison |
| 52-0 | vs. Indiana, 12/9/12, Rec Hall |
| 41-0 | vs. Michigan State, 1/13/13, Rec Hall |
| 37-0 | vs. Illinois, 2/3/13, Champaign, Ill. |
| 48-0 | vs. Rider, 2/17/13, Rec Hall |
| 34-0 | vs. Rutgers, 2/24/13, New Brunswick |
| 44-0 | vs. Clarion, 11/22/14, Clarion, Pa. |
| 35-0 | vs. Michigan State, 2/1/15, East Lansing |
| 50-0 | vs. Lock Haven, 11/13/15, Rec Hall |
| 45-0 | vs. Army, 11/11/16, West Point, N.Y. |
| 46-0 | vs. Binghamton, 12/11/16, Rec Hall |
| 55-0 | vs. Buffalo, 2/18/18, Rec Hall |
| 42-0 | vs. Lehigh, 12/2/18, Rec Hall |
| 45-0 | vs. Navy, 11/10/19, Rec Hall |
| 44-0 | vs. Maryland, 2/22/21, Rec Hall |
| 46-0 | vs. Maryland, 1/7/22, College Park, Md. |
| 46-0 | vs. Rider, 2/20/22, Rec Hall |
| 46-0 | vs. Indiana, 1/14/24, Rec Hall |
| 35-0 | at Michigan State, 2/21/24, East Lansing, Mich. |
| 54-0 | vs. Wyoming, 12/8/24, Bryce Jordan Center |
| 52-0 | vs. Binghamton, 12/22/24, Nashville, Tenn. |
| 44-0 | vs. Little Rock, 12/22/24, Nashville, Tenn. |
| 55-0 | vs. Michigan State, 1/10/25, Rec Hall |
| 39-0 | vs. Michigan, 2/7/25, Bryce Jordan Center |
| 45-0 | vs. Oklahoma, 11/14/25, Bryce Jordan Center |
| 46-0 | vs. North Dakota State, 12/20/25, Nashville, Tenn. |
| 42-0 | vs. Stanford, 12/20/25, Nashville, Tenn. |
| 46-0 | vs. Rutgers, 1/10/26, Rec Hall |
| 51-0 | at Northwestern, 1/18/26, Evanston, Ill. |
| 48-0 | vs. Indiana, 1/23/26, Rec Hall |
| 51-0 | at Maryland, 1/24/26, College Park, Md. |

## SINGLE-SEASON INDIVIDUAL

**VICTORIES**

| | | |
|---|---|---|
| 1. | 54 | Scott Moore, 2003 |
| 2. | 47 | Kerry McCoy, 1994 |
| 3. | 44 | Josh Moore, 2004 |
| 4. | 43 | Mark Becks, 2003 |
| | | Jim Martin, 1989 |
| | | Kerry McCoy, 1995 |
| 7. | 41 | Jim Martin, 1988 |
| | | Kerry McCoy, 1997 |
| 9. | 40 | Josh Moore, 2003 |
| 10. | 39 | Carl DeStefanis, 1984 |
| | | Bob Truby, 1991 |
| 12. | 38 | Ed Ruth, 2011 |
| | | David Taylor, 2011 |
| | | Pat Cummins, 2004 |
| | | Pat Cummins, 2003 |
| | | Greg Elinsky, 1987 |
| | | Cary Kolat, 1994 |
| 16. | 37 | Phil Davis, 2005 |
| | | Jim Martin, 1986 |
| | | Greg Elinsky, 1986 |
| 19. | 36 | John Hughes, 1994 |
| 20. | 35 | Sanshiro Abe, 1994 |
| | | Bill Marino, 1983 |
| | | Greg Elinsky, 1984 |
| | | Ken Chertow, 1987, 88 |
| | | Jamarr Billman, 1998 |

**FALLS**

| | | |
|---|---|---|
| 1. | 24 | Josh Moore, 2003-04 |
| 2. | 22 | Scott Moore, 2002-03 |
| 3. | 20 | Cary Kolat, 1993-94 |
| 4. | 18 | Bo Nickal, 2018-19 |
| | 18 | Andrew Alton, 2010-11 |
| 6. | 17 | Zain Retherford, 2017-18 |
| | 17 | Bo Nickal, 2016-17 |
| | 17 | Zain Retherford, 2016-17 |
| 9. | 16 | Bo Nickal, 2017-18 |
| | 16 | Jason Nolf, 2017-18 |
| | 16 | David Taylor, 2013-14 |
| | 16 | Josh Moore, 2002-03 |
| 13. | 15 | Jason Nolf, 2018-19 |
| | 15 | Jason Nolf, 2015-16 |
| | 15 | Zain Retherford, 2015-16 |
| | 15 | David Taylor, 2011-12 |
| | 15 | Bill Marino, 1982-83 |

## CAREER INDIVIDUAL

**MATCHES WRESTLED**

| | | |
|---|---|---|
| 1. | 184 | Josh Moore, 2001-04 |
| 2. | 168 | Jim Martin, 1986-89 |
| | 168 | Kerry McCoy, 1992-97 |
| 4. | 162 | Greg Elinsky, 1983-87 |
| 5. | 158 | Doc Vecchio, 2000-03 |
| | | Clint Musser, 1994, 96-99 |
| 7. | 154 | Ken Chertow, 1985, 87-89 |
| | | Jason Suter, 1988-91 |
| 9. | 151 | Adam Smith, 2002-05 |
| | 151 | Scott Moore, 2000, 02-03 |
| 11. | 150 | Frank Molinaro, 2009-12 |
| 12. | 149 | Mark Becks, 2000-03 |
| | | Eric Brugel, 1982-84, 86 |
| | | John Hughes, 1992, 94-96 |
| 15. | 144 | Andy Voit, 1985, 87-89 |
| 16. | 143 | Dan Vallimont, 2007-10 |
| 17. | 142 | John Hanrahan, 1979-82 |
| 19. | 140 | Jeremy Hunter, 1996-00 |
| | | Sanshiro Abe, 1993-96 |
| 20. | 139 | Tim Flynn, 1983, 85-87 |
| | 139 | Quentin Wright, 2009, 11-13 |
| | 139 | Ed Ruth, 2011-13 |

**VICTORIES (AT PENN STATE)**

| | | |
|---|---|---|
| 1. | 155 | Jim Martin, 1986-89 |
| 2. | 150 | Kerry McCoy, 1992-97 |
| 3. | 146 | Josh Moore, 2001-04 |
| 4. | 138 | Greg Elinsky, 1983-87 |
| 5. | 136 | Ed Ruth, 2011-14 |
| 6. | 134 | David Taylor, 2011-14 |
| 7. | 126 | Zain Retherford, 2014-18 |
| 8. | 125 | Sanshiro Abe, 1993-96 |
| 9. | 123 | Jeremy Hunter, 1996-00 |
| | 123 | Clint Musser, 1994, 96-99 |
| 11. | 121 | Frank Molinaro, 2009-12 |
| | 121 | John Hughes, 1992, 94-96 |
| 13. | 119 | Nico Megaludis, 2012-16 |
| 14. | 118 | Nick Lee, 2018-22 |
| | 118 | Matt Brown, 2012-15 |
| 16. | 116 | Mark Hall, 2017-20 |
| | 116 | Quentin Wright, 2009-13 |
| | 116 | Phil Davis, 2005-08 |
| 19. | 115 | Ken Chertow, 1985, 87-89 |
| 20. | 114 | Morgan McIntosh, 2012-16 |
| | 114 | Carl DeStefanis, 1981-84 |

**OVERALL WINNING % (MINIMUM 30 MATCHES)**

| | | |
|---|---|---|
| **1.** | **98.8** | **Mitchell Mesenbrink (80-1), 2023-Pres.** |
| 2. | 97.84 | Ed Ruth (136-3), 2011-14 |
| 3. | 97.81 | David Taylor (134-3), 2011-14 |
| 4. | 97.7 | Zain Retherford (126-3), 2014-18 |
| 5. | 97.6 | Bo Nickal (120-3), 2016-19 |
| 6. | 97.5 | Jason Nolf (117-3), 2016-19 |
| 7. | 96.7 | Aaron Brooks (89-3), 2020-24 |
| | 96.7 | Andy Matter (59-2), 1970-72 |
| 9. | 96.3 | Carter Starocci (104-4), 2021-25 |
| 10. | 96.1 | Levi Haines (99-4), 2022-26 |
| 11. | 95.1 | Mark Hall (116-6), 2017-20 |
| **12.** | **94.3** | **Luke Lilledahl (50-3), 2024-Pres.** |
| **13.** | **93.5** | **Josh Barr (58-4), 2023-Pres.** |
| 14. | 93.4 | Jim Martin (155-9-4), 1986-89 |

# RECORD BOOK

## CAREER INDIVIDUAL (CONTD.)

### FALLS

| | | |
|---|---|---|
| 1. | 60 | Jason Nolf, 2016-19 |
| 2. | 59 | Bo Nickal, 2016-19 |
| 3. | 53 | Zain Retherford, 2014-18 |
| | 53 | David Taylor, 2011-14 |
| | 53 | Josh Moore, 2001-04 |
| 6. | 46 | Ed Ruth, 2011-14 |
| 7. | 41 | Mark Hall, 2017-20 |
| | 38 | Quentin Wright, 2009-13 |
| 9. | 34 | Scott Moore, 2000, 02-03 |
| | 34 | Kerry McCoy, 1992-97 |
| 11. | 32 | Cameron Wade, 2009-12 |
| | 32 | Josh Walker, 2002-05 |
| 13. | 31 | Andrew Alton, 2011-15 |
| | 31 | Biff Walizer, 1995-99 |
| 15. | 30 | Shakur Rasheed, 2016-20 |
| | 30 | Matt Brown, 2012-15 |
| | 30 | Phil Davis, 2005-08 |
| | 30 | Pat Cummins, 2001-04 |
| 19. | 29 | Jeremy Hunter, 1996-00 |
| 20. | 28 | Cary Kolat, 1993-94 |

### DUAL MEET VICTORIES

| | | |
|---|---|---|
| 1. | 73 | Jim Martin, 1986-89 |
| 2. | 71 | Kerry McCoy, 1992-97 |
| 3. | 63 | David Taylor, 2011-14 |
| 4. | 62 | Jeremy Hunter, 1996-00 |
| 5. | 60 | Carter Starocci, 2021-25 |
| | 59 | Zain Retherford, 2014-18 |
| 7. | 58 | Phil Davis, 2005-08 |
| 8. | 57 | Bo Nickal, 2016-19 |
| | 57 | Sanshiro Abe, 1993-96 |
| | 57 | Dan Vallimont, 2007-10 |
| 11. | 55 | Nick Lee, 2018-22 |
| | 55 | Ed Ruth, 2011-14 |
| | 55 | Frank Molinaro, 2009-12 |
| | 55 | Greg Elinsky, 1983-87 |
| 15. | 54 | Roman Bravo-Young, 2019-23 |
| | 54 | Jason Nolf, 2016-19 |
| | 54 | Glenn Pritzlaff, 1994, 96-99 |
| 18. | 53 | Morgan McIntosh, 2012-16 |
| | 53 | Clint Musser, 1994, 96-99 |
| 20. | 52 | Levi Haines, 2022-26 |
| | 52 | Nico Megaludis, 2012-16 |
| | 52 | Troy Sunderland, 1989, 91-93 |
| | 52 | Beau Bartlett, 2021-25 |

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| | |
|---|---|
| **42** | **Mitchell Mesenbrink, 2023-Pres.** |
| **40** | **Shayne Van Ness, 2022-Pres.** |

### DUAL MEET WINNING % (MINIMUM 20 MATCHES)

| | | |
|---|---|---|
| **1.** | **100.0** | David Taylor (63-0), 2011-14 |
| | | Zain Retherford (59-0), 2014-18 |
| | | Ed Ruth (55-0), 2011-14 |
| | | **Mitchell Mesenbrink, (42-0), 2024-Pres.** |
| | | Andy Matter (33-0), 1970-72 |
| 6. | 98.4 | Carter Starocci (60-1), 2021-25 |
| 7. | 98.3 | Bo Nickal (57-1), 2016-19 |
| 8. | 98.2 | Jason Nolf (54-1), 2016-19 |
| 9. | 98.1 | Levi Haines (52-1), 2023-26 |

## MISC. RECORDS (SINCE 1980)

### TOP 10 SEASON WINNING % (20 MATCH MINIMUM)

| | | |
|---|---|---|
| 1. | 1.000 (47-0) | Kerry McCoy, 1993-94 |
| | 1.000 (41-0) | Kerry McCoy, 1996-97 |
| | 1.000 (34-0) | David Taylor, 2013-14 |
| | 1.000 (34-0) | Zain Retherford, 2015-16 |
| | 1.000 (33-0) | Ed Ruth, 2012-13 |
| | 1.000 (33-0) | Frank Molinaro, 2011-12 |
| | 1.000 (32-0) | Quentin Wright, 2012-13 |
| | 1.000 (32-0) | David Taylor, 2011-12 |
| | 1.000 (31-0) | Jason Nolf, 2018-19 |
| | 1.000 (31-0) | Zain Retherford, 2017-18 |
| | 1.000 (31-0) | Bo Nickal, 2017-18 |
| | 1.000 (31-0) | Ed Ruth, 2011-12 |
| | 1.000 (30-0) | Bo Nickal, 2018-19 |
| | 1.000 (29-0) | Sanshiro Abe, 1995-96 |
| | 1.000 (28-0) | Zain Retherford, 2016-17 |
| | **1.000 (27-0)** | **Mitchell Mesenbrink, 2025-26** |
| | **1.000 (27-0)** | **Mitchell Mesenbrink, 2024-25** |
| | 1.000 (27-0) | Jason Nolf, 2016-17 |
| | 1.000 (26-0 | Levi Haines, 2025-26 |
| | 1.000 (26-0) | Carter Starocci, 2024-25 |
| | **1.000 (25-0)** | **Luke Lilledahl, 2025-26** |
| | **1.000 (24-0)** | **Josh Barr, 2025-26** |
| | 1.000 (24-0) | Carter Starocci, 2022-23 |
| | 1.000 (23-0) | Carter Starocci, 2021-22 |
| | 1.000 (23-0) | Levi Haines, 2023-24 |
| | 1.000 (22-0) | Aaron Brooks, 2023-24 |
| | 1.000 (22-0) | R. Bravo-Young, 2021-22 |
| | 1.000 (22-0) | Nick Lee, 2021-22 |

### TOP 10 SEASON DUAL MEET WINNING % (14 MATCH MINIMUM)

| | | |
|---|---|---|
| 1. | 1.000 (21-0) | Kerry McCoy, 1993-94 |
| | 1.000 (20-0) | Kerry McCoy, 1996-97 |
| | 1.000 (19-0) | Ed Ruth, 2010-11 |
| | 1.000 (19-0) | David Taylor, 2010-11 |
| | 1.000 (18-0) | Jim Martin, 1986-87 |
| | 1.000 (17-0) | Bubba Jenkins, 2008-09 |
| | 1.000 (17-0) | Kerry McCoy, 1994-95 |
| | 1.000 (17-0) | Jeremy Hunter, 1999-00 |
| | 1.000 (17-0) | Jeremy Hunter, 1998-99 |
| | 1.000 (16-0) | Carter Starocci, 2022-23 |
| | 1.000 (16-0) | Morgan McIntosh, 2015-16 |
| | 1.000 (16-0) | Jason Nolf, 2015-16 |
| | 1.000 (16-0) | Zain Retherford, 2015-16 |
| | 1.000 (16-0) | Zain Retherford, 2013-14 |
| | 1.000 (16-0) | David Taylor, 2013-14 |
| | 1.000 (16-0) | Cary Kolat, 1993-94 |
| | 1.000 (16-0) | Jim Martin, 1985-86 |
| | 1.000 (16-0) | Clint Musser, 1998-99 |
| | **1.000 (15-0)** | **Marcus Blaze, 2025-26** |
| | 1.000 (15-0) | Levi Haines, 2025-26 |
| | **1.000 (15-0)** | **Luke Lilledahl, 2025-26** |
| | **1.000 (15-0)** | **Mitchell Mesenbrink, 2025-26** |
| | **1.000 (15-0)** | **Shayne Van Ness, 2025-26** |
| | **1.000 (15-0)** | **Rocco Welsh, 2025-26** |
| | **1.000 (15-0)** | **Mitchell Mesenbrink, 2024-25** |
| | 1.000 (15-0) | Carter Starocci, 2024-25 |
| | 1.000 (15-0) | Carter Starocci, 2021-22 |
| | 1.000 (15-0) | Morgan McIntosh, 2013-14 |
| | 1.000 (15-0) | Frank Molinaro, 2010-11 |
| | 1.000 (14-0) | R. Bravo-Young, 2021-22 |
| | 1.000 (14-0) | Aaron Brooks, 2021-22 |
| | 1.000 (14-0) | Nick Lee, 2021-22 |
| | 1.000 (14-0) | Nick Lee, 2019-20 |
| | 1.000 (14-0) | Anthony Cassar, 2018-19 |
| | 1.000 (14-0) | Mark Hall, 2018-19 |
| | 1.000 (14-0) | Bo Nickal, 2018-19 |
| | 1.000 (14-0) | Jason Nolf, 2018-19 |
| | 1.000 (14-0) | Mark Hall, 2017-18 |
| | 1.000 (14-0) | Bo Nickal, 2017-18 |
| | 1.000 (14-0) | Zain Retherford, 2017-18 |
| | 1.000 (14-0) | Bo Nickal, 2016-17 |
| | 1.000 (14-0) | Jason Nolf, 2016-17 |
| | 1.000 (14-0) | Zain Retherford, 2016-17 |
| | 1.000 (14-0) | Ed Ruth, 2012-13 |
| | 1.000 (14-0) | David Taylor, 2012-13 |
| | 1.000 (14-0) | Quentin Wright, 2012-13 |
| | 1.000 (14-0) | Frank Molinaro, 2011-12 |
| | 1.000 (14-0) | David Taylor, 2011-12 |
| | 1.000 (14-0) | Dan Mayo, 1986-87 |
| | 1.000 (14-0) | Beau Bartlett, 2024-25 |

## MISC. RECORDS (CONTD.)

### TOP 20 SEASON DUAL VICTORIES

| | | |
|---|---|---|
| 1. | 22-1 (.957) | Dave Hart, 1991-92 |
| | 22-1 (.957) | Jeff Prescott, 1991-92 |
| 3. | 21-0 (1.000) | Kerry McCoy , 1993-94 |
| 4. | 20-0 (1.000) | Kerry McCoy, 1996-97 |
| | 20-0-2(.909) | Jim Martin, 1988-89 |
| 6. | 19-0 (1.000) | Ed Ruth, 2010-11 |
| | 19-0 (1.000) | David Taylor, 2010-11 |
| 8. | 19-1 (.950) | Sanshiro Abe, 1993-94 |
| | 19-1 (.950) | Jim Martin, 1987-88 |
| 10. | 19-2 (.905) | Bob Truby, 1990-91 |
| | 19-2 (.905) | Jamar Billman, 1997-98 |
| 12. | 18-0 (1.000) | Jim Martin, 1986-87 |
| | 18-1 (.947) | James Yonushonis, 2006-07 |
| | 18-1 (.947) | Clint Musser, 1997-98 |
| | 18-1-1 (.900) | Dan Mayo, 1987-88 |
| | 18-4 (.818) | Brad Pataky, 2008-09 |
| 17. | 17-0 (1.000) | Bubba Jenkins, 2008-09 |
| | 17-0 (1.000) | Kerry McCoy, 1994-95 |
| | 17-0 (1.000) | Jeremy Hunter, 1999-00 |
| | 17-0 (1.000) | Jeremy Hunter, 1998-99 |

### TOP FIVE WINS BY A SENIOR/FIFTH YEAR

| | | |
|---|---|---|
| 1. | 44-8 | Josh Moore, 2003-04 |
| 2. | 43-1-2 | Jim Martin, 1988-89 |
| | 43-6 | Mark Becks, 2002-03 |
| 4. | 41-0 | Kerry McCoy, 1996-97 |
| 5. | 39-1-1 | Carl Destefanis, 1983-84 |

### TOP FIVE WINS BY A JUNIOR

| | | |
|---|---|---|
| 1. | 54-9 | Scott Moore, 2002-03 |
| 2. | 43-1 | Kerry McCoy , 1994-95 |
| 3. | 41-1-1 | Jim Martin, 1987-88 |
| 4. | 40-9 | Josh Moore, 2002-03 |
| 5. | 39-8 | Bob Truby, 1990-91 |

### TOP FIVE WINS BY A SOPHOMORE

| | | |
|---|---|---|
| 1. | 47-0 | Kerry McCoy, 1993-94 |
| 2. | 38-1 | Cary Kolat, 1993-94 |
| 3. | 36-5 | Eric Bradley, 2003-04 |
| | 36-9 | John Hughes, 1993-94 |
| 5. | 35-3 | Sanshiro Abe, 1993-94 |

### TOP FIVE WINS BY A FRESHMAN

| | | |
|---|---|---|
| 1. | 38-1 | David Taylor, 2010-11 |
| | 38-2 | Ed Ruth, 2010-11 |
| 3. | 37-4 | Jim Martin, 1985-86 |
| | 37-10 | Phil Davis, 2005-06 |
| 5. | 35-6 | Jamar Billman, 1997-98 |
| | 35-6-1 | Greg Elinsky, 1983-84 |

# PENN STATE OLYMPIANS



*Pictured: Penn State's most recent Olympic Medalist, Aaron Brooks. Brooks won the Bronze medal at 86kg in Paris during the 2024 games.*
*Photo by Kim Kyung-Hoon, Reuters*



## THE OLYMPICS

Members of the Penn State coaching staff strongly encourage student-athletes to pursue their goals in the Freestyle and Greco-Roman arenas. With the Nittany Lion Wrestling Club winning consecutive National Freestyle Training Center of the Year honors and multiple Olympians in residence, Penn State continues to grow as the nation's premier destination for Gold Medal-minded athletes.

Penn State is proud of its long list of wrestlers who have distinguished themselves in competition around the globe. Former Nittany Lion greats Aaron Brooks, Zain Retherford and Roman Bravo-Young are the most recent Penn State Olympians, with Brooks and Retherford representing the United States and Bravo-Young representing Mexico at the 2024 Summer Olympic Games in Paris and Brooks bringing home the Bronze medal. The program has produced two-time Olympian (2000 & 2004) and five-time U.S. National Champion Kerry McCoy, 2020 Olympic Gold Medalist David Taylor, 1996 Olympian and Asian Freestyle Championships gold medalist Sanshiro Abe, 2016 Olympian Frank Molinaro, 1988 Olympian Ken Chertow, Pan-American Games gold medalist John Hughes, National Freestyle champion Jim Martin, and university freestyle national champions Jeff Prescott, Troy Sunderland, Adam Mariano, John Bove, Dave Hart, Shawn Nelson, Glenn Pritzlaff, Biff Walizer, Marat Tomaev, Jake Strayer and Brad Pataky.

Over the years, Penn State wrestlers have trained and competed around the globe in the Olympic Games, Olympic qualifying events, United World Wrestling World Championship events, and countless additional men's freestyle opportunities.

## PENN STATE OLYMPIANS

**AARON BROOKS**
2024 U.S. Olympic Team, 86 kg
Bronze Medalist, 86 kg (2024)

**ZAIN RETHERFORD**
2024 U.S. Olympic Team, 65 kg

**ROMAN BRAVO-YOUNG**
2024 Mexico Olympic Team, 57 kg

**DAVID TAYLOR**
2020 U.S. Olympic Team, 86kg.
(1st Place, Olympic Champion, Gold)

**FRANK MOLINARO**
2016 U.S. Olympic Team, 5th (65kg).

**KERRY McCOY**
2004 U.S. Olympic Team, 7th (264.5)
2000 U.S. Olympic Team, 5th (286),

**SANSHIRO ABE**
1996 Japanese Olympic Team (125.5),

**KEN CHERTOW**
1988 U.S. Olympic Team (114.5),

**KATSUTOSHI NAITO**
1924 Japanese Olympic Team, Bronze (56-61kg)

# FREESTYLE HIGHLIGHTS

**FREESTYLE HIGHLIGHTS (SINCE 1993)**

**2026**
**MARCUS BLAZE**
U.S. Open Champion, 61 kg
Final X Champion, 61 kg
U.S. National Team, 61 kg
U.S. World Team, 61 kg
World Bronze Medalist, 61 kg
**ROMAN BRAVO-YOUNG**
Mexican World Team, 57 kg
World Silver Medalist, 57 kg
**LEVI HAINES**
Pan-American Champion, 79 kg
Final X Champion, 79 kg
U.S. National Team, 79 kg
U.S. World Team, 79 kg
World Champion, 79 kg
**LUKE LILLEDAHL**
U.S. Open Champion, 57 kg
U.S. National Team, 57 kg
**ZAIN RETHERFORD**
Final X Champion, 70 kg
U.S. National Team, 70 kg
U.S. World Team, 70 kg
World Bronze Medalist, 70 kg

**2025**
**MARCUS BLAZE**
U20 World Champion, 61 kg
**JOSH BARR**
U.S. Team Trials Champion,92 kg
**PJ DUKE**
U20 World Champion, 70 kg
U23 World Bronze Medalist, 70 kg
**LEVI HAINES**
U.S. Team Trials Champion,79 kg
Final X Champion, 79 kg
World Silver Medalist, 79 kg
U23 World Champion, 79 kg
**WILLIAM HENCKEL**
U20 World Silver Medalist,79 kg
**LUKE LILLEDAHL**
U.S. Open Champion, 57 kg
U23 World Champion, 57 kg
**MITCHELL MESENBRINK**
U.S. Open Champion, 74 kg
Junior Pan Am Champion, 74 kg
U23 World Champion, 74 kg
**COLE MIRASOLA**
U20 U.S. Open Champion,125 kg
U20 WTT Champion, 125 kg
U20 World Bronze Medalist,125 kg
**CONNOR MIRASOLA**
U20 U.S. Open Champion, 92kg
U20 WTT Champion, 92 kg
U20 World Bronze Medalist,92 kg
**ROCCO WELSH**
U23 National Champion, 86 kg
Junior Pan Am Champion, 86 kg

**2024**
**AARON BROOKS**
U.S. National Team, 86 kg
U.S. Olympic Team, 86 kg
Bronze Medalist, 86 kg (2024)
**ZAIN RETHERFORD**
U.S. National Team, 70 kg
U.S. Olympic Team, 70 kg
**ROMAN BRAVO-YOUNG**
Mexico Olympic Team, 57 kg
**NICK LEE**
U.S. National Team, 65 kg
U.S. Olympic Team Alt., 65 kg
**JASON NOLF**
U.S. National Team, 74 kg
**DAVID TAYLOR**
U.S. National Team, 86 kg
**JOSH BARR**
UWW U20 World Silver, 96 kg
**LUKE LILLEDAHL**
UWW U20 World Gold, 57 kg
**CONNOR MIRASOLA**
UWW U20 World Team, 96 kg
**ZACK RYDER**
UWW U20 World Silver, 79 kg

**2023**
**DAVID TAYLOR**
U.S. National Team, 86 kg
U.S. World Team, 86 kg
**NICK LEE**
U.S. National Team, 65 kg
U.S. World Team, 65 kg
**ZAIN RETHERFORD**
U.S. National Team, 70 kg
U.S. World Team, 70 kg
**AARON BROOKS**
U.S. National Team, 86 kg
**JASON NOLF**
U.S. National Team, 74 kg
**ROMAN BRAVO-YOUNG**
Mexico National Team, 57 kg
**MITCHELL MESENBRINK**
UWW U20 World Champ, 74 kg

**2022**
**DAVID TAYLOR**
U.S. National Team, 86 kg
World Gold Medal, 86 kg (2022)
**ZAIN RETHERFORD**
U.S. National Team, 70 kg
World Silver Medal, 70 kg (2022)
**JASON NOLF**
U.S. National Team, 74 kg
**CARTER STAROCCI**
U.S. National Team, 79 kg
**MARK HALL**
U.S. National Team, 86 kg

**2020 / 2021**
**DAVID TAYLOR**
U.S. Olympic Team
Gold Medalist, 86 kg (2020)
World Silver Medal, 86 kg (2021)
**BO NICKAL**
U.S. National team, 86 kg
**JASON NOLF**
U.S. National Team, 74 kg
**NICK LEE**
U.S. National Team, 65 kg
**BEAU BARTLETT**
UWW Jr. Worlds, 65 kg, 3rd Place
USA Jr. National Champion, 65 kg

**2019**
**BO NICKAL**
U.S. U23 Freestyle World Team
U.S. National Freestyle Champion
**BRADY BERGE**
U.S. U23 Freestyle World Team
**JASON NOLF**
U.S. National Team
**ZAIN RETHERFORD**
U.S. National Team

**2018**
**DAVID TAYLOR**
U.S National Team
U.S. National Champion
**MARK HALL**
Pan American Games Champion
**NICO MEGALUDIS**
U.S. National Team
**BRADY BERGE**
UWW Jr. World Team
Junior World Bronze Medal

**2017**
**DAVID TAYLOR**
U.S National Team
**ZAIN RETHERFORD**
U.S. World Team
U.S. World Team Trial Champion
**MARK HALL**
UWW Jr. World Champion
UWW Jr. World Team
UWW World Champion (74 kg)
UWW Jr. World Team Trial Champ
**JASON NOLF**
U.S. National Team
**MASON MANVILLE**
U.S. World Team, Greco Roman

**2016**
**FRANK MOLINARO**
U.S. Olympic Team Trials (1st, 65kg)
Pan American Games (1st. 65kg)
**NICO MEGALUDIS**
University Nationals Freestyle (1st)
**MORGAN McINTOSH**
Univ. Nationals Freestyle (1st)
**ZAIN RETHERFORD**
U.S. Olympic Team Trials (3rd)
Member U.S. National Team
**DAVID TAYLOR**
U.S. Olympic Team Trails (3rd)
Member U.S. National Team

**2015**
**ANTHONY CASSAR**
UWW Junior Nationals (1st, 96 kg)
UWW World Team Trials (1st, 96 kg)
**NICO MEGALUDIS**
Grand Prix of Spain (5th, 55 kg)
**FRANK MOLINARO**
U.S. Open (5th, 65 kg)
Grand Prix of Spain (1st, 65 kg)
**JASON NOLF**
UWW Junior Nationals (2nd, 74 kg)
UWW World Team Trials (3rd, 74 kg)
**BRAD PATAKY**
Northeast Regionals (1st, 57 kg)
**ZAIN RETHERFORD**
UWW Junior Nationals (2nd, 66 kg)
UWW World Team Trials (2nd, 66 kg)
**ED RUTH**
U.S. Open (3rd, 86 kg)
World Team Trials (2nd, 84 kg)
**DAVID TAYLOR**
U.S. Open (1st, 74 kg)
World Team Trials (3rd, 74 kg)
Grand Prix of Spain (1st, 74 kg)
**DAN VALLIMONT**
U.S. Open (7th, 74 kg)

**2014**
**ED RUTH**
World Team Trials (1st, 84 kg)
U.S. Open (3rd, 84 kg)
**DAVID TAYLOR**
World Team Trials (2nd, 74 kg)
U.S. Open (2nd, 74 kg)
**NICO MEGALUDIS**
World Team Trials (4th, 57 kg)
**KADE MOSS**
University Nationals - Greco (1st, 66 kg)
**ZAIN RETHERFORD**
FILA Jr. World Team Trials (2nd, 66 kg)
FILA Junior Nationals (2nd, 66 kg)

**2013**
**MARK McKNIGHT**
U.S. Nationals (4th, 55 kg)
Pan Am Games Champion (55 kg)
**NICO MEGALUDIS**
University Nationals Champ (55 kg)
University World Freestyle Team (55 kg)
U.S. Nationals (5th, 55 kg)
**ED RUTH**
University Nationals Champ (84 kg)
University World Freestyle Team (84 kg)
U.S. Nationals (4th, 84 kg)
**DAVID TAYLOR**
University Nationals Champ (74 kg)
University World Freestyle Team (74 kg)
U.S. Nationals (2nd, 74 kg)
U.S. World Team Trials (3rd, 74 kg)

# FREESTYLE HIGHLIGHTS

**2011**
**ANDREW ALTON**
University Nationals Champ (66 kg)
**JAMES ENGLISH**
University Nationals Champ (70 kg)
**ANDREW LONG**
University Nationals Champ (63 kg)
**QUENTIN WRIGHT**
University Nationals Champ (84 kg)
**CAEL SANDERSON**
World Team Trials Champ (84 kg)
Member USA World Team (84 kg)
Corneanu Memorial Champ (84 kg)

**2010**
**DAVID TAYLOR**
University Nationals Champ (70 kg)
**QUENTIN WRIGHT**
University Nationals Champ (84 kg)

**2009**
**BRAD PATAKY**
FILA Senior Nationals, 7th place
FILA World Team Trial qualifier

**2008**
**BUBBA JENKINS**
FILA Juniors Champion
**DESMOND MOORE**
FILA Juniors Champion
FILA World Team Trials Runner-Up
**BRAD PATAKY**
Northeast Regional Champion
University World Team Trials Champ
University Nationals Champion

**2007**
**BUBBA JENKINS**
FILA U.S. Junior National Champion;
FILA Junior World Champion
**DAVE RELLA**
FILA U.S. Junior National Champion;
Junior Pan American Champion (Free;
Greco 2nd)
**JAKE STRAYER**
University National Freestyle Champ

**2005**
**PHIL DAVIS**
NWCA All-American Tour to Ukraine
**JAMES YONUSHONIS**
NWCA All-American Tour to Ukraine

**2004**
**KERRY McCOY**
U.S. Olympic Team Member, 7th (264.5)
U.S. Open Nat. Freestyle Champion
(264.5)
**CLINT MUSSER**
Pan Am Games Silver Medal (163)

**2003**
**KERRY McCOY**
U.S. Open Nat. Freestyle Champion
(264.5)
World Championships Silver Medal
(264.5)
Pan Am Gold Medal (264.5)
**MARAT TOMAEV**
University Freestyle National Champion
(132)

**2002**
**KERRY McCOY**
U.S. Open Nat. Freestyle Champion
(264.5)
U.S. World Championship Team (264.5)
World Cup Gold Medal (264.5)
**JEFF PRESCOTT**
Pan Am Silver Medal Freestyle (121)
**ROSS THATCHER**
Pan Am Bronze Medal Greco (211.75)
**JAMES WOODALL**
Junior Pan Am Freestyle Champion
(69 kg)

**2001**
**KERRY McCOY**
U.S. Open Nat. Freestyle Champion
(286)
U.S. World Championship Team (286)
**JAMES WOODALL**
FILA U.S. Junior National Champion
(69kg)
**JASON WOODALL**
FILA U.S. Junior National Champion
(69kg)

**2000**
**KERRY McCOY**
U.S. Olympic Team Member, 5th (286)
U.S. Open Nat. Freestyle Champion
(286)
Pan-American Games Champion (286)
World Cup (Gold medal)
**MATT WHITE**
Pan-American Games Champion
(187.25)
Puerto Rico Champion (187.25)

**1999**
**KERRY McCOY**
World Cup (Gold medal); U.S. National
team member

**1998**
**SANSHIRO ABE**
Japanese World Freestyle Team (125.5)
**KERRY McCOY**
World Freestyle Championships, 4th
(286)
U.S. World Team Trials Champion (286)
Goodwill Games Silver Medalist (286)

**1997**
**SANSHIRO ABE**
Japanese World Freestyle Team (125.5)
**SHAD BENTON**
NE Regional Greco-Roman Champion
(156)
**JASON BETZ**
NE Regional Greco-Roman Champion
(132)
**RYAN ROOT**
NE Regional Greco-Roman Champion
(217)

**1996**
**SANSHIRO ABE**
Japanese Freestyle Olympic Team
(125.5)
**JOHN LANGE**
National Espoir Freestyle Champion
(163)
**KERRY MCCOY**
South Regional Champion
U.S. Olympic Freestyle Trials (220)
**GLENN PRITZLAFF**
University Freestyle National Champion
(163)

**BIFF WALIZER**
University Freestyle National
Champion (136.5)

**1995**
**SANSHIRO ABE**
Asian Freestyle Champion (125.5)
Japanese World Freestyle Team
**RUSS HUGHES**
University Freestyle Nat. Champion
(149.5)
**GLENN PRITZLAFF**
Nat. Espoir Freestyle Champion (163)
**BIFF WALIZER**
Nat. Espoir Greco-Roman Champion
(136.5)

**1994**
**JOHN HUGHES**
University National Champion (149.5)
Pan-American Games Champion
(149.5)
NWCA European Tour (149.5)

**1993**
**KERRY McCOY (220)**
University Freestyle Nat. Champion
Pan-American Games Champion Nat.
Espoir Greco-Roman Champ.

## CHAMPIONS

| | |
|---|---|
| Sanshiro Abe | 1995 Asian Freestyle Champion (125.5) |
| Andrew Alton | 2011 University Nationals Champion (66) |
| Josh Barr | 2025 U.S. Team Trials Champion (92) |
| Beau Bartlett | 2021 UWW Junior National Champion (65) |
| Chris Bevilacqua | 1983 National Espoir Freestyle Champion (163) |
| Marcus Blaze | 2026 Final X Champion (61) |
| | 2026 U.S. Open Champion (61) |
| | 2025 U20 World Champion (61) |
| Shad Benton | 1997 Northeast Regional Greco-Roman Champion (156) |
| Jason Betz | 1997 Northeast Regional Greco-Roman Champion (132) |
| John Bove | 1990 National Espoir Freestyle Champion (114.5) |
| | 1990 National Sports Festival Espoir Champion (114.5) |
| | 1992 University Freestyle National Champion (114.5) |
| Roman Bravo-Young | 2023 Mexican National Team Qualifier Champion |
| Aaron Brooks | 2023 U.S. Open Champion |
| Anthony Cassar | 2015 UWW Junior Nationals (96) |
| | 2015 UWW World Team Trials (96) |
| Ken Chertow | 1986 National Sports Festival Champion (125.5) |
| | 1986 World Espoir Freestyle Champion (125.5) |
| | 1986 National Espoir Freestyle Champion (125.5) |
| Pat Cummins | 2004 East Reg. Olympic Trials Freestyle Champion (264.5) |
| Louis Di Maria | 1992 Northeast Regional Greco-Roman Champion (136.5) |
| PJ Duke | 2025 U20 World Champion (70) |
| Greg Elinsky | 1985 National Espoir Freestyle Champion (163) |
| | 1990 Pan American Freestyle Champion (163) |
| | 1992 U.S. National Open Freestyle Champion (163) |
| James English | 2011 University Nationals Champion (70) |
| Levi Haines | 2025 U.S. Team Trials Champion (79) |
| | 2025 Final X Champion (79) |
| | 2025 U23 World Champion (79) |
| | 2026 Pan-American Champion (79) |
| | 2026 Final X Champion (79) |
| | 2026 World Champion (79) |
| Mark Hall | 2017 UWW Junior World Team Trials Champion |
| | 2018 Pan American Games Champion (79) |
| Dave Hart | 1992 University Freestyle National Champion (180) |
| John Hughes | 1994 University Freestyle National Champion (149.5) |
| | 1994 Pan-American Gold Medal (149.5) |
| Russ Hughes | 1992 National Espoir Freestyle Champion (149.5) |
| | 1995 University Freestyle National Champion (149.5) |
| Bubba Jenkins | 2007 FILA U.S. Junior National Champion |
| | 2007 FILA Junior World Champion |
| | 2008 FILA Junior National Champion |
| John Lange | 1996 National Espoir Freestyle Champion (163) |
| Nick Lee | 2023 U.S. Open Champion (65) |
| | 2023 Final X Champion, World Team Member (65) |
| | 2024 Pan Am Champion (65) |
| Dick Lemyre | 1951 Pan Am Games (Gold Medal) |
| Luke Lilledahl | 2024 UWW U20 World Champion (57 kg) |
| | 2025 U.S. Open Champion (57) |
| | 2025 U23 World Champion (57) |
| | 2026 U.S. Open Champion (57) |
| Andrew Long | 2011 University Nationals Champion (63) |
| Mason Manville | 2017 U.S. Greco-Roman World Team Trials Champion |
| Adam Mariano | 1991 National Espoir Freestyle Champion (198) |
| | 1991 University Freestyle National Champion (198) |
| Jim Martin | 1985 U.S. National Open Freestyle Champion (114.5) |
| | 1985 National Espoir Freestyle Champion (114.5) |
| Kerry McCoy | 1993 University Freestyle National Champion (220) |
| | 1993 National Espoir Greco-Roman Champion (220) |
| | 1996 South Regional Olympic Trials Freestyle Champion (220) |
| | 2000 Pan Am Games Gold Medal (286) |
| | 2000 World Cup Gold Medal (286) |
| | 2000-01 U.S. National Open Freestyle Champion (286) |
| | 2002-04 U.S. National Open Freestyle Champion (264.5) |
| | 2000 U.S. Olympic Trials Champion (286) |
| | 2000 Olympics, 5th, (286) |
| | 2002 World Cup Gold Medal (264.5) |
| | 2003 Pan Am Games Gold Medal - OW (264.5) |
| | 2003 World Championships Silver Medal (264.5) |
| Mark McKnight | 2013 Pan American Games Champion (55) |
| Morgan McIntosh | 2016 University Nationals Champion (86) |
| Nico Megaludis | 2013 University Nationals Champion (55) |
| | 2016 University Nationals Champion (55) |
| Mitchell Mesenbrink | 2023 U20 World Champion (74) |
| | 2025 U.S. Open Champion (74) |
| | 2025 Junior Pan Am Champion (74) |
| | 2025 U23 World Champion (74) |
| Cole Mirasola | 2025 U20 US Open Champion (125) |
| | 2025 U20 World Team Trials Champion (125) |
| Conner Mirasola | 2025 U20 US Open Champion (92) |
| | 2025 U20 World Team Traills Champion (92) |
| Frank Molinaro | 2016 U.S. Olympic Team Trials (65) |
| | 2017 U.S. National Champion (65) |
| | Pan American Games (65) |
| Desmond Moore | 2008 FILA Junior National Champion |
| Kade Moss | 2014 University Nationals - Greco |
| Katsutoshi Naito | 1924 Olympics Bronze (Japan) (56-6) |
| Bo Nickal | 2019 U.S. National Freestyle Champion |
| Shawn Nelson | 1992 University Freestyle National Champion (125.5) |
| Jason Nolf | 2021 Pan Am Champion (79) |
| | 2023 U.S. Open Champion (79) |
| Brad Pataky | 2008 University World Team Trials Champion |
| | 2008 University Nationals Champion |
| John Place | 1984 National Espoir Freestyle Champion (220) |
| Jeff Prescott | 1990 University Freestyle National Champion (125.5) |
| Glenn Pritzlaff | 1995 National Espoir Freestyle Champion (163) |
| | 1996 University Freestyle National Champion (163) |
| Dave Rella | 2007 FILA U.S. Junior National Champion |
| | 2007 Pan American Junior Champion |
| Zain Retherford | 2017 U.S. World Team Trials Champion |
| | 2023 Pan American Champion |
| | 2023 Final X Champion |
| | 2023 World Champion (70) |
| | 2026 Final X Champion (70) |
| Ryan Root | 1997 Northeast Regional Greco-Roman Champion (217) |
| Ed Ruth | 2013 University Nationals Champion (84) |
| | 2013 World Team Trials (84) |
| Cael Sanderson | 2011 World Team Trials Champion (84) |
| | 2011 Corneanu Memorial Champion (84) |
| Jake Strayer | 2007 University National Freestyle Champion |
| Troy Sunderland | 1990 University Freestyle National Champion (149.5) |
| | 1990 National Espoir Freestyle Champion (149.5) |
| | 1990 National Sports Festival Espoir Champion (149.5) |
| | 1990 World Espoir Freestyle Champion (149.5) |
| David Taylor | 2010 University Nationals Champion (70) |
| | 2013 University Nationals Champion (74) |
| | 2015 U.S. Open Champion (74) |
| | 2018 U.S. Open Champion (86) |
| | 2018 Pan American Games (86) |
| | 2018 World Champion (86) |
| | 2020 U.S. Olympic Team Trials Champion (86) |
| | 2021 Pan Am Champion (86) |
| | 2020 Olympic Champion, Tokyo (86) |
| | 2022 World Champion (86) |
| | 2023 Final X Champion |
| | 2023 World Champion (86) |
| Ross Thatcher | 2002 NE Regional Greco-Roman Champion (211.75) |
| | 2001 Sunkist Greco-Roman Champion (211.75) |
| | 2002 Sunkist Greco-Roman Champion (211.75) |
| | 2002 New York Athletic Club Greco-Roman Champion (211.75) |
| | 2002 Dave Schultz Memorial Trn. Greco-Roman Champion (211.75) |
| Marat Tomaev | 2002 Northeast Regional Freestyle Champion (60 kg) |
| | 2003 University Freestyle National Champion (132) |
| Andy Voit | 1986 National Espoir Freestyle Champion (198.5) |
| Biff Walizer | 1995 National Espoir Greco-Roman Champion (135) |
| | 1996 University Freestyle National Champion (136.5) |
| | 2002 Northeast Regional Greco-Roman Champion (66) |
| Rocco Welsh | 2025 U23 National Champion (86) |
| | 2025 Junior Pan Am Champion (86) |
| Matt White | 2000 Pan-American Games Gold Medal |
| James Woodall | 2001 U.S. Junior National Champion (Free & Greco) |
| | 2002 Northeast Regional Freestyle Champion (74) |
| | 2002 Junior Pan Am Freestyle Champion (69) |
| Quentin Wright | 2011 University Nationals Champion (84) |
| | 2010 University Nationals Champion (84) |

# NATIONAL TEAM MEMBERS

| | |
|---|---|
| Sanshiro Abe | 1995, 1997 & 1998 Japanese Freestyle World Team |
| | 1995 Asian Freestyle Championships (Gold Medal) |
| | 1996 Japanese Olympic Team |
| Beau Bartlett | 2021 UWW Junior World Team |
| Josh Barr | United States 2024 UWW U20 World Team |
| | 2025 United States Freestyle Team |
| Brady Berge | 2018 UWW Junior World Team |
| | 2019 U.S. U23 Freestyle World Team |
| Marcus Blaze | 2025 U20 World Team |
| | 2025 U23 World Team |
| | 2026 United States Freestyle Team |
| | 2026 United States World Freestyle Team |
| John Bove | 1990 World Cup (Espoir) |
| Roman Bravo-Young | 2023 Mexican National Freestyle Team |
| | 2026 Mexican National Freestyle Team |
| | 2026 Mexican World Freestyle Team |
| Aaron Brooks | 2023 United States Freestyle Team |
| | 2024 United States Olympic Team |
| | 2024 United States Freestyle Team |
| Anthony Cassar | 2015 UWW Junior World Team) |
| Ken Chertow | 1988 United States Olympic Team |
| | 1987 Pan American Games |
| | 1986 Pan American Games (Gold Medal) |
| | 1985 Maccabiah Games (Freestyle & Greco Gold Medal) |
| Louis Di Maria | 1992 Tour DeMonde Greco Roman World Team |
| PJ Duke | 2025 U20 World Team |
| | 2025 U23 World Team |
| Greg Elinsky | 1992 U.S. Olympic Team (Alternate) |
| Levi Haines | 2025 United States Freestyle Team |
| | 2025 U23 World Team |
| | 2026 United States Freestyle Team |
| | 2026 United States World Freestyle Team |
| Mark Hall | 2017 UWW Junior World Championship Team (Champion) |
| | 2022 United States Freestyle Team |
| William Henckel | 2025 U20 World Team |
| John Hughes | 1994 Pan American Games (Gold Medal) |
| Cary Kolat | 1993 U.S. Grand Prix (Gold Medal) |
| Nick Lee | 2020 U.S. National team |
| | 2023 United States Freestyle Team |
| | 2023 United States World Freestyle Team |
| | 2024 United States Freestyle Team |
| Dick Lemyre | 1951 Pan Am Games (Gold Medal) |
| Luke Lilledahl | 2024 U20 World Team |
| | 2025 U23 World Team |
| | 2026 United States Freestyle Team |
| Mason Manville | 2017 United States Greco-Roman World Team |
| Mitchell Mesenbrink | 2025 U23 World Team |
| | 2025 US Pan Americ Games |
| Dan Mayo | 1992 U.S. Olympic Team (Alternate) |
| Kerry McCoy | 1993 Pan American Games (Gold Medal) |
| | 1993 Espoir World Championships in Athens, Greece |
| | 1998-2000 U.S. Freestyle World Team Member (286) |
| | 1998 Goodwill Games (Gold Medal) |
| | 1998 U.S. Freestyle World Championships Team (3rd) |
| | 1999 World Cup (Gold Medal) |
| | 2000 Pan-American Games |
| | 2000 U.S. World Cup Team |
| | 2000 U.S. Olympic Team Member (5th) |
| | 2001 U.S. World Team Member |
| | 2002 U.S. World Team Member |
| | 2003 Pan American Games (Gold Medal) |
| | 2003 U.S. Freestyle World Championships Team (Silver Medal) |
| | 2004 U.S. Olympic Team (7th) |
| Mark McKnight | 2013 U.S. Pan American Games Team |
| Nico Megaludis | 2013 University World Games Freestyle Team |
| Cole Mirasola | 2025 U20 World Team |
| Connor Mirasola | 2024 U20 World Team |
| | 2025 U20 World Team |
| Frank Molinaro | 2016 United States Olympic Team |
| | 2017 United States Freestyle Team |
| Clint Musser | 2004 U.S. Pan Am Games Team (Silver) |
| Katsutoshi Nato | 1924 Japanese Olympic Team (Bronze) |
| Bo Nickal | 2019 U.S. U23 Freestyle World Team |
| | 2020 U.S. National Team |
| | 2023 United States Freestyle Team |
| Jason Nolf | 2017 United States Freestyle Team |
| | 2019 United States Freestyle Team |
| | 2020 United States Freestyle Team |
| | 2022 United States Freestyle Team |
| | 2023 United States Freestyle Team |
| | 2024 United States Freestyle Team |
| Jeff Prescott | 2002 U.S. Pan Am Team Member (Freestyle) (silver) |
| Zain Retherford | 2016 United States National Freestyle Team |
| | 2017 United States World Freestyle Team |
| | 2019 United States Freestyle Team |
| | 2022 United States Freestyle Team |
| | 2023 United States Freestyle Team |
| | 2023 United States World Freestyle Team |
| | 2024 United States Freestyle Team |
| | 2026 United States Freestyle Team |
| | 2026 United States World Freestyle Team |
| Ed Ruth | 2013 University World Games Freestyle Team |
| | 2014 U.S. World Championships Team |
| Zack Ryder | United States 2024 UWW U20 World Team |
| Cael Sanderson | 2011 U.S. World Championship Team |
| Carter Starocci | 2022 United States Freestyle Team |
| Troy Sunderland | 1990 World Cup (Gold Medal, Espoir) |
| | 1993 U.S. Grand Prix |
| David Taylor | 2013 University World Games Freestyle Team |
| | 2016 United States Freestyle Team |
| | 2017 United States Freestyle Team |
| | 2018 United States Freestyle Team |
| | 2020 U.S. National Team |
| | 2020 United State Olympic Team |
| | 2021 U.S. World Championship Team |
| | 2022 United States Freestyle Team |
| | 2023 United States Freestyle Team |
| | 2023 United States World Freestyle Team |
| | 2024 United States FreestyleTeam |
| Ross Thatcher | 2002 U.S. Pan Am Team (Greco-Roman) (bronze) |
| Rocco Welsh | 2025 U23 World Team |
| | 2025 Pan American Games |
| Matt White | 2000 & 2003 Puerto Rico Pan-American Games |
| James Woodall | 2001 U.S. Junior World Team (Free and Greco) |
| | 2002 U.S. Junior Pan Am Team (Freestyle & Greco-Roman) |

## NATIONAL ACADEMIC HONORS

Sanshiro Abe
1993 National Wrestling Coaches Association All-Academic First-Team

Josh Barr
2025 National Wrestling Coaches Association All-Academic (First Team)
2026 National Wrestling Coaches Association All-Academic (First Team)

Beau Bartlett
2022 National Wrestling Coaches Association All-Academic (First Team)
2025 National Wrestling Coaches Association All-Academic (First Team)

Sam Beckett
2025 National Wrestling Coaches Association All-Academic (First Team)

Mark Becks
2003 National Wrestling Coaches Association All-Academic (HM)

Marcus Blaze
2026 National Wrestling Coaches Association All-Academic (First Team)

Roman Bravo-Young
2022 National Wrestling Coaches Association All-Academic (First Team)
2020 National Wrestling Coaches Association All-Academic (First Team)
2019 National Wrestling Coaches Association All-Academic (First Team)

Matt Brown
2014 National Wrestling Coaches Association All-Academic (First Team)
2013 National Wrestling Coaches Association All-Academic (First Team)
2013 ELITE 89 Award Winner
2013 CoSIDA Academic All-American (First Team, At-Large)
2015 National Wrestling Coaches Association All-Academic (First Team)
2015 CoSIDA Academic All-American (First Team, At-Large)
2015 CoSIDA Academic All-American of the Year (At-Large)
2015 Capital One Academic All-America of the Year (All Sports, Div. I)

Brett Calabretta
1999 National Wrestling Coaches Association All-Academic (HM)

Anthony Cassar
2019 National Wrestling Coaches Association All-Academic (First Team)
2018 National Wrestling Coaches Association All-Academic (First Team)

Ken Chertow
1989 GTE Academic All-American
1989 NCAA Alternate Post-Graduate Scholarship

Jordan Conaway
2015 National Wrestling Coaches Association All-Academic (First Team)
2016 National Wrestling Coaches Association All-Academic (First Team)

Braeden Davis
2025 National Wrestling Coaches Association All-Academic (First Team)

Max Dean
2022 CoSIDA Academic All-American (3rd Team)
2022 National Wrestling Coaches Association All-Academic (First Team)

Chad Dubin
1991 National Wrestling Coaches Association All-Academic (HM)

James English
2014 National Wrestling Coaches Association All-Academic (First Team)

Levi Haines
2025 National Wrestling Coaches Association All-Academic (First Team)
2026 National Wrestling Coaches Association All-Academic (First Team)
2026 CSC Second Team At-Large Academic All-American

Dave Hart
1991 National Wrestling Coaches Association All-Academic (Second Team)
1992/93 National Wrestling Coaches Association All-Academic (First Team)
1993 GTE-CoSIDA District II/National At-Large Academic All-American
1993 NCAA Postgraduate Scholarship

Corey Keener
2018 National Wrestling Coaches Association All-Academic (First Team)

Jeff Knupp
2000 National Wrestling Coaches Association All-Academic (HM)

Garett Hammond
2015 National Wrestling Coaches Association All-Academic (First Team)

Nick Lee
2021 CoSIDA Academic All-American (Second Team)
2022 CoSIDA Academic All-American (3rd Team)
2022 National Wrestling Coaches Association All-Academic (First Team)
2020 National Wrestling Coaches Association All-Academic (First Team)
2019 National Wrestling Coaches Association All-Academic (First Team)
2018 National Wrestling Coaches Association All-Academic (First Team)

Luke Lilledahl
2025 National Wrestling Coaches Association All-Academic (First Team)

Scott Lynch
1984 NCAA Post-Graduate Scholarship

Jim Martin
1986, 1987, 1988 & 1989 GTE Academic All-American
1988 & 1989 GTE Academic All-American-of-the-Year (All Sports)
1989 NCAA Post-Graduate Scholarship
1989 Delta Scholar-Athlete Award
1989 NCAA Today's Top Six Award

Matt McCutcheon
2015 National Wrestling Coaches Association All-Academic (First Team)
2016 National Wrestling Coaches Association All-Academic (First Team)
2017 National Wrestling Coaches Association All-Academic (First Team)

Nico Megaludis
2013 National Wrestling Coaches Association All-Academic (First Team)
2014 National Wrestling Coaches Association All-Academic (First Team)
2016 National Wrestling Coaches Association All-Academic (First Team)

Mitchell Mesenbrink
2025 National Wrestling Coaches Association All-Academic (First Team)
2025 CSC First Team At-Large Academic All-American
2026 National Wrestling Coaches Association All-Academic (First Team)
2026 CSC Second Team At-Large Academic All-American

Pete Mielnik
2002 National Wrestling Coaches Association All-Academic (HM)

Frank Molinaro
2012 National Wrestling Coaches Association All-Academic (First Team)

Josh Moore
2003 National Wrestling Coaches Association All-Academic (First Team)
2004 National Wrestling Coaches Association All-Academic (First Team)

Scott Moore
2003 National Wrestling Coaches Association All-Academic (Second Team)

Geno Morelli
2016 National Wrestling Coaches Association All-Academic (First Team)
Big Ten Duke Postgraduate Scholarship (2017)
Big Ten Post-Graduate Scholarship (2017)

Clint Musser
1997 National Wrestling Coaches Association All-Academic (HM)

Bo Nickal
2019 National Wrestling Coaches Association All-Academic (First Team)

Jason Nolf
2019 National Wrestling Coaches Association All-Academic (First Team)
2018 National Wrestling Coaches Association All-Academic (First Team)
2017 National Wrestling Coaches Association All-Academic (First Team)
2016 National Wrestling Coaches Association All-Academic (First Team)
2017 CoSIDA Academic All-American (Second Team)

Marc Padwe
1991 National Wrestling Coaches Association All-Academic (HM)

Glenn Pritzlaff
1999 GTE Academic All-American (Second Team)
1999 National Wrestling Coaches Association All-Academic First-Team
1997 National Wrestling Coaches Association All-Academic (HM)

Zain Retherford
2016 National Wrestling Coaches Association All-Academic (First Team)
2017 National Wrestling Coaches Association All-Academic (First Team)
2018 National Wrestling Coaches Association All-Academic (First Team)
2016 CoSIDA Academic All-American (Second Team)
2017 CoSIDA Academic All-American (First Team)

Cyler Sanderson
2010 National Wrestling Coaches Association All-Academic (First Team)

Jake Strayer
2006 National Wrestling Coaches Association All-Academic (First Team)
2007 National Wrestling Coaches Association All-Academic (First Team)
2008 National Wrestling Coaches Association All-Academic (First Team)
2009 National Wrestling Coaches Association All-Academic (First Team)

David Taylor
2011 National Wrestling Coaches Association All-Academic (First Team)
2012 National Wrestling Coaches Association All-Academic (First Team)
2013 National Wrestling Coaches Association All-Academic (First Team)
2014 National Wrestling Coaches Association All-Academic (First Team)
Capital One Academic All-American (First Team)

Greg Troxell
1993 National Wrestling Coaches Association All-Academic (HM)

Dan Vallimont
2010 National Wrestling Coaches Association All-Academic (First Team)

Cameron Wade
2010 National Wrestling Coaches Association All-Academic (First Team)
2011 National Wrestling Coaches Association All-Academic (First Team)
2012 National Wrestling Coaches Association All-Academic (First Team)

Biff Walizer
1997 National Wrestling Coaches Association All-Academic (HM)
1999 National Wrestling Coaches Association All-Academic (HM)

Rocco Welsh
2026 National Wrestling Coaches Association All-Academic (First Team)

Matt White
1991 National Wrestling Coaches Association All-Academic (HM)

James Woodall
2004 National Wrestling Coaches Association All-Academic (Second Team)
2006 National Wrestling Coaches Association All-Academic (First Team)

Quentin Wright
2011 National Wrestling Coaches Association All-Academic (First Team)
2012 National Wrestling Coaches Association All-Academic (First Team)
2013 National Wrestling Coaches Association All-Academic (First Team)

### First Team CoSIDA/CSC ACADEMIC ALL-AMERICANS

| | |
|---|---|
| Matt Brown | 2013 |
| | 2015* |
| Ken Chertow | 1989 |
| Dave Hart | 1993 |
| Jim Martin | 1988* |
| | 1989* |
| Nico Megaludis | 2016 |
| Mitchell Mesenbrink | 2025 |
| Glenn Pritzlaff | 1999 |
| Zain Retherford | 2017 |
| David Taylor | 2014 |

* Named National Academic All-American of the Year

# ACADEMIC ALL-BIG TEN & SPECIAL EVENTS

## ACADEMIC ALL-BIG TEN

**1993 (7)**
Sanshiro Abe, Tony Bobulinski, James Burrell, Justin Forney, Dave Hart, Matt Postlethwait, Greg Troxell
**1994 (7)**
Tony Bobulinski, Justin Forney, Gary Huntington, Bryan Matusic, Matt Postlethwait, Greg Troxell, Justin Wert
**1995 (4)**
Tony Bobulinski, Greg Fendler, Matt Postlethwait, Brian Romesburg
**1996 (3)**
Brian Romesburg, Biff Walizer, Justin Wert
**1997 (8)**
Matt Calabretta, Jeremy Hunter, Eddie Jayne, Clint Musser, Glenn Pritzlaff, Brian Romesburg, Ryan Root, Biff Walizer
**1998 (8)**
Andrew Butville, Matt Calabretta, James Graff, Eddie Jayne, Clint Musser, Glenn Pritzlaff, Andrew Stolbach, Biff Walizer
**1999 (7)**
Andrew Butville, Brett Calabretta, Matt Calabretta, Jeff Knupp, Jason Kruk, Glenn Pritzlaff, Biff Walizer
**2000 (6)**
Jeff Knupp, Jason Kruk, Jonathan Long, David Martini, Pete Mielnik, Brent Narkiewicz
**2001 (7)**
Mark Becks, Dave Heckard, Jeff Knupp, Pete Mielnik, Josh Moore, Scott Moore, Brent Narkiewicz
**2002 (11)**
Mark Becks, Todd Brennan, Pete Mielnik, Josh Moore, Scott Moore, Nate Pozniak, Adam Shepler, Dan Waters, Cliff Wonsettler, James Woodall, Jason Woodall
**2003 (9)**
Mark Becks, Josh Moore, Scott Moore, Nate Pozniak, Adam Shepler, Adam Smith, Dan Waters, Cliff Wonsettler, James Woodall
**2004 (5)**
Jeremy Hart, Josh Moore, Adrian Rivera, James Woodall, James Yonushonis
**2005 (4)**
Steve Troup, C.J. Wonsettler, James Woodall, James Yonushonis
**2006 (3)**
Jake Strayer, James Woodall, James Yonushonis
**2007 (4)**
Brian Cantalupi, Mark McKnight, Jake Strayer, James Yonushonis
**2008 (1)**
Jake Strayer
**2009 (4)**
Nathan Andrews, Clay Steadman, Jake Strayer, Cameron Wade
**2010 (7)**
James English, Nick Fischer, Brendan Herlihy, Adam Lynch, Clay Steadman, Cameron Wade, Quentin Wright
**2011 (6)**
James English, Nick Fischer, Adam Lynch, David Taylor, Cameron Wade, Quentin Wright
**2012 (11)**
Andrew Church, James English, Nick Fischer, Cameron Kelly, Frank Molinaro, Kyle Moran, Nate Morgan, Clay Steadman, David Taylor, Cameron Wade, Quentin Wright
**2013 (15)**
Matt Brown, Andrew Church, Dylan Dailey, James English, Nick Fischer, James Frascella, Luke Frey, Cameron Kelly, Rex Lutz, Nico Megaludis, Kyle Moran, Nate Morgan, Derek Reber, David Taylor, Quentin Wright
**2014 (5)**
Matt Brown, James English, Jon Gingrich, Nico Megaludis, David Taylor
**2015 (7)**
Matt Brown, Jordan Conaway, Luke Frey, Jon Gingrich, Garett Hammond, Matt McCutcheon, Kade Moss
**2016 (14)**
George Carpenter, Jordan Conaway, Garett Hammond, Caleb Livingston, Matt McCutcheon, Nico Megaludis, Geno Morelli, Kade Moss, Nick Nevills, Jason Nolf, Zain Retherford, Scott Stossel, Devon Van Cura, Kenny Yanovich
**2017 (15)**
Francisco Bisono, Brian Brill, George Carpenter, Dom Giannangeli, Patrick Higgins, Caleb Livingston, Matt McCutcheon, Geno Morelli, Kade Moss, Jason Nolf, Zain Retherford, Scott Stossel, Kellan Stout, Devon Van Cura, Kenny Yanovich
**2018 (16)**
Francisco Bisono, George Carpenter, Anthony Cassar, Brian Friery, Dom Giannangeli, Patrick Higgins, Jan Johnson, Mason Lindenmuth, Matt McCutcheon, Alex Nicholas, Jason Nolf, Zain Retherford, Devin Schnupp, Scott Stossel, Devon Van Cura, Kenny Yanovich
**2019 (15)**
Brady Berge, Francisco Bisono, Joey Blumer, Anthony Cassar, Austin Clabaugh, Brian Friery, Dom Giannangeli, Patrick Higgins, Nick Lee, Mason Lindenmuth, Bo Nickal, Jason Nolf, Scott Obendorfer, Devin Schnupp, Scott Stossel
**2020 (11)**
Brady Berge, Roman Bravo-Young, Austin Clabaugh, Creighton Edsell, Dom Giannangeli, Austin Hoopes, Konner Kraeszig, Nick Lee, Brandon Meredith, Scott Obendorfer, Devin Schnupp
**2021 (17)**
Donovon Ball, Terrell Barraclough, Michael Beard, Brady Berge, Joey Blumer, Roman Bravo-Young, Creighton Edsell, Austin Hoopes, Konner Kraeszig, Joe Kurtz, Nick Lee, Brandon Meredith, Seth Nevills, Scott Obendorfer, Bo Pipher, Baylor Shunk, Eddie Smith
**2022 (18)**
Donovon Ball, Terrell Barraclough, Beau Bartlett, Joey Blumer, Roman Bravo-Young, Jake Campbell, Aurelius Dunbar, Creighton Edsell, Imran Heard, Austin Hoopes, Konner Kraeszig, Matt Lee, Nick Lee, Brandon Meredith, Tony Negron, Baylor Shunk, Eddie Smith, Marco Vespa
**2023 (16)**
Donovon Ball, Terrell Barraclough, Beau Bartlett, Brian Borden, Roman Bravo-Young, Lucas Cochran, Max Dean, Aurelius Dunbar, Levko Higgins, Jack Kelly, Matt Lee, Timothy Levine, Seth Nevills, Baylor Shunk, Eddie Smith, Sean Wang
**2024 (11)**
Donovon Ball, Terrell Barraclough, Beau Bartlett, Brian Borden, Lucas Cochran, Aurelius Dunbar, Levi Haines, Matt Lee, Kurt McHenry, Aaron Nagao, Baylor Shunk
**2025 (12)**
Josh Barr, Beau Bartlett, Brian Borden, Lucas Cochran, Braeden Davis, Aurelius Dunbar, Kyison Garcia, Levi Haines, Matt Lee, Kurt McHenry, Mitchell Mesenbrink, Aaron Nagao
**2026 (16)**
Josh Barr, Samuel Beckett, Dawson Bundy, Lucas Cochran, Hayden Cunningham, Braeden Davis, Kyison Garcia, Levi Haines, Mitchell Mesenbrink, Cole Mirasola, Connor Mirasola, Aaron Nagao, Cael Nasdeo, Joseph Sealey, Brock Weiss, Rocco Welsh

## OLYMPIC SPORTS FESTIVAL

| | |
|---|---|
| Jim Martin | 1985 |
| Jim Abbott | 1986 |
| Ken Chertow | 1986, 87 & 89 |
| Greg Elinsky | 1987 & 89 |
| Greg Haladay | 1987 |
| John Bove | 1990 (gold medal) |
| Dave Hart | 1990 |
| Troy Sunderland | 1990 (gold medal) |
| Matt Hardy | 1995 |

## TOUR DE MONDE

| | |
|---|---|
| 1990 | (Austria and Czechoslovakia) John Bove, Dave Hart, Marc Padwe & Troy Sunderland |
| 1991 | (China and Mongolia) Adam Mariano, Shawn Nelson & Josh Robbins |
| 1997 | (Poland) Clint Musser & Rob Neidlinger |

## NWCA EUROPEAN TOURS

| | |
|---|---|
| 1983 | Carl DeStefanis |
| 1984 | Steve Sefter |
| 1985 | Chris Bevilacqua & Greg Elinsky |
| 1986 | Greg Elinsky |
| 1987 | Ken Chertow, Jim Martin & Andy Voit |
| 1988 | Jim Martin & Andy Voit |
| 1989 | Greg Haladay |
| 1990 | Jeff Prescott, Jason Suter & Tim Wittman |
| 1991 | Bob Truby |
| 1992 | Dave Hart & Troy Sunderland |
| 1993 | John Hughes |
| 1998 | Jeremy Hunter, Clint Musser, Glenn Pritzlaff & Ross Thatcher |
| 2003 | Pat Cummins & Josh Moore |
| 2006 | Phil Davis, James Yonushonis |
| 2008 | Cameron Wade, Frank Molinaro |

## NWCA ALL-STAR CLASSIC

| | |
|---|---|
| 1968 | Rich Lorenzo |
| 1971 | Dave Joyner & Andy Matter |
| 1973 | Bob Medina |
| 1974 | John Fritz & Jerry Villecco |
| 1978 | Mike DeAugustino |
| 1982 | John Hanrahan |
| 1983 | Scott Lynch |
| 1985 | Greg Elinsky |
| 1986 | Greg Elinsky |
| 1987 | Greg Elinsky & Dan Mayo |
| 1988 | Jim Martin & Dan Mayo |
| 1989 | Ken Chertow, Jim Martin & Andy Voit |
| 1993 | Dave Hart & Troy Sunderland |
| 1994 | Cary Kolat & Kerry McCoy |
| 1995 | Kerry McCoy |
| 1996 | Sanshiro Abe (dnc) & John Hughes (dnc) |
| 1997 | Kerry McCoy (dnc) |
| 1999 | Clint Musser |
| 2000 | Jeremy Hunter (dnc) |
| 2003 | Pat Cummins & Josh Moore |
| 2004 | Pat Cummins |
| 2006 | Phil Davis, James Yonushonis |
| 2007 | Phil Davis |
| 2012 | Dylan Alton, Nico Megaludis, David Taylor, Quentin Wright |
| 2013 | David Taylor, Matt Brown |
| 2017 | Mark Hall, Nick Nevills |
| 2022 | Carter Starocci, Aaron Brooks, Greg Kerkvliet |
| 2023 | Shayne Van Ness, Carter Starocci, Bernie Truax, Aaron Brooks, Greg Kerkvliet |
| 2024 | Beau Bartlett, Shayne Van Ness, Tyler Kasak, Levi Haines, Carter Starocci |

## ALL-TIME SERIES RECORDS & TEAM TITLES

| Opponent | Began | Won | Lost | Tied | Mtgs. |
|---|---|---|---|---|---|
| Alfred | 1926 | 2 | 0 | 0 | 2 |
| American | 2020 | 2 | 0 | 0 | 2 |
| Appalachian State | 2002 | 1 | 0 | 0 | 1 |
| Arizona State | 1989 | 5 | 4 | 1 | 10 |
| Army | 1922 | 33 | 4 | 2 | 39 |
| Auburn | 1980 | 1 | 0 | 0 | 1 |
| Binghamton | 2009 | 4 | 0 | 0 | 4 |
| Bloomsburg | 1976 | 16 | 5 | 1 | 22 |
| Boise State | 2009 | 0 | 1 | 0 | 1 |
| Boston | 2014 | 1 | 0 | 0 | 1 |
| Brigham Young | 1988 | 1 | 0 | 0 | 1 |
| Brooklyn Tech | 1925 | 1 | 0 | 0 | 1 |
| Brown | 1997 | 1 | 0 | 0 | 1 |
| Bucknell | 1945 | 3 | 0 | 0 | 3 |
| Buffalo | 1976 | 5 | 0 | 0 | 5 |
| Cal Poly | 1978 | 1 | 2 | 0 | 3 |
| CSU Bakersfield | 1997 | 3 | 0 | 0 | 3 |
| Central Michigan | 2005 | 1 | 1 | 0 | 2 |
| Central Oklahoma | 1994 | 2 | 0 | 0 | 2 |
| Chattanooga | 2008 | 1 | 0 | 0 | 1 |
| Chicago | 1930 | 5 | 0 | 0 | 5 |
| Clarion | 1976 | 27 | 4 | 1 | 32 |
| Cleveland State | 1979 | 13 | 1 | 0 | 14 |
| Coast Guard | 1946 | 1 | 0 | 0 | 1 |
| Colgate | 1944 | 5 | 0 | 0 | 5 |
| Columbia | 1911 | 4 | 0 | 0 | 4 |
| Cornell | 1909 | 56 | 12 | 3 | 71 |
| Drexel | 2003 | 3 | 0 | 0 | 3 |
| Edinboro | 1987 | 14 | 3 | 0 | 17 |
| Florida | 1977 | 2 | 1 | 0 | 3 |
| Fresno State | 1997 | 1 | 0 | 0 | 1 |
| Harvard | 1921 | 5 | 0 | 0 | 5 |
| Hofstra | 1996 | 6 | 2 | 0 | 8 |
| Illinois | 1956 | 11 | 9 | 0 | 20 |
| Indiana | 1913 | 25 | 0 | 1 | 26 |
| Indiana State | 1975 | 1 | 0 | 0 | 1 |
| Iowa | 1982 | 15 | 28 | 2 | 45 |
| Iowa State | 1921 | 11 | 14 | 1 | 26 |
| Johns Hopkins | 1934 | 1 | 0 | 0 | 1 |
| Kent State | 1970 | 8 | 0 | 0 | 8 |
| Kentucky | 1975 | 1 | 0 | 0 | 1 |
| Lafayette | 1914 | 6 | 0 | 0 | 6 |
| Lehigh | 1911 | 75 | 34 | 3 | 112 |
| Little Rock | 2025 | 1 | 0 | 0 | 1 |
| Lock Haven | 1943 | 38 | 4 | 0 | 42 |
| Maryland | 1941 | 49 | 1 | 2 | 52 |
| McGill | 1913 | 1 | 0 | 0 | 1 |
| Miami (Ohio) | 1935 | 1 | 0 | 0 | 1 |
| Michigan | 1933 | 38 | 24 | 0 | 62 |
| Michigan State | 1974 | 26 | 9 | 0 | 35 |
| Millersville | 1982 | 3 | 0 | 0 | 3 |
| Minnesota | 1986 | 9 | 15 | 1 | 25 |
| Missouri | 1981 | 4 | 2 | 1 | 7 |
| MIT | 1916 | 2 | 0 | 0 | 2 |
| Montclair State | 1977 | 1 | 0 | 0 | 1 |
| Muhlenburg | 1944 | 2 | 0 | 0 | 2 |
| Navy | 1910 | 49 | 30 | 7 | 86 |
| Nebraska | 1939 | 14 | 7 | 1 | 22 |
| North Carolina | 1975 | 9 | 1 | 0 | 10 |
| North Carolina State | 1978 | 7 | 3 | 1 | 11 |
| North Dakota State | 2007 | 2 | 0 | 0 | 2 |
| Northern Iowa | 1986 | 5 | 0 | 0 | 5 |
| Northwestern | 1983 | 19 | 1 | 0 | 20 |
| Ohio State | 1956 | 28 | 12 | 0 | 40 |
| Ohio University | 1926 | 2 | 0 | 0 | 2 |
| Oklahoma | 1968 | 15 | 11 | 1 | 27 |
| Oklahoma State | 1982 | 8 | 13 | 1 | 22 |
| Oregon | 1993 | 1 | 0 | 0 | 1 |
| Oregon State | 1994 | 4 | 0 | 0 | 4 |
| Pennsylvania | 1910 | 23 | 3 | 0 | 26 |
| Pittsburgh | 1914 | 55 | 11 | 3 | 69 |

| Opponent | Began | Won | Lost | Tied | Mtgs. |
|---|---|---|---|---|---|
| Pitt-Johnstown | 2006 | 2 | 0 | 0 | 2 |
| Princeton | 1916 | 14 | 4 | 1 | 19 |
| Purdue | 1970 | 17 | 1 | 1 | 19 |
| Rider | 2003 | 8 | 0 | 0 | 8 |
| Rutgers | 1960 | 26 | 0 | 0 | 26 |
| Sacred Heart | 2022 | 1 | 0 | 0 | 1 |
| Springfield | 1922 | 10 | 1 | 0 | 11 |
| Stanford | 2016 | 3 | 0 | 0 | 3 |
| Syracuse | 1923 | 49 | 7 | 2 | 58 |
| Temple | 1936 | 16 | 1 | 0 | 17 |
| Tennessee | 1981 | 1 | 0 | 0 | 1 |
| Toronto | 1913 | 1 | 0 | 0 | 1 |
| Utah Valley | 2012 | 1 | 0 | 0 | 1 |
| Virginia | 1923 | 8 | 0 | 0 | 8 |
| Virginia Military (VMI) | 2011 | 1 | 0 | 0 | 1 |
| Virginia Tech | 1962 | 7 | 0 | 0 | 7 |
| Wartburg | 1995 | 2 | 0 | 0 | 2 |
| Washington & Jefferson | 1934 | 1 | 0 | 0 | 1 |
| West Chester | 1975 | 4 | 0 | 0 | 4 |
| West Virginia | 1931 | 29 | 7 | 0 | 36 |
| Western Reserve | 1929 | 1 | 0 | 0 | 1 |
| Wilkes | 1978 | 5 | 2 | 0 | 7 |
| William & Mary | 1990 | 2 | 0 | 0 | 2 |
| Wisconsin | 1984 | 19 | 8 | 0 | 27 |
| Wyoming | 2025 | 2 | 0 | 0 | 2 |
| Yale | 1911 | 4 | 0 | 0 | 4 |
| York (Pa.) | 2006 | 1 | 0 | 0 | 1 |

### NCAA CHAMPIONS (14):
1953, 2011, 2012, 2013, 2014, 2016, 2017, 2018, 2019, 2022, 2023, 2024, 2025, 2026

### BIG TEN CHAMPIONS (10):
2011, 2012, 2013, 2014, 2016, 2019, 2023, 2024, 2025, 2026

### BIG TEN REGULAR SEASON CHAMPIONS (12):
2012, 2014, 2016, 2017, 2018, 2019, 2021, 2022, 2023, 2024, 2025, 2026

### INTERCOLLEGIATE CHAMPIONS:
1921 (Declared champs after beating Indiana & Iowa State in dual meets)

### NATIONAL DUAL TEAM CHAMPIONS:
1987 (Co-), 1991, 1993, 2016, 2017

### EIWA CHAMPIONS:
1918, 1919, 1920, 1921, 1924, 1925, 1936, 1937, 1942, 1951, 1952, 1953, 1957, 1960 (tie), 1971, 1973.

### EASTERN WRESTLING LEAGUE CHAMPIONS:
1976, 1977, 1978, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992.

# YEAR-BY-YEAR RECORDS

| YEAR | W | L | T | NCAA (pts) | COACH | CAPTAIN(S) |
|---|---|---|---|---|---|---|
| 1909 | 0 | 1 | 0 | | Lewis | --- |
| 1910 | 1 | 1 | 0 | | Lewis | Edward Brown |
| 1911 | 4 | 0 | 0 | | Lewis | S.H. Diehl |
| 1912 | 4 | 1 | 0 | | Lewis | F.T. Lesh |
| 1913 | 5 | 0 | 0 | | Lewis | J.H. Shollenberger |
| 1914 | 5 | 0 | 0 | | Shollenberger | T.A. Jones |
| 1915 | 4 | 1 | 0 | | Lewis | L.L. Lamb |
| 1916 | 5 | 1 | 0 | | Lewis | H.M. Long |
| 1917 | 6 | 0 | 0 | | Lewis | M.M. Long |
| 1918 | 4 | 0 | 0 | | Yerger | M.M. Long |
| 1919 | 2 | 2 | 0 | | Yerger | I.W. Brown |
| 1920 | 5 | 1 | 0 | | Lewis | R.D. Mills |
| 1921 | 6 | 1 | 0 | | Lewis | D.D. Detar |
| 1922 | 5 | 1 | 0 | | Detar | F.L. Watson |
| 1923 | 4 | 3 | 0 | | Detar | B.D. Evans |
| 1924 | 5 | 0 | 1 | | Detar | Katsutoshi Naito |
| 1925 | 7 | 0 | 0 | | Leonard | L.A. Cary |
| 1926 | 6 | 1 | 0 | | Leonard | W.C. Liggett |
| 1927 | 5 | 2 | 0 | | Speidel | F.W. Kaiser |
| 1928 | 5 | 2 | 0 | | Speidel | W.S. Liggett |
| 1929 | 6 | 0 | 0 | | Speidel | E.T. Wilson |
| 1930 | 5 | 1 | 0 | | Speidel | H.A. Hubler |
| 1931 | 5 | 1 | 0 | | Speidel | E.L. Pearce |
| 1932 | 4 | 1 | 1 | | Speidel | R.S. Maize |
| 1933 | 5 | 0 | 0 | | Speidel | C.F. Lorenzo |
| 1934 | 4 | 1 | 1 | | Speidel | Harold Rosenberg |
| 1935 | 6 | 0 | 0 | 5T (8) | Speidel | H.K. Johnston |
| 1936 | 6 | 1 | 0 | | Speidel | J.H. Light |
| 1937 | 6 | 1 | 0 | | Speidel | J.S. O'Dowd |
| 1938 | 4 | 2 | 1 | | Speidel | R.P. Shaffer |
| 1939 | 5 | 2 | 1 | 8 (5) | Speidel | Don Bachman |
| 1940 | 5 | 2 | 1 | | Speidel | Ernest Bortz |
| 1941 | 7 | 1 | 0 | 13T (3) | Speidel | Frank Gleason |
| 1942 | 7 | 1 | 0 | 3 (10) | Speidel | Glen Alexander |
| 1943 | 4 | 2 | 1 | | Campbell | Samuel Harry, Charles Ridenour |
| 1944 | 3 | 2 | 0 | | Campbell | --- |
| 1945 | 3 | 2 | 0 | | Campbell | --- |
| 1946 | 2 | 3 | 0 | 9T (2) | Campbell | Samuel Harry |
| 1947 | 3 | 4 | 0 | | Speidel | Grant Dixon |
| 1948 | 2 | 3 | 2 | 16T (2) | Speidel | Ernest Closser |
| 1949 | 5 | 2 | 0 | 12T (2) | Speidel | George Schautz |
| 1950 | 7 | 1 | 0 | 9 (5) | Speidel | James Maurey |
| 1951 | 8 | 0 | 0 | 3 (15) | Speidel | Homer Barr |
| 1952 | 9 | 0 | 0 | 5 (8) | Speidel | Don Maurey |
| 1953 | 9 | 0 | 0 | 1 (21) | Speidel | Donald Frey, Joseph Lemyre |
| 1954 | 6 | 2 | 0 | 3 (13) | Speidel | Gerald Maurey, Richard Lemyre |
| 1955 | 5 | 2 | 0 | 2 (31) | Speidel | Robert Homan |
| 1956 | 7 | 1 | 0 | 5 (27) | Speidel | Joe Krufka, Bill Oberly |
| 1957 | 6 | 2 | 1 | 5 (33) | Speidel | Dave Adams, Sid Nodland |
| 1958 | 2 | 4 | 2 | 14T (8) | Speidel | John Johnston |
| 1959 | 5 | 3 | 0 | 25T (4) | Speidel | Match Captains |
| 1960 | 9 | 0 | 1 | 7 (20) | Speidel | Sam Minor |
| 1961 | 6 | 4 | 0 | 7 (20) | Speidel | Jerry Seckler, Johnston Oberly |
| 1962 | 6 | 3 | 1 | 16T (11) | Speidel | Ron Pifer, Phil Myer |
| 1963 | 5 | 4 | 0 | 18T (12) | Speidel | George Edwards |
| 1964 | 6 | 3 | 1 | 8 (19) | Speidel | George Edwards |
| 1965 | 6 | 4 | 1 | 13T (12) | Koll | Steve Erber, Marty Strayer |
| 1966 | 7 | 2 | 0 | 23T (6) | Koll | Jerry Seaman, Ellery Seitz |
| 1967 | 8 | 0 | 1 | 22 (12) | Koll | Jerry Seaman |
| 1968 | 7 | 3 | 0 | 12 (23) | Koll | Rich Lorenzo |
| 1969 | 6 | 2 | 2 | 20T (13) | Koll | Bob Funk |
| 1970 | 11 | 0 | 0 | 19T (12) | Koll | Bruce Balmat |
| 1971 | 10 | 0 | 1 | 4T (43) | Koll | Clyde Frantz |
| 1972 | 12 | 0 | 0 | 8 (26.5) | Koll | Andy Matter |
| 1973 | 11 | 1 | 0 | 10T (24.5) | Koll | Al Snellman, Barry Snyder |
| 1974 | 10 | 0 | 1 | 7 (43) | Koll | Bob Medina, Dave Joyner |
| 1975 | 7 | 4 | 1 | 10 (23.25) | Koll | John Fritz |
| 1976 | 10 | 2 | 0 | 10 (33) | Koll | Jerry Villecco |
| 1977 | 10 | 1 | 0 | 18 (18) | Koll | Jerry White |
| 1978 | 13 | 2 | 0 | 15 (19.25) | Koll | Dave Becker, Bill Vollrath |
| 1979 | 2 | 11 | 0 | | Lorenzo | Jim Earl |
| 1980 | 8 | 6 | 0 | 45 (2.75) | Lorenzo | Geoff Broadhead, Dan Pfautz |
| 1981 | 11 | 6 | 1 | 6 (31.75) | Lorenzo | Bob Bury, Bernie Fritz |
| 1982 | 12 | 3 | 0 | 14 (20.25) | Lorenzo | Bob Bury, John Hanrahan |
| 1983 | 13 | 2 | 1 | 7 (33.75) | Lorenzo | Bob Bury, Carl DeStefanis |
| 1984 | 16 | 2 | 0 | 3 (70.50) | Lorenzo | Carl DeStefanis |
| 1985 | 10 | 6 | 0 | 7 (46.75) | Lorenzo | Steve Sefter, Eric Brugel |
| 1986 | 14 | 2 | 1 | 5 (47.25) | Lorenzo | Chris Bevilacqua, Eric Brugel, Greg Elinsky |
| 1987 | 18 | 1 | 1 | 3 (97.75) | Lorenzo | Greg Elinsky, Tim Flynn |
| 1988 | 14 | 5 | 2 | 5 (71.50) | Lorenzo | Ken Chertow, Jim Martin, Dan Mayo |
| 1989 | 20 | 2 | 1 | 10 (39.75) | Lorenzo | Ken Chertow, Jim Martin, Andy Voit |
| 1990 | 15 | 8 | 0 | 6 (57.50) | Lorenzo | Mike Bevilacqua, Greg Haladay |
| 1991 | 17 | 6 | 1 | 3 (67.50) | Lorenzo | Jeff Prescott, Jason Suter, Tim Wittman |
| 1992 | 18 | 4 | 1 | 3 (89.25) | Lorenzo | Jeff Prescott, Tim Wittman, Troy Sunderland, |
| 1993 | 22 | 0 | 1 | 2 (87.50) | Fritz | Dave Hart, Matt White, Troy Sunderland |
| 1994 | 15 | 6 | 0 | 3 (57.0) | Fritz | Shawn Nelson |
| 1995 | 5 | 12 | 0 | 5 (60.50) | Fritz | Tony Bobulinski, Kerry McCoy |
| 1996 | 11 | 8 | 1 | 4 (65.0) | Fritz | Sanshiro Abe, John Hughes |
| 1997 | 16 | 4 | 0 | 10 (40.0) | Fritz | Kerry McCoy, Frank Morici |
| 1998 | 18 | 3 | 0 | 4 (70.50) | Fritz | Rob Neidlinger, Glenn Pritzlaff |
| 1999 | 12 | 5 | 0 | T4 (78.5) | Sunderland | Clint Musser, Glenn Pritzlaff |
| 2000 | 6 | 11 | 0 | T16 (32) | Sunderland | Jeremy Hunter, Mark Janus, Ross Thatcher |
| 2001 | 7 | 13 | 0 | T25 (15.5) | Sunderland | Jeff Knupp, Andrew Butville |
| 2002 | 6 | 12 | 0 | 35 (13.0) | Sunderland | Mark Becks, Pete Mielnik, Doc Vecchio |
| 2003 | 11 | 8 | 0 | 6th (62.0) | Sunderland | Ryan Cummins, Mark Becks, Doc Vecchio |
| 2004 | 14 | 5 | 0 | 12th (46.5) | Sunderland | Pat Cummins, Josh Moore, Marat Tomaev |
| 2005 | 10 | 10 | 0 | 23rd (26.0) | Sunderland | Eric Bradley, Adam Smith, Josh Walker, James Woodall |
| 2006 | 13 | 4 | 0 | 9th (53.5) | Sunderland | Eric Bradley, James Woodall |
| 2007 | 14 | 5 | 0 | 11th (54.0) | Sunderland | Aaron Anspach, Phil Davis, James Yonushonis |
| 2008 | 14 | 5 | 0 | 3rd (75.0) | Sunderland | Phil Davis, Tim Haas, Jake Strayer |
| 2009 | 8 | 12 | 2 | 17th (31.0) | Sunderland | Tim Haas, Jake Strayer, Bubba Jenkins, Dan Vallimont |
| 2010 | 13 | 6 | 1 | 9th (49.0) | Sanderson | Cyler Sanderson, Dan Vallimont, David Erwin |
| 2011 | 17 | 1 | 1 | 1st (107.5) | Sanderson | --- |
| 2012 | 13 | 1 | 0 | 1st (143.0) | Sanderson | --- |
| 2013 | 13 | 1 | 0 | 1st (123.5) | Sanderson | --- |
| 2014 | 15 | 1 | 0 | 1st (109.5) | Sanderson | --- |
| 2015 | 11 | 4 | 0 | 6th (67.5) | Sanderson | --- |
| 2016 | 16 | 0 | 0 | 1st (123.0) | Sanderson | --- |
| 2017 | 14 | 0 | 0 | 1st (146.5) | Sanderson | --- |
| 2018 | 14 | 0 | 0 | 1st (141.5) | Sanderson | --- |
| 2019 | 14 | 0 | 0 | 1st (137.5) | Sanderson | --- |
| 2020 | 12 | 2 | 0 | canceled | Sanderson | --- |
| 2021 | 6 | 0 | 0 | 2nd (113.5) | Sanderson | --- |
| 2022 | 17 | 0 | 0 | 1st (131.5) | Sanderson | --- |
| 2023 | 16 | 0 | 0 | 1st (137.5) | Sanderson | --- |
| 2024 | 12 | 0 | 0 | 1st (172.5) | Sanderson | --- |
| 2025 | 15 | 0 | 0 | 1st (177.0*) | Sanderson | --- |
| 2026 | 15 | 0 | 0 | 1st (181.5) | Sanderson | --- |
| Total | 1032 | 303 | 37 | (76.6%) | | |

* All-Time NCAA record for points scored at NCAA Championship

# YEAR-BY-YEAR RESULTS

| | | |
|---|---|---|
| **1909 (0-1)** | | |
| | Cornell | L |
| **1910 (1-1)** | | |
| | U. of P. | 7-0 W |
| | Navy | 2.5-4.5 L |
| **1911 (4-0)** | | |
| | Lehigh | 5-2 W |
| | Yale | 4-3 W |
| | Columbia | 5-2 W |
| | Cornell | 4-3 W |
| **1912 (4-1)** | | |
| | Cornell | 6-12 L |
| | Yale | 6-1 W |
| | Lehigh | 13-3 W |
| | Penn | 6-1 W |
| | Penn | 5-2 W |
| **1913 (5-0)** | | |
| | McGill | 4-2 W |
| | Toronto | 6-1 W |
| | Cornell | 5-2 W |
| | Indiana | 5-0 W |
| | Lehigh | 4.5-2.5 W |
| **1914 (5-0)** | | |
| | Navy | 5-2 W |
| | Pitt | 18-0 W |
| | Lehigh | 5-0-2 W |
| | Indiana | 5-0-2 W |
| | Layfayette | 7-0 W |
| **1915 (4-1)** | | |
| | Navy | 10-19 L |
| | Penn | 20-11 W |
| | Lehigh | 19-11 W |
| | Columbia | 25-6 W |
| | Pitt | 34-0 W |
| **1916 (5-1)** | | |
| | M.I.T. | 27-2 W |
| | Navy | 4-26 L |
| | Pitt | 34-0 W |
| | Princeton | 25-7 W |
| | Pitt | 32-0 W |
| | Lehigh | 29-2 W |
| **1917 (6-0)** | | |
| | Mass. Tech | 28-0 W |
| | Pitt | 34-0 W |
| | Lehigh | 21-8 W |
| | Princeton | 23-4 W |
| | Cornell | 21-9 W |
| | Navy | 21-10 W |
| **1918 (4-0)** | | |
| | Cornell | 24-8 W |
| | Navy | 16-14 W |
| | Lehigh | 26-5 W |
| | Cornell | 25-5 W |
| | EIWA | 1st |
| **1919 (2-2)** | | |
| | Penn | 24-4 W |
| | Lehigh | 13-19 L |
| | Navy | 0-30 L |
| | Lehigh | 19-14 W |
| | EIWA | 1st |
| **1920 (5-1)** | | |
| | Lehigh | 27-4 W |
| | Cornell | 24-8 W |
| | Penn | 24-9 W |
| | Navy | 14-18 L |
| | Lehigh | 26-5 W |
| | Princeton | 24-8 W |
| | EIWA | 1st |
| **1921 (6-1)** | | |
| | Lehigh | 28-4 W |
| | Harvard | 33-0 W |
| | Cornell | 19-6 W |
| | Penn | 33-0 W |
| | Navy | 6-16 L |
| | Indiana | 32-14 W |
| | Iowa State | 28-18 W |
| | EIWA | 1st |
| **1922 (5-1)** | | |
| | Lehigh | 16-8 W |
| | Cornell | 16-9 W |
| | Army | 14-11 W |
| | Indiana | 15-14 W |
| | Navy | 5-20 L |
| | Springfield | 17-6 W |
| | EIWA | 2nd |
| **1923 (4-3)** | | |
| | Virgina | 33-0 W |
| | Penn | 26-0 W |
| | Navy | 11-16 L |
| | Lehigh | 14-8 W |
| | Cornell | 6-12 L |
| | Syracuse | 24-0 W |
| | Iowa State | 6-15 L |
| | EIWA | 2nd |
| **1924 (5-0-1)** | | |
| Feb. 9 | Syracuse | 27-0 W |
| Feb. 16 | Springfield | 29-0 W |
| Feb. 23 | Navy | 3-3 T |
| Mar. 1 | Lehigh | 12-6 W |
| Mar. 8 | Cornell | 15-6 W |
| Mar. 15 | Penn | 27-0 W |
| Mar. 21-22 | EIWA | 2nd |
| **1925 (7-0)** | | |
| | Muhlenburg | 33-0 W |
| | Penn | 29-0 W |
| | Cornell | 20-5 W |
| | Lehigh | 16-11 W |
| | Syracuse | 22-5 W |
| | Navy | 18-9 W |
| | Brooklyn | 22-3 W |
| | EIWA | 1st |
| **1926 (6-1)** | | |
| | Alfred | 26-5 W |
| | Penn | 19-6 W |
| | Syracuse | 18-13 W |
| | Cornell | 9-14 L |
| | Layfayette | 24-3 W |
| | Navy | 12-10 W |
| | Ohio U. | 19-8 W |
| | EIWA | 3rd |
| **1926-27 (5-2)** | | |
| | Lafayette | 26-3 W |
| | Iowa State | 3-24 L |
| | Syracuse | 22-5 W |
| | Harvard | 15.5-9.5 W |
| | Navy | 17.5-9.5 W |
| | Cornell | 9-12 L |
| | Penn | 19-6 W |
| | EIWA | T-5th |
| **1928 (5-2)** | | |
| Jan. 21 | Alfred | 20-3 W |
| Feb. 4 | Penn | 18.5-4.5 W |
| Feb. 11 | Layfayette | 23-0 W |
| Feb. 18 | Syracuse | 17-6 W |
| Feb. 25 | Iowa State | 8-19 L |
| Mar. 3 | Navy | 17-8 W |
| Mar. 10 | Cornell | 8-17 L |
| Mar. 16-17 | EIWA | 3rd |
| **1929 (6-0)** | | |
| Feb. 2 | Ohio U. | 30-6 W |
| Feb. 9 | Syracuse | 27-0 W |
| Feb. 16 | Layfayette | 30-0 W |
| Feb.23 | Cornell | 15-12 W |
| Mar. 2 | Navy | 19-6 W |
| Mar. 9 | Western Res. | 39-0 W |
| Mar. 15-16 | EIWA | T-2nd |
| **1930 (5-1)** | | |
| Jan. 25 | U. of Penn | 28-8 W |
| Jan. 31 | Chicago | 25-3 W |
| Feb. 15 | Princeton | 15-11 W |
| Feb.22 | Cornell | 17-9 W |
| Mar. 1 | Syracuse | 25-3 W |
| Mar. 8 | Navy | 9-15 L |
| Mar. 14-15 | E.I.W.A. | T-5th |
| **1931 (5-1)** | | |
| Jan. 31 | West Virginia | 27-5 W |
| Feb.6 | Chicago | 21-11 W |
| Feb.14 | Syracuse | 19-11 W |
| Feb.21 | Princeton | 17-15 W |
| Feb. 28 | Cornell | 14-12 W |
| Mar. 7 | Navy | 11-21 L |
| Mar. 13-14 | EIWA | 7th |
| **1932 (4-1-1)** | | |
| Jan. 23 | Chicago | 24-8 W |
| Feb. 6 | Syracuse | 20-6 W |
| Feb. 12 | West Virginia | 20-10 W |
| Feb. 20 | Princeton | 18.5-11.5 W |
| Mar. 5 | Navy | 0-32 L |
| Mar. 27 | Cornell | 14-14 T |
| Mar. 11-12 | EIWA | 5th |
| **1933 (5-0)** | | |
| Feb. 4 | West Virginia | 18-6 W |
| Feb. 10 | Michigan | 22-8 W |
| Feb. 18 | Lafayette | 28-0 W |
| Feb. 24 | Cornell | 15-9 W |
| Mar. 4 | Syracuse | 27-5 W |
| Mar. 17-18 | EIWA | 3rd |
| **1934 (4-1-1)** | | |
| Feb. 7 | Columbia | 15-13 W |
| Feb. 10 | Wash. & Jeff. | 34-0 W |
| Feb. 17 | Cornell | 16-16 T |
| Feb. 24 | Lehigh | 9-19 L |
| Mar. 3 | Johns Hopkins | 34-0 W |
| Mar. 10 | Syracuse | 23-3 W |
| Mar. 16-17 | EIWA | 2nd |
| **1935 (6-0)** | | |
| Jan. 26 | Miami | 27-3 W |
| Feb. 9 | Columbia | 20-10 W |
| Feb. 16 | Cornell | 22.5-9.5 W |
| Feb. 23 | Lehigh | 20-6 W |
| Mar. 2 | Syracuse | 21-11 W |
| Mar. 9 | Navy | 29-3 W |
| Mar. 15-16 | * EIWA | 2nd |
| Mar. 22-23 | NCAA | T-5th |
| **1936 (6-1)** | | |
| Jan. 18 | Michigan | 19-11W. |
| Jan. 25 | Temple | 30-0 W |
| Feb. 8 | Pittsburgh | 36-0 W |
| Feb. 15 | Lehigh | 9-17 L |
| Feb. 22 | Navy | 24-6 W |
| Feb. 29 | Syracuse | 22-6 W |
| Mar. 7 | Cornell | 30-0 W |
| | EIWA | 1st |
| **1937 (6-1)** | | |
| Jan. 16 | Princeton | 13-15 L |
| Jan. 23 | Chicago | 20-6 W |
| Feb. 1 | Navy | 30-0 W |
| Feb. 13 | Pittsburgh | 34-0 W |
| Feb. 20 | Syracuse | 26.5-1.5 W |
| Feb. 27 | Lehigh | 20-8 W |
| Mar. 6 | Cornell | 25-3 W |
| Mar. 12-13 | EIWA | 1st |
| **1938 (4-2-1)** | | |
| Jan. 15 | Princeton | 12-16 L |
| Jan. 22 | Michigan | 6-22 L |
| Feb. 12 | Cornell | 25-5 W |
| Feb. 19 | Syracuse | 29-3 W |
| Feb. 21 | Harvard | 17-11 W |
| Feb. 26 | Lehigh | 14-14 T |
| Mar. 5 | Navy | 17-9 W |
| Mar. 11-12 | EIWA | 4th |
| **1939 (5-2-1)** | | |
| Jan. 14 | Nebraska | 14-14 T |
| Jan. 19 | Michigan | 12-16 L |
| Jan. 21 | Princeton | 17-11 W |
| Jan 28 | Army | 17-13 W |
| Feb. 11 | Lehigh | 3-25 L |
| Feb. 18 | Cornell | 27-3 W |
| Feb. 25 | Navy | 17-11 W |
| Mar. 4 | Syracuse | 22-8 W |
| Mar. 10-11 | EIWA | 2nd |
| Mar. 24-25 | NCAA | 8th |
| **1940 (5-2-1)** | | |
| Jan. 13 | Cornell | 19-9 W |
| Jan. 20 | Chicago | 26-0 W |
| Jan. 27 | Syracuse | 22-6 W |
| Feb. 3 | Princeton | 26-6 W |
| Feb. 10 | Lehigh | 12-12 T |
| Feb. 17 | Michigan | 14-16 L |
| Feb. 24 | Army | 20.5-9.5 W |
| Mar. 3 | Navy | 12-14 L |
| Mar. 8-9 | EIWA | T-3rd |
| **1941 (7-1)** | | |
| Jan. 11 | Maryland | 29-3 W |
| Jan. 18 | Syracuse | 27-3 W |
| Feb. 4 | Princeton | 12-14 L |
| Feb. 8 | Lehigh | 18-6 W |
| Feb. 15 | Navy | 17-11 W |
| Feb. 22 | Cornell | 18-6 W |
| Feb. 27 | Michigan | 14-12 W |
| Mar. 1 | Army | 27-3 W |
| Mar. 7-8 | EIWA | 5th |
| Mar. 21-22 | NCAA | 3rd |
| **1942 (7-1)** | | |
| Jan. 10 | Michigan | 13-19 L |
| Jan. 14 | Syracuse | 27-5 W |
| Jan. 17 | Navy | 16-14 W |
| Jan. 31 | Princeton | 24-8 W |
| Feb. 7 | Temple | 33-3 W |
| Feb. 14 | West Virginia | 29-3 W |
| Feb. 21 | Cornell | 17-13 W |
| Feb. 28 | Lehigh | 17-13 W |
| Mar. 13-14 | EIWA | 1st |
| Mar. 27-28 | NCAA | 3rd |
| **1943 (4-2-1)** | | |
| Jan. 9 | West Virginia | Canceled |
| Jan. 16 | Syracuse | 30-0 W |
| Jan. 23 | Lock Haven T.C. | 31-5 W |
| Jan. 30 | Princeton | 14-14 T |
| Feb. 6 | Temple | 38-0 W |
| Feb. 13 | Navy | 5-29 L |
| Feb. 20 | Cornell | 19-9 W |
| Feb. 27 | Lehigh | 11-18 L |
| Mar. 12-13 | EIWA | 3rd |
| **1944 (3-2)** | | |
| Jan. 22 | Colgate | 29-5 W |
| Jan. 29 | Cornell | 16-12 W |
| Feb. 5 | Temple | Canceled |
| Feb. 12 | Navy | 0-32 L |
| Feb. 16 | Muhlenberg | 27-5 W |
| Feb. 19 | Cornell | Canceled |
| Feb. 26 | Lehigh | 14-16 L |
| Mar. 10-11 | EIWA | 6th |
| **1945 (3-2)** | | |
| Jan. 13 | Bucknell | 17-11 W |
| Jan. 20 | Cornell | 14-12 W |
| Jan. 27 | Army | 12-16 L |
| Feb. 3 | Navy | 0-36 L |
| Feb. 9-10 | EIWA | Fifth |
| Feb. 17 | Lehigh | 19-9 W |
| **1946 (2-3)** | | |
| Jan. 12 | Navy | 13-23 L |
| Jan. 19 | Coast Guard | 23-3 W |
| Jan. 26 | Lehigh | 15-18 L |
| Feb. 2 | Cornell | 21-11 W |
| Feb. 8-9 | * EIWA | 4th |
| Feb. 16 | Army | 11-21 L |
| | NCAA | T-9th |
| **1947 (3-4)** | | |
| Jan. 18 | Princeton | 14-12 W |
| Jan. 25 | Lehigh | 5-24 L |
| Feb. 1 | Temple | 31-3 W |
| Feb. 8 | Syracuse | 9-17 L |
| Feb. 15 | Cornell | 9-21 L |
| Feb. 22 | Army | 15-13 W |
| Mar. 1 | Navy | 3-27 L |
| Mar. 14-15 | EIWA | 5th |
| **1948 (2-3-2)** | | |
| Jan. 10 | Princeton | 13-14 L |
| Jan. 17 | Army | 14-14 T |
| Jan. 24 | Temple | 32-0 W |
| Feb. 7 | Syracuse | 14-14 T |
| Feb. 14 | Lehigh | 10-26 L |
| Feb. 21 | Navy | 6-28 L |
| Feb. 28 | Cornell | 18-6 W |
| Mar. 12-13 | EIWA | T-7th |
| | NCAA | T-16th |
| **1949 (5-2)** | | |
| Jan. 8 | Princeton | 19-9 W |
| Jan. 15 | Cornell | 24-6 W |
| Jan. 29 | Army | 24-6 W |
| Feb. 5 | Syracuse | 13-16 L |
| Feb. 12 | Lehigh | 11-14 L |
| Feb. 19 | Temple | 36-0 W |
| Feb. 26 | Navy | 20-10 W |
| Mar. 11-12 | EIWA | 4th |
| | NCAA | T-12th |
| **1950 (7-1)** | | |
| Jan. 7 | Virginia | 26-5 W |
| Jan. 14 | Cornell | 32-0 W |
| Jan. 21 | Lehigh | 17-13 W |
| Jan. 28 | Pittsburgh | 32-0 W |
| Feb. 11 | Syracuse | 8-18 L |
| Feb. 18 | Army | 29-5 W |
| Feb. 25 | Navy | 18-6 W |
| Mar. 4 | Princeton | 17-9 W |
| Mar. 10-11 | EIWA | 3rd |
| Mar. 24-25 | NCAA | 9th |
| **1951 (8-0)** | | |
| Jan. 6 | Lehigh | 22-6 W |
| Jan. 13 | Virginia | 28-8 W |
| Jan. 20 | Pittsburgh | 21-9 W |
| Feb. 3 | Maryland | 30-0 W |
| Feb. 10 | Army | 15-11 W |
| Feb. 17 | Syracuse | 17-9 W |
| Feb. 24 | Navy | 24-5 W |
| Mar. 3 | Cornell | 20-6 W |
| Mar. 9-10 | EIWA | 1st |
| Mar. 23-24 | NCAA | 3rd |
| **1952 (9-0)** | | |
| Jan. 5 | Lehigh | 20-5 W |
| Jan. 11 | Virginia | 34-0 W |
| Jan. 19 | Pittsburgh | 25-5 W |
| Feb. 2 | Maryland | 22-8 W |
| Feb. 9 | Army | 21-13 W |
| Feb. 16 | Syracuse | 17-11 W |
| Feb. 23 | Navy | 22-5 W |
| Mar. 1 | Cornell | 24-5 W |
| Mar. 8 | Princeton | 27-3 W |
| Mar. 14-15 | EIWA | 1st |
| | NCAA | 5th |
| **1953 (9-0)** | | |
| Jan. 10 | Virginia | 30-0 W |
| Jan. 17 | Lehigh | 18-8 W |
| Feb. 7 | Navy | 27-3 W |
| Feb.11 | Pennsylvania | 28-0 W |
| Feb. 14 | Syracuse | 28-5 W |
| Feb. 21 | Cornell | 18-10 W |
| Feb. 25 | Maryland | 18-11 W |
| Feb. 28 | Pittsburgh | 16-12 W |
| Mar. 7 | Army | 23-3 W |
| Mar. 13-14 | EIWA | 1st |
| Mar. 27-28 | #NCAA | 1st |
| | # at Penn State | |
| **1954 (6-2)** | | |
| Jan. 9 | Cornell | 20-6 W |
| Jan. 16 | Lehigh | 19-7 W |
| Jan. 30 | Army | 21-9 W |
| Feb. 10 | Maryland | 22-6 W |
| Feb. 13 | Syracuse | 24-6 W |
| Feb. 20 | Navy | 9-19 L |
| Feb. 27 | Pittsburgh | 8-22 L |
| Mar. 3 | Pennsylvania | 28-0 W |
| Mar. 12-13 | EIWA | 2nd |
| Mar. 26-27 | NCAA | 3rd |
| **1955 (5-2)** | | |
| Jan. 8 | Cornell | 17-10 W |
| Jan. 18 | Maryland | 25-5 W |
| Jan. 29 | Navy | 12-16 L |
| Feb. 12 | Syracuse | 22-8 W |
| Feb. 19 | Army | 28-8 W |
| Feb. 26 | Lehigh | 15-13 W |
| Mar. 5 | Pittsburgh | 8-19 L |
| Mar. 11-12 | EIWA | 2nd |
| Mar. 25-26 | NCAA | 2nd |
| **1956 (7-1)** | | |
| Jan. 7 | Cornell | 20-6 W |
| Jan. 14 | Lehigh | 17-13 W |
| Jan. 28 | Navy | 27-7 W |
| Feb. 4 | Ohio State | 34-0 W |
| Feb. 11 | Syracuse | 25-5 W |
| Feb. 17 | Illinois | 23-3 W |
| Feb. 25 | Maryland | 25-3 W |
| Mar. 3 | Pittsburgh | 12-16 L |
| Mar. 9-10 | EIWA | 2nd |
| Mar. 23-24 | NCAA | 5th |

2026-27

# YEAR-BY-YEAR RESULTS



**1957 (6-2-1)**

| | | |
|---|---|---|
| Dec. 15 | Colgate | 23-8 W |
| Jan. 5 | Illinois | 14-12 W |
| Jan. 12 | Lehigh | 13-16 L |
| Jan. 16 | Maryland | 17-11 W |
| Feb. 2 | Ohio State | 36-0 W |
| Feb. 9 | Navy | 13-14 L |
| Feb. 16 | Syracuse | 24-8 W |
| Feb. 22 | Cornell | 12-12 T |
| Mar. 2 | Pittsburgh | 14-11 W |
| Mar. 15-16 | EIWA | 1st |
| Mar. 29-30 | NCAA | 5th |

**1958 (2-4-2)**

| | | |
|---|---|---|
| Dec. 11 | Colgate | 18-8 W |
| Jan. 4 | Illinois | 8-19 L |
| Jan. 11 | Lehigh | 7-22 L |
| Feb. 1 | Navy | 12-12 T |
| Feb. 8 | Cornell | 9-17 L |
| Feb. 15 | Syracuse | 8-21 L |
| Feb. 22 | Maryland | 14-14 T |
| Mar. 1 | Pittsburgh | 14-11 W |
| Mar. 14-15 | EIWA | 4th |
| Mar. 28-29 | NCAA | T-14th |

**1959 (5-3)**

| | | |
|---|---|---|
| Dec. 13 | Colgate | 19-10 W |
| Jan. 10 | Lehigh | 8-17 L |
| Jan. 24 | Army | 15-9 W |
| Jan. 31 | Navy | 17-8 W |
| Feb. 7 | Cornell | 13-15 L |
| Feb. 14 | Maryland | 22-10 W |
| Feb. 21 | Syracuse | 29-2 W |
| Feb. 28 | Pittsburgh | 9-15 L |
| Mar. 13-14 | * EIWA | 2nd |
| | NCAA | T-25th |

**1959-60 (9-0-1)**

| | | |
|---|---|---|
| Dec. 5 | Army | 31-0 W |
| Dec. 12 | Colgate | 33-0 W |
| Dec. 17 | Michigan | 19-12 W |
| Jan. 9 | Lehigh | 19-11 W |
| Jan. 23 | Cornell | 22-8 W |
| Feb. 6 | Maryland | 21-7 W |
| Feb. 13 | Navy | 25-8 W |
| Feb. 20 | Syracuse | 24-7 W |
| Feb. 27 | Pittsburgh | 14-14 T |
| Mar. 5 | Rutgers | 20-9 W |
| Mar. 11-12 | EIWA | T-1st |
| Mar. 24-25 | NCAA | 7th |

**1960-61 (6-4)**

| | | |
|---|---|---|
| Dec. 3 | Army | 24-10 W |
| Dec. 10 | West Virginia | 39-4 W |
| Dec. 16 | Michigan | 8-17 L |
| Jan. 7 | Lehigh | 8-24 L |
| Jan. 14 | Cornell | 20-9 W |
| Feb. 4 | Maryland | 18-12 W |
| Feb. 11 | Navy | 11-17 L |
| Feb. 18 | Syracuse | 15-16 L |
| Feb. 25 | Pittsburgh | 17-12 W |
| Mar. 4 | Rutgers | 18-13 W |
| Mar. 9-11 | EIWA | 3rd |
| Mar. 23-25 | NCAA | 7th |

**1962 (6-3-1)**

| | | |
|---|---|---|
| Dec. 9 | Navy | 17-12 W |
| Dec. 16 | West Virginia | 27-3 W |
| Jan. 6 | Lehigh | 12-15 L |
| Jan. 13 | Maryland | 16-11 W |
| Jan. 20 | Cornell | 22-8 W |
| Jan. 27 | Army | 6-21 L |
| Feb. 10 | V.P.I. | 27-2 W |
| Feb. 17 | Syracuse | 15-15 T |
| Feb. 24 | Pittsburgh | 14-15 L |
| Mar. 3 | Rutgers | 20-9 W |
| Mar. 9-10 | EIWA | 4th |
| | NCAA | Tied 16th |

**1962-63 (5-4)**

| | | |
|---|---|---|
| Dec. 8 | Navy | 12-17 L |
| Dec. 15 | Michigan | 14-11 W |
| Jan. 5 | Lehigh | 14-16 L |
| Jan. 12 | Maryland | 16-11 W |
| Jan. 19 | Cornell | 21-10 W |
| Feb. 9 | V.I.P | 30-0 W |
| Feb. 16 | Syracuse | 11-17 L |
| Feb. 23 | Pittsburgh | 14-16 L |
| Mar. 2 | Rutgers | 22-8 W |
| | EIWA | T-5th |
| | NCAA | T-18th |

**1963-64 (6-3-1)**

| | | |
|---|---|---|
| Dec. 7 | Michigan | 11-16 L |
| Jan. 4 | Lehigh | 6-25 L |
| Jan. 11 | Maryland | 12-12 T |
| Jan. 18 | Cornell | 20-10 W |
| Feb. 1 | Army | 21-10 W |
| Feb. 8 | V.I.P. | 28-0 W |
| Feb. 15 | Syracuse | 20-9 W |
| Feb. 22 | Navy | 18-9 W |
| Feb. 29 | Pittsburgh | 11-19 L |
| Mar. 7 | Rutgers | 23-6 W |
| | EIWA | 4th |
| | NCAA | 8th |

**1964-65 (6-4-1)**

| | | |
|---|---|---|
| Dec. 5 | West Virginia | 18-8 W |
| Dec. 12 | Michigan | 9-17 L |
| Jan. 9 | Lehigh | 11-17 L |
| Jan. 16 | Cornell | 22-11 W |
| Jan. 23 | V.P.I. | 25-5 W |
| Jan. 30 | Army | 15-16 L |
| Feb. 6 | Maryland | 9-15 L |
| Feb. 13 | Syracuse | 22-11 W |
| Feb. 20 | Navy | 16-16 T |
| Feb. 27 | Pittsburgh | 15-14 W |
| Mar. 6 | Rutgers | 24-9 W |
| | EIWA | 4th |
| | NCAA | T-13th |

**1966 (7-2)**

| | | |
|---|---|---|
| Jan. 8 | Lehigh | 12-21 L |
| Jan.15 | Cornell | 23-15 W |
| Jan. 21 | Army | 18-14 W |
| Jan. 29 | Temple | 25-11 W |
| Feb. 5 | Maryland | 17-11 W |
| Feb. 12 | Syracuse | 37-3 W |
| Feb. 19 | Navy | 14-20 L |
| Feb. 26 | Pittsburgh | 22-10 W |
| Mar. 5 | Rutgers | 30-6 W |
| | EIWA | 3rd |
| | NCAA | T-23rd |

**1967 (8-0-1)**

| | | |
|---|---|---|
| Jan. 13 | Cornell | 32-8 W |
| Jan. 21 | Army | 23-9 W |
| Jan. 28 | Temple | 26-12 W |
| Feb. 4 | Maryland | 24-7 W |
| Feb. 11 | Syracuse | 29-8 W |
| Feb. 18 | Navy | 15-15 T |
| Feb. 25 | Pittsburgh | 25-9 W |
| Mar. 1 | Lehigh | 18-12 W |
| Mar. 4 | Rutgers | 39-2 W |
| | EIWA | 3rd |
| | NCAA | 22nd |

**1967-68 (7-3)**

| | | |
|---|---|---|
| Dec. 16 | Oklahoma | 9-20 L |
| Jan. 13 | Springfield | 31-12 W |
| Jan. 19 | Cornell | 30-6 W |
| Jan. 27 | Temple | 22-14 W |
| Feb. 3 | Maryland | 18-11 W |
| Feb. 10 | Syracuse | 34-5 W |
| Feb. 17 | Navy | 14-17 L |
| Feb. 24 | Pittsburgh | 23-9 W |
| Feb. 28 | Lehigh | 12-22 L |
| Mar. 2 | Rutgers | 28-6 W |
| | EIWA | 2nd |
| | NCAA | 12th |

**1968-69 (6-2-2)**

| | | |
|---|---|---|
| Dec. 7 | Army | 16-16 T |
| Jan. 11 | Springfield | 17-22 L |
| Jan. 25 | Temple | 20-14 W |
| Feb. 1 | Maryland | 18-11 W |
| Feb. 7 | Cornell | 29-7 W |
| Feb. 8 | Syracuse | 27-12 W |
| Feb 15. | Navy | 14-18 L |
| Feb. 22 | Lehigh | 22-12 W |
| Mar. 1 | Pittsburgh | 16-16 T |
| Mar. 8 | Rutgers | 34-5 W |
| | EIWA | 3rd |
| | NCAA | T-20th |

**1969-70 (11-0)**

| | | |
|---|---|---|
| | Army | 20-17 W |
| | Springfield | 32-0 W |
| | Kent State | 22-11 W |
| | Temple | 25-11 W |
| | Maryland | 24-16 W |
| | Syracuse | 30-6 W |
| | Navy | 18-16 W |
| | Lehigh | 18-15 W |
| | Cornell | 33-3 W |
| | Pittsburgh | 17-16 W |
| | Rutgers | 34-7 W |
| | NCAA | T-19th |

**1970-71 (10-0-1)**

| | | |
|---|---|---|
| | Army | 25-13 W |
| | Purdue | 24-11 W |
| | Indiana | 23-13 W |
| | Springfield | 32-6 W |
| | Kent State | 30-11 W |
| | Temple | 25-9 W |
| | Maryland | 26-6 W |
| | Syracuse | 35-5 W |
| | Navy | 17-17 T |
| | Lehigh | 26-9 W |
| | Pittsburgh | 30-5 W |
| | EIWA | 1st |
| | NCAA | T-4th |

**1971-72 (12-0)**

| | | |
|---|---|---|
| | Michigan | 23-12 W |
| | Army | 28-2 W |
| | Rutgers | 38-0 W |
| | Purdue | 21-10 W |
| | Springfield | 39-3 W |
| | Kent State | 48-0 W |
| | Temple | 36-5 W |
| | Maryland | 27-8 W |
| | Syracuse | 44-0 W |
| | Navy | 23-12 W |
| | Pittsburgh | 28-9 W |
| | Lehigh | 26-10 W |
| | EIWA | 2nd |
| | #NCAA | 8th |

**1972-73 (11-1)**

| | | |
|---|---|---|
| | Kent State | 38-2 W |
| | Michigan | 6-31 L |
| | Rutgers | 29-9 W |
| | Yale | 35-2 W |
| | Springfield | 33-6 W |
| | Syracuse | 44-2 W |
| | Temple | 37-6 W |
| | Maryland | 36-3 W |
| | Army | 36-2 W |
| | Pittsburgh | 21-12 W |
| | Navy | 24-13 W |
| | Lehigh | 26-5 W |
| | EIWA | 1st |
| | NCAA | T-10th |

**1973-74 (10-0-1)**

| | | |
|---|---|---|
| | Kent State | 29-9 W |
| | Rutgers | 39-0 W |
| | Yale | 32-8 W |
| | Springfield | 29-10 W |
| | Oklahoma | 23-21 W |
| | Syracuse | 22-9 W |
| | Maryland | 22-12 W |
| | Army | 24-15 W |
| | Navy | 18-18 T |
| | Lehigh | 18-15 W |
| | Pittsburgh | 29-8 W |
| | EIWA | 2nd |
| | NCAA | 7th |

**1974-75 (7-4-1)**

| | | |
|---|---|---|
| | at Michigan St. | 16-27 L |
| | at Michigan | 12-19 L |
| | Indiana State | 22-11 W |
| | at Springfield | 28-8 W |
| | Kentucky | 21-19 W |
| | West Chester | 26-11 W |
| | North Carolina | 24-15 W |
| | Maryland | 26-14 W |
| | Army | 35-6 W |
| | at Navy | 16-19 L |
| | Lehigh | 16-16 T |
| | at Pittsburgh | 17-22 L |
| | NCAA | 10th |

**1976 (10-2)**

| | | |
|---|---|---|
| | Buffalo | 41-0 W |
| | Michigan | 28-5 W |
| | Springfield | 37-6 W |
| | at Clarion | 24-16 W |
| | Bloomsburg | 33-9 W |
| | at West Chester | 38-0 W |
| | at Maryland | 31-8 W |
| | at Army | 34-4 W |
| | Navy | 19-20 L |
| | at Lehigh | 17-24 L |
| | at Lock Haven | 43-3 W |
| | Pittsburgh | 31-7 W |
| | EWL | 1st |
| | NCAA | 10th |

**1977 (10-1)**

| | | |
|---|---|---|
| | Florida | 22-14 W |
| | at Buffalo | 30-9 W |
| | at Michigan | 16-32 L |
| | Lock Haven | 26-17 W |
| | Maryland | 23-12 W |
| | West Chester | 34-9 W |
| | Clarion | 27-7 W |
| | at Navy | 23-13 W |
| | Lehigh | 18-17 W |
| | at Pittsburgh | 42-5 W |
| | Montclair St. | 41-7 W |
| | EWL | 1st |
| | NCAA | 18th |

**1977-78 (13-2)**

| | | |
|---|---|---|
| Dec. 9 | Buffalo | 32-4 W |
| Dec. 10 | N. Carolina St. | 21-12 W |
| Dec. 13 | Florida | 23-22 W |
| Dec. 14 | Cal Poly | 24-11 W |
| Dec. 17 | at Lock Haven | 32-9 W |
| Jan. 12 | Oklahoma | 20-19 W |
| Jan. 17 | at West Chester | 28-12 W |
| Jan. 18 | at Maryland | 35-9 W |
| Jan. 26 | at Clarion | 15-24 L |
| Jan. 28 | at Bloomsburg | 19-14 W |
| Feb. 4 | Navy | 23-14 W |
| Feb. 11 | at Lehigh | 12-26 L |
| Feb. 18 | Pittsburgh | 28-11 W |
| Feb. 18 | Syracuse | 22-19 W |
| Feb. 22 | at Wilkes | 30-6 W |
| Mar. 3-4 | EWL | 1st |
| | NCAA | 15th |

**1978-79 (2-11)**

| | | |
|---|---|---|
| | Cal Poly | 23-25 L |
| | Florida | 15-21 L |
| | Temple | 16-26 L |
| | at Cleveland St. | 18-25 L |
| | Clarion | 13-23 L |
| | Wilkes | 12-29 L |
| | at Bloomsburg | 2-41 L |
| | at N. Carolina | 5-34 L |
| | at N. Carolina St. | 17-19 L |
| | at Navy | 11-23 L |
| | Lehigh | 9-31 L |
| | Lock Haven | 29-11 W |
| | at Pittsburgh | 25-16 W |
| | EWL | 6th |
| | NCAA | DNP |

**1979-80 (8-6)**

| | | |
|---|---|---|
| Dec. 8 | West Virginia | 35-6 W |
| Dec. 16 | *Temple | 23-19 W |
| Dec. 18 | Auburn | 23-17 W |
| Jan. 6 | Oklahoma | 22-21 W |
| Jan. 13 | at Michigan | 16-17 L |
| Jan. 14 | at Michigan State | 9-32 L |
| Jan. 19 | at Clarion | 12-31 L |
| Jan. 26 | at Lehigh | 15-27 L |
| Feb. 2 | Navy | 21-13 W |
| Feb. 5 | at Wilkes | 14-18 L |
| Feb. 9 | Cleveland State | 29-13 W |
| Feb. 14 | at Lock Haven | 37-7 W |
| Feb. 16 | Pittsburgh | 30-13 W |
| Feb. 19 | Bloomsburg | 15-23 L |
| F29-M1 | EWL | 4th |
| Mar. 13-16 | NCAA | 45th |

**1980-81 (10-5-1)**

| | | |
|---|---|---|
| Dec. 4 | Cal Poly | 3-33 L |
| Dec. 8 | Michigan | 22-20 W |
| Dec. 12 | at Cornell | 33-14 W |
| Dec. 13 | at Syracuse | 19-21 L |
| Dec. 16 | Tennessee | 19-17 W |
| Jan. 5 | Missouri | 22-22 T |
| Jan. 7 | Nebraska | 18-21 L |
| Jan. 14 | Temple | 22-17 W |
| Jan. 17 | Clarion | 10-29 L |
| Jan. 24 | Lehigh | 19-20 L |
| Jan. 31 | at Navy | 17-15 W |
| Feb. 1 | at Maryland | 30-18 W |
| Feb. 3 | Wilkes | 22-16 W |
| Feb. 7 | at Cleveland St. | 22-13 W |
| Feb. 13 | at. West Virgina | 33-13 W |
| Feb. 19 | at Bloomsburg | 18-20 L |
| Feb. 21 | Lock Haven | 28-14 W |
| Feb. 28 | EWL | 3rd |
| Mar. 12-14 | NCAA | 6th |

**1981-82 (12-3)**

| | | |
|---|---|---|
| Dec. 3 | at Cornell | 45-0 W |
| Dec. 9 | at Michigan | 17-19 L |
| Jan. 9 | at Oklahoma State | 10-34 L |
| Jan. 10 | at Oklahoma | 3-48 L |
| Jan. 16 | at Clarion | 23-19 W |
| Jan. 23 | at Lehigh | 26-12 W |
| Jan. 27 | at Millersville | 34-6 W |
| Jan. 30 | Navy | 24-18 W |
| Jan. 31 | Maryland | 37-3 W |
| Feb. 3 | at Wilkes | 24-19 W |
| Feb. 6 | Cleveland State | 31-6 W |
| Feb. 13 | Pittsburgh | 41-6 W |
| Feb. 14 | West Virginia | 34-6 W |
| Feb. 18 | Bloomsburg | 27-12 W |
| Feb. 20 | at Lock Haven | 33-5 W |
| | EWL | 1st |
| | NCAA | 14th |

**1982-83 (13-2-1)**

| | | |
|---|---|---|
| Dec. 2 | Michigan | 30-16 W |
| Dec. 6 | Iowa | 9-34 L |
| Dec. 18 | at Syracuse | 23-15 W |
| Jan. 3 | Missouri | 25-15 W |
| Jan. 7 | Iowa State | 12-31 L |
| Jan. 15 | Clarion | 38-9 W |
| Jan. 22 | Lehigh | 31-10 W |
| Jan. 25 | Millersville | 54-0 W |
| Jan. 29 | at Navy | 20-20 T |
| Jan. 30 | at Maryland | 33-6 W |
| Feb. 3 | Wilkes | 32-8 W |
| Feb. 6 | at Cleveland State | 26-8 W |
| Feb. 12 | at Pittsburgh | 37-6 W |
| Feb. 13 | at West Virginia | 46-6 W |
| Feb. 17 | at Bloomsburg | 38-7 W |
| Feb. 19 | Lock Haven | 29-19 W |
| | EWL | 1st |
| | NCAA | 7th |

**1983-84 (16-2)**

| | | |
|---|---|---|
| Dec. 7 | at Michigan | 24-16 W |
| Dec. 17 | Syracuse | 24-15 W |
| Dec. 31 | at Northwestern | 44-6 W |
| Dec. 31 | vs. Oklahoma* | 9-27 L |
| Jan. 4 | at Iowa State | 21-19 W |
| Jan. 7 | at Iowa | 19-26 L |
| Jan. 10 | Wisconsin | 20-16 W |
| Jan. 14 | at Clarion | 24-22 W |
| Jan 21 | at Lehigh | 23-16 W |
| Jan. 24 | at Millersville | 42-8 W |
| Jan. 27 | Maryland | 27-12 W |
| Jan. 28 | Navy | 28-13 W |
| Feb. 1 | at Wilkes | 24-22 W |
| Feb. 4. | Cleveland State | 22-21 W |
| Feb. 11 | Pittsburgh | 29-10 W |
| Feb. 12 | West Virginia | 34-9 W |
| Feb. 16 | Bloomsburg | 41-6 W |
| Feb. 18 | at Lock Haven | 25-10 W |
| | EWL | 1st |
| | NCAA | 3rd |
| | *at Northwestern | |

# YEAR-BY-YEAR RESULTS

**1984-85 (10-6)**

| | | |
|---|---|---|
| Dec. 7 | Iowa | 9-31 L |
| Dec. 12 | at Syracuse | 25-20 W |
| Dec. 14 | Iowa State | 14-24 L |
| Jan. 3 | at Oklahoma | 21-23 L |
| Jan. 5 | at Oklahoma State | 9-33 L |
| Jan. 8 | at Wisconsin | 6-28 L |
| Jan. 12 | Clarion | 26-13 W |
| Jan. 19 | Lehigh | 30-18 W |
| Jan. 26 | at Navy | 29-12 W |
| Jan 27 | at Maryland | 27-14 W |
| Feb. 2 | at Michigan | 13-20 L |
| Feb. 3 | at Cleveland State | 32-6 W |
| Feb. 9 | at Pittsburgh | 35-9 W |
| Feb. 10 | at West Virginia | 24-20 W |
| Feb. 16 | Lock Haven | 24-10 W |
| Feb. 22 | at Bloomsburg | 27-19 W |
| | EWL | 1st |
| | NCAA | 7th |

**1985-86 (14-2-1)**

| | | |
|---|---|---|
| Nov. 29 | Oklahoma State | 23-19 W |
| Dec. 5 | Syracuse | 34-12 W |
| Jan. 4 | Minnesota* | 21-17 W |
| | Northern Iowa* | 21-12 W |
| | Iowa State* | 8-29 L |
| Jan. 5 | at Iowa | 5-35 L |
| Jan. 8 | Oklahoma | 24-14 W |
| Jan. 14 | at Clarion | 21-21 T |
| Jan. 18 | at Lehigh | 27-15 W |
| Jan. 25 | Navy | 27-15 W |
| Jan. 26 | Maryland | 26-12 W |
| Feb. 2 | Cleveland State | 30-6 W |
| Feb. 8 | Michigan | 32-12 W |
| Feb. 8 | Pittsburgh | 34-5 W |
| Feb. 9 | West Virginia | 32-9 W |
| Feb. 15 | at Lock Haven | 33-2 W |
| Feb. 22 | at Bloomsburg | 24-16 W |
| | EWL | 1st |
| | NCAA | 5th |
| | * Cyclone Classic at Iowa St. | |

**1986-87 (18-1-1)**

| | | |
|---|---|---|
| Dec. 3 | Iowa | 27-15 W |
| Dec. 12 | at Syracuse | 28-12 W |
| Jan. 5 | at Oklahoma | 30-8 W |
| Jan 9-10 | Minnesota* | 23-14 W |
| | Northern Iowa* | 28-12 W |
| | Bloomsburg* | 21-15 W |
| | Oklahoma State* | 18-18 T |
| Jan. 13 | Clarion | 31-11 W |
| Jan 17 | Lehigh | 35-11 W |
| Jan. 24 | at Navy | 25-13 W |
| Jan. 25 | at Maryland | 37-12 W |
| Jan. 25 | N. C. State# | 35-8 W |
| Jan. 31 | at Michigan | 36-6 W |
| Feb. 1 | at Cleveland State | 30-8 W |
| Feb. 6 | Iowa State | 19-15 W |
| Feb. 8 | at Oklahoma State | 16-19 L |
| Feb. 14 | Pittsburgh** | 32-17 W |
| Feb. 15 | at West Virginia | 31-13 W |
| Feb. 21 | Lock Haven | 21-13 W |
| Feb. 27 | Bloomsburg | 35-5 W |
| | EWL | 1st |
| | NCAA | 3rd |
| | *Virginia Duals | |
| | # at Maryland | |
| | ** at Peters Township H.S. | |

**1987-88 (14-5-2)**

| | | |
|---|---|---|
| Dec. 1 | Virginia* | 39-0 W |
| Dec. 1 | Edinboro* | 19-14 W |
| Jan. 5 | Oklahoma | 20-20 T |
| Jan. 8-9 | Brigham Young# | 35-3 W |
| | Oklahoma# | 15-24 L |
| | North Carolina# | 23-16 W |
| | N.C. State# | 17-20 L |
| | Wisconsin# | 11-20 L |
| Jan. 16 | Lehigh | 25-16 W |
| Jan. 23 | Navy | 21-17 W |
| Jan. 24 | N. C. State | 17-21 L |
| | Maryland | 22-14 W |
| Jan. 31 | Cleveland State | 32-11 W |
| Feb. 6 | Iowa | 19-18 W |
| Feb. 7 | Iowa State | 13-19 L |
| Feb. 12 | Clarion | 29-8 W |
| Feb. 14 | West Virginia | 24-16 W |
| | Pittsburgh | 28-16 W |
| Feb. 19 | Oklahoma State | 21-20 W |
| Feb. 20 | Lock Haven | 21-18 W |
| Feb. 26 | Bloomsburg | 18-18 T |
| | EWL | 1st |
| | NCAA | 5th |
| | *Penn State Duals | |
| | #Virginia Duals | |

**1988-89 (20-2-1)**

| | | |
|---|---|---|
| Dec. 2 | Iowa | 18-16 W |
| Dec. 3 | Syracuse* | 24-11 W |
| | Virginia* | 37-6 W |
| | Clarion* | 32-9 W |
| Dec. 10 | Edinboro | 25-19 W |
| | Lehigh | 22-13 W |
| Jan. 6-7 | Army# | 30-5 W |
| | Minnesota# | 27-11 W |
| | Arizona State# | 19-19 T |
| | N.C. State# | 25-10 W |
| | Michigan# | 22-11 W |
| Jan. 15 | Cleveland State | 22-13 W |
| Jan. 21 | Navy | 30-8 W |
| Jan. 22 | N. C. State + | 39-2 W |
| | Maryland + | 31-6 W |
| Jan. 28 | Oklahoma | 15-22 L |
| Jan. 29 | Oklahoma State | 16-18 L |
| Feb. 4 | Iowa State | 25-10 W |
| Feb. 8 | Clarion | 27-14 W |
| Feb. 11 | Pittsburgh | 25-18 W |
| Feb. 12 | West Virginia | 24-9 W |
| Feb. 18 | Lock Haven | 20-19 W |
| Feb. 24 | Bloomsburg | 30-8 W |
| | EWL | 1st |
| | NCAA | 10th |
| | *Penn State Duals | |
| | +at Maryland | |
| | # Virginia Duals | |

**1989-90 (15-8)**

| | | |
|---|---|---|
| Nov. 24 | Oklahoma State | 11-26 L |
| Dec. 3 | Syracuse* | 41-5 W |
| | William and Mary* | 29-11 W |
| | Clarion* | 23-18 W |
| Dec. 10 | Edinboro | 22-16 W |
| Jan. 9 | Oklahoma | Canceled |
| Jan. 12-13 | North Carolina# | 29-10 W |
| | Arizona State# | 12-25 L |
| | N. C State# | 30-10 W |
| | Oklahoma# | 26-17 W |
| | Iowa# | 5-22 L |
| | Nebraska# | 9-27 L |
| Jan. 20 | Navy | 28-9 W |
| Jan. 21 | N. C. State | 26-8 W |
| Jan. 21 | Maryland | 31-5 W |
| Jan. 28 | Cleveland State | 34-3 W |
| Feb. 3 | Iowa | 3-33 L |
| Feb. 4 | Iowa State | 12-21 L |
| Feb. 11 | Pittsburgh | 31-11 W |
| Feb. 11 | West Virginia | 13-20 L |
| Feb. 16 | Lock Haven | 27-9 W |
| Feb. 17 | Lehigh | 30-9 W |
| Feb. 23 | Bloomsburg | 14-23 L |
| Feb. 25 | Clarion | 22-15 W |
| | EWL | 1st |
| | NCAA | 6th |
| | *Penn State Duals | |
| | #Virginia Duals | |

**1990-91 (17-6-1)**

| | | |
|---|---|---|
| Nov. 30 | Iowa | 32-6 L |
| Dec. 1 | William & Mary* | 31-8 W |
| | Army* | 18-12 W |
| | Clarion* | 30-12 W |
| Dec. 9 | Edinboro | 24-13 W |
| Jan. 5 | at Cleveland State | 37-7 W |
| Jan. 8 | Oklahoma | 23-17 W |
| Jan. 11 | Northwestern# | 43-3 W |
| | Arizona State# | 25-11 W |
| Jan. 12 | Iowa# | 19-19 T |
| | Oklahoma State# | 21-18 W |
| Jan. 19 | at Navy | 25-12 W |
| Jan. 20 | N. C. State+ | 25-11 W |
| | at Maryland+ | 33-7 W |
| Jan. 26 | at Oklahoma State | 13-21 L |
| Jan. 27 | at Oklahoma | 25-13 W |
| Jan. 27 | Arizona State @ | 20-21 L |
| Feb. 2 | Iowa State | 11-26 L |
| Feb. 9 | at Pittsburgh | 22-21 W |
| Feb. 10 | at West Virginia | 17-23 L |
| Feb. 15 | Lock Haven | 19-17 W |
| Feb. 16 | Lehigh | 27-10 W |
| Feb. 19 | Clarion | 25-14 W |
| Feb. 22 | Bloomsburg | 15-18 L |
| | EWL | 1st |
| | NCAA | 3rd |
| | *Penn State Duals | |
| | #Virginia Duals | |
| | +at Maryland | |
| | @ at Norman, Okla. | |

**1991-92 (18-4-1)**

| | | |
|---|---|---|
| Nov. 30 | Army* | 25-15 W |
| | North Carolina* | 26-14 W |
| | N. C. State* | 23-23 T |
| Dec. 7 | at Cleveland State | 38-5 W |
| | at Clarion | 22-12 W |
| Jan. 4 | at Edinboro | 32-13 W |
| Jan. 5 | at Ohio State | 24-17 W |
| Jan. 7 | Oklahoma | 36-3 W |
| Jan. 18 | Navy | 34-3 W |
| | Maryland | 45-0 W |
| Jan. 26 | West Virginia | 28-12 W |
| | Pittsburgh | 26-13 W |
| Jan. 31 | at Iowa State | 24-15 W |
| Feb. 1 | at Iowa | 11-30 L |
| Feb. 8 | Minnesota# | 38-0 W |
| | at Michigan# | 18-17 W |
| Feb. 9 | Iowa State# | 14-20 L |
| | Wisconsin# | 23-14 W |
| | Ohio State# | 20-23 L |
| Feb. 14 | at Lock Haven | 22-15 W |
| Feb. 16 | at Lehigh | 33-6 W |
| Feb. 21 | at Bloomsburg | 34-7 W |
| Feb. 23 | Oklahoma State | 16-17 L |
| | EWL | 1st |
| | NCAA | 3rd |
| | *Penn State Duals | |
| | # National Team Champ. | |

## ENTERED BIG TEN

**1992-93 (22-0-1)**

| | | |
|---|---|---|
| Nov. 14 | at Navy | 22-9 W |
| Dec. 4 | Iowa | 18-18 T |
| Dec. 6 | Purdue* | 26-13 W |
| | Cornell* | 28-11 W |
| | Army* | 21-18 W |
| Jan. 3 | Ohio State | 30-6 W |
| Jan. 4 | Wisconsin | 27-10 W |
| Jan. 16 | at Michigan State | 31-9 W |
| | at Michigan | 25-9 W |
| Jan. 23 | Missouri@ | 33-12 W |
| | Ohio State@ | 17-16 W |
| | Arizona State@ | 20-15 W |
| Jan. 24 | Nebraska@ | 20-13 W |
| Jan. 30 | at Oklahoma State | 38-7 W |
| Jan. 31 | at Oklahoma | 30-9 W |
| | Oregon# | 35-12 W |
| Feb. 6 | Iowa State | 23-12 W |
| Feb. 10 | Bloomsburg | 39-0 W |
| Feb. 13 | Lock Haven | 31-6 W |
| | Lehigh | 39-0 W |
| Feb. 20 | at West Virginia | 25-16 W |
| | Pittsburgh** | 27-6 W |
| Feb. 21 | at Clarion | 27-16 W |
| | Big Ten | 2nd |
| | NCAA | 2nd |
| | *Penn State Duals | |
| | @ National Team Champ. | |
| | #at Norman, Okla. | |
| | **at Connelsville, Pa. | |

**1993-94 (15-6)**

| | | |
|---|---|---|
| Nov. 14 | Navy | 15-17 L |
| Nov. 26 | Oklahoma State | 15-23 L |
| Jan. 2 | N. C. State | 34-10 W |
| Jan. 7 | at Iowa | 15-29 L |
| Jan. 8 | at Wisconsin | 18-10 W |
| Jan. 15 | Michigan State | 31-12 W |
| | Michigan | 29-15 W |
| Jan. 22 | C. Oklahoma* | 30-12 W |
| | Oregon State * | 20-16 W |
| | Iowa* | 15-24 L |
| Jan. 23 | Nebraska* | 24-14 W |
| | North Carolina* | 23-16 W |
| Jan. 30 | Purdue# | 30-13 W |
| | at Ohio State | 12-22 L |
| Feb. 4 | North Carolina@ | 19-18 W |
| Feb. 5 | at Lehigh | 22-19 W |
| Feb. 11 | at Lock Haven | 19-18 W |
| Feb. 12 | Oklahoma | 31-15 W |
| Feb. 20 | Minnesota | 19-17 W |
| | West Virginia | 16-22 L |
| | Pittsburgh | 25-12 W |
| | Big Ten | 3rd |
| | NCAA | 3rd |
| | * National Team Champ. | |
| | # at OhioState | |
| | @ at Hersheypark Arena | |

**1994-95 (5-12)**

| | | |
|---|---|---|
| Dec. 2 | Iowa | 6-33 L |
| Dec. 9 | Wisconsin# | 19-12 W |
| Jan. 14 | Ohio State | 17-15 W |
| Jan. 15 | at Michigan State | 13-21 L |
| | at Michigan | 15-17 L |
| Jan. 21 | Wartburg* | 26-6 W |
| | Nebraska* | 16-21 L |
| | C. Oklahoma* | 26-12 W |
| | Pittsburgh* | 23-10 W |
| Jan. 22 | Michigan State* | 12-24 L |
| | Iowa State * | 15-22 L |
| Feb. 3 | at Oklahoma | 17-19 L |
| Feb. 4 | at Oklahoma State | 12-26 L |
| Feb. 9 | Lock Haven | 14-20 L |
| Feb. 11 | Lehigh | 14-17 L |
| Feb. 18 | at West Virginia | 14-18 L |
| Feb. 18 | at Pittsburgh## | 11-21 L |
| | Big Ten | 6th |
| | NCAA | 5th |
| | #at Pottsville | |
| | *National Team Champ. | |
| | ##at Chartiers Valley HS | |

**1995-96 (11-8-1)**

| | | |
|---|---|---|
| Dec. 1 | Cornell | 27-12 W |
| Dec. 8 | at Purdue | 23-14 W |
| Dec. 9 | at Northwestern | 14-19 L |
| Jan. 4 | Michigan | 22-14 W |
| Jan. 8 | Oklahoma | 28-11 W |
| Jan. 13 | Michigan State | 23-14 W |
| Jan. 20-21 | North Carolina* | 26-12 W |
| | Iowa State* | 19-19 T |
| | Nebraska* | 10-25 L |
| | Michigan State* | 15-16 L |
| | Iowa State* | 19-13 W |
| Feb. 3 | at Iowa | 6-28 L |
| Feb. 4 | at Iowa State | 12-19 L |
| Feb. 10 | at Ohio State | 11-20 L |
| Feb. 16 | Oklahoma State | 7-26 L |
| Feb. 17 | Pittsburgh | 16-15 W |
| Feb. 17 | at Lock Haven | 9-22 L |
| Feb. 24 | Clarion | 23-19 W |
| Feb. 24 | West Virginia | 20-16 W |
| Feb. 25 | at Lehigh | 37-6 W |
| | Big Ten | 2nd |
| | NCAA | 4th |
| | * National Team Champ. | |

**1996-97 (16-4)**

| | | |
|---|---|---|
| Dec. 6 | Iowa (BJC) | 15-22 L |
| Dec. 15 | at Hofstra | 46-3 W |
| Jan. 3 | at Fresno State | 19-13 W |
| Jan. 4 | at Cal State Bkrsfld | 21-12 W |
| Jan. 12 | at Michigan State | 19-18 W |
| | at Michigan | 23-13 W |
| Jan. 18-19 | Oklahoma* | 30-9 W |
| | Minnesota* | 10-21 L |
| | Pennsylvania* | 28-6 W |
| | Nebraska* | 22-10 W |
| | Iowa State* | 30-6 W |
| | Minnesota* | 15-19 L |
| Jan. 31 | Pittsburgh | 28-9 W |
| Feb. 1 | Indiana | 37-6 W |
| Feb. 8 | at Wisconsin | 31-10 W |
| Feb. 9 | at Minnesota | 7-28 L |
| Feb. 14 | Ohio State | 25-16 W |
| Feb. 15 | at Clarion | 31-11 W |
| Feb. 21 | Lock Haven | 20-16 W |
| Feb. 22 | Lehigh | 24-10 W |
| | Big Ten | 4th |
| | NCAA | 10th |
| | * National Team Champ. | |

**1997-98 (18-3)**

| | | |
|---|---|---|
| Nov. 19 | Edinboro | 24-15 W |
| Nov. 22 | Black & Decker Duals | |
| | vs. Brown | 27-13 W |
| | vs. Hofstra | 24-16 W |
| | vs. Cornell | 20-14 L |
| Dec13 | Wisconsin | 28-14 W |
| Jan. 2 | at Northern Iowa | 34-9 W |
| Jan. 3 | at Iowa | 25-17 W |
| Jan. 9 | Michigan | 23-12 W |
| Jan. 10 | Michigan State | 27-14 W |
| Jan. 17-18 | vs Pittsburgh* | 24-15 W |
| | vs Iowa State* | 20-14 W |
| | vs Iowa* | 23-9 L |
| | vs W. Virginia* | 25-13 W |
| | vs Michigan St.* | 26-10 W |
| Jan. 30 | at West Virginia | 18-13 L |
| Feb. 6 | Minnesota (BJC) | 21-13 W |
| Feb. 8 | Clarion | 36-3 W |
| Feb13 | at Ohio State | 20-12 W |
| Feb14 | at Pittsburgh | 16-15 W |
| Feb.20 | at Lehigh | 25-12 W |
| Feb.21 | at Lock Haven | 27-10 W |
| | Big Ten# | 2nd |
| | NCAA | 4th |
| | * National Team Champ. | |
| | # at Penn State | |

**1998-99 (12-5)**

| | | |
|---|---|---|
| Dec. 5 | Nebraska (BJC) | 22-12 W |
| Dec. 11 | at Clarion | 22-17 W |
| Dec. 12 | at Edinboro | 26-9 W |
| Jan. 5 | Pittsburgh | 21-13 W |
| | Lehigh | 27-17 W |
| Jan. 16-17 | Arizona State* | 23-13 L |
| | Northwestern* | 20-13 W |
| | Oklahoma* | 22-12 L |
| Jan. 23 | Ohio State | 23-12 W |
| Jan. 24 | Iowa | 30-9 L |
| Jan. 31 | Purdue | 24-14 W |
| Feb. 6 | Indiana | 20-19 W |
| | Lock Haven | 28-12 W |
| Feb. 12 | at Illinois | 20-14 L |
| Feb. 14 | at Northwestern | 21-20 W |
| Feb. 19 | at Michigan | 20-19 L |
| Feb. 21 | at Michigan State | 25-14 W |
| | Big Ten | 3rd |
| | NCAA# | T-4th |
| | * National Team Champ. | |
| | # at Penn State | |

2026-27

# YEAR-BY-YEAR RESULTS

**1999-2000 (6-11)**

| | | |
|---|---|---|
| Nov. 21 | at Lehigh | 19-16 L |
| Dec. 4 | Edinboro | 19-14 L |
| Dec. 11 | at Pennsylvania | 22-16 L |
| Dec. 12 | at Navy | 20-13 W |
| Jan. 7 | at Oklahoma State | 32-7 L |
| Jan. 14 | Minnesota | 29-9 L |
| Jan. 16 | Michigan State | 27-7 L |
| Jan. 22-23 | Iowa State* | 27-9 L |
| | Wartburg* | 40-(-1) W |
| | Cornell* | 19-14 L |
| Jan. 28 | at Iowa | 22-9 L |
| Feb. 4 | at Indiana | 28-9 W |
| Feb. 5 | at Purdue | 19-13 W |
| Feb. 11 | at Ohio State | 19-16 W |
| Feb. 13 | Wisconsin | 19-17 L |
| | at Lock Haven | 21-18 W |
| Feb. 18 | Michigan | 20-17 L |
| | Big Ten | 8th |
| | NCAA | T-16th |
| | * National Dual Team Championships, State College, Pa. | |

**2000-01 (7-13)**

| | | |
|---|---|---|
| Dec 10 | Clarion | 37-6 W |
| Dec 10. | Navy | 28-9 W |
| Jan. 6 | at Pittsburgh | 8-15 L |
| Jan. 6 | at West Virginia | 22-10 L |
| Jan. 14 | Lehigh | 18-17 W |
| Jan 20-21 | Nebraska* | 21-13 L |
| | Hofstra* | 20-12 W |
| | Arizona State* | 19-16 W |
| | Oklahoma* | 33-3 L |
| | Lehigh* | 28-6 L |
| Jan. 26 | Ohio State | 24-9 L |
| Jan. 28 | Illinois | 32-3 L |
| Jan.31 | Penn | 22-16 W |
| Jan. 31 | Lock Haven | 24-9 L |
| Feb. 2 | Northwestern | 22-12 W |
| Feb. 4 | Iowa | 33-10 L |
| Feb. 9 | at Wisconsin | 19-18 L |
| Feb. 11 | at Minnesota | 37-3 L |
| Feb. 16 | at Michigan | 27-12 L |
| Feb. 18 | at Michigan State | 23-12 L |
| | Big Ten | 10th |
| | NCAA | T-25th |
| | * National Dual Team Championships, State College, Pa. | |

**2001-02 (6-12)**

| | | |
|---|---|---|
| Dec. 8 | at Clarion | 26-9 W |
| Dec. 9 | at #14 Edinboro | 20-16 L |
| Jan. 5 | #20 Pittsburgh | 18-12 L |
| | #8 West Virginia | 23-15 L |
| Jan. 6 | at #10 Lehigh | 32-6 L |
| Jan. 11-12 | vs. Appalachian St.* | 38-0 W |
| | vs. Army* | 26-9 W |
| | vs. #9 Missouri* | 19-16 L |
| | vs. #18 Wisconsin* | 26-12 L |
| Jan. 27 | INDIANA | 26-9 W |
| Feb. 1 | at Northwestern | 25-15 W |
| Feb. 3 | at #13 Illinois | 25-10 L |
| Feb. 8 | #5 MICHIGAN | 33-6 L |
| Feb. 10 | at #2 Iowa | 24-11 L |
| Feb. 16 | at #3 Ohio State | 20-13 L |
| Feb. 17 | #20 Michigan St. | 17-16 W |
| Feb. 23 | at #15 Lock Haven | 24-14 L |
| Feb. 24 | #14 Purdue (BJC) | 21-17 L |
| | Big Ten | 6th |
| | NCAA | 35th |
| | * at Virginia Duals | |

**2002-03 (11-8)**

| | | |
|---|---|---|
| Dec. 15 | EDINBORO | 24-12 W |
| Jan. 5 | #8 LEHIGH | 24-13 W |
| Jan. 10-11 | vs. CS Bakersfield* | 43-3 W |
| | vs. Rider* | 38-3 W |
| | vs. #11 Lehigh* | 22-12 L |
| | vs. #18 Hofstra* | 29-16 W |
| | vs. #4 Illinois* | 19-12 L |
| Jan. 17 | at Navy | 32-3 W |
| Jan. 19 | at Pennsylvania | 22-14 L |
| | at Drexel | 28-6 W |
| Jan. 24 | at Indiana | 37-4 W |
| Jan. 26 | at #22 Purdue | 21-15 W |
| Jan. 31 | #3 MINNESOTA | 19-15 L |
| Feb. 2 | #20 WISCONSIN | 27-9 W |
| Feb. 6 | #4 OHIO STATE | 18-18 (A) L |
| Feb. 9 | #2 IOWA | 26-10 L |
| Feb. 15 | at #8 Michigan | 25-17 L |
| Feb. 16 | at #10 Michigan St. | 19-18 L |
| Feb. 19 | LOCK HAVEN | 41-3 W |
| | Big Ten | 3rd |
| | NCAA | 6th |
| | * at Virginia Duals | |

**2003-04 (14-5)**

| | | |
|---|---|---|
| Dec. 13 | NAVY | 41-3 W |
| Jan. 6 | at #3 Lehigh | 19-15 W |
| Jan. 9 | at Pittsburgh | 28-15 W |
| Jan. 10 | at #12 West Virginia | 24-13 W |
| Jan. 17-18 | #19 Northern Iowa | 31-9 W |
| | #20 Pennsylvania | 25-15 W |
| | #5 Missouri | 23-16 L |
| | #13 Oklahoma | 20-14 W |
| | #8 Michigan | 21-17 L |
| Jan. 23 | #3 ILLINOIS | 26-13 L |
| Jan. 25 | at #22 Ohio State | 20-14 W |
| Jan. 30 | at #10 Iowa | 23-11 L |
| Feb. 1 | at #13 Wisconsin | 24-15 W |
| Feb. 6 | NORTHWESTERN | 42-3 W |
| Feb. 8 | #5 MICHIGAN | 21-19 W |
| Feb. 8 | at Lock Haven | 26-11 W |
| Feb. 13 | Michigan State | 29-6 W |
| Feb. 15 | #16 PENN | 21-15 W |
| Feb. 20 | at #9 Minnesota | 28-12 L |
| | Big Ten | 5th |
| | NCAA | 12th |
| | * NWCA National Duals | |

**2004-05 (10-10)**

| | | |
|---|---|---|
| Nov. 14 | *CLARION | 41-3 W |
| | *#2 LEHIGH | 24-15 L |
| Dec. 9 | at #19 Edinboro | 33-8 W |
| Jan. 7 | #6 LEHIGH | 20-16 L |
| Jan. 9 | #12 WEST VIRGINIA | 34-12 W |
| | #25 PITTSBURGH | 26-19 W |
| Jan. 14 | at #4 Michigan | 31-9 L |
| Jan. 15 | at Michigan State | 19-12 L |
| Jan. 22-23 | +vs. #10 Oklahoma | 27-13 L |
| | +vs. #22 West Virginia | 24-14 W |
| | +vs. #11 Cornell | 21-15 W |
| | +vs. #12 Cent. Michigan | 25-15 L |
| | +vs. #4 Michigan | 29-14 L |
| Jan. 28 | #17 INDIANA | 21-12 W |
| Jan. 30 | PURDUE | 32-7 W |
| Feb. 4 | #10 IOWA | 23-16 L |
| Feb. 8 | LOCK HAVEN | 34-13 W |
| Feb. 11 | at #3 Illinois | 26-6 L |
| Feb. 12 | at #17 Northwestern | 24-13 W |
| Feb. 18 | OHIO STATE (BJC) | 21-17 L |
| | Big Ten | 7th |
| | NCAA | 23rd |
| | *PA Dual Championships, State College, Pa. | |
| | +NWCA National Duals | |

**2005-06 (13-4)**

| | | |
|---|---|---|
| Nov. 13 | *PITT-JOHNSTOWN | 31-10 W |
| | *YORK (Pa.) | 47-3 W |
| | *#8 LEHIGH | 18-17 W |
| Nov. 20 | #15 WISCONSIN | 19-15 L |
| Nov. 26 | #3 MICHIGAN | 23-15 L |
| Dec. 9 | at #23 Navy | 28-6 W |
| Dec. 10 | at #25 Penn | 25-6 W |
| Jan. 6 | at #11 Lehigh | 24-12 W |
| Jan. 8 | #10 CORNELL | 27-7 W |
| Jan. 11 | at Lock Haven | 33-7 W |
| Jan. 27 | #18 MICHIGAN ST. | 27-12 W |
| Jan. 29 | #1 MINNESOTA | 16-25 L |
| Feb. 3 | at #7 Iowa | 21-12 W |
| Feb. 5 | at #8 Iowa State | 20-18 L |
| Feb. 10 | at #16 Indiana | 27-8 W |
| Feb. 17 | at Ohio State | 39-7 W |
| Feb. 19 | +vs. Purdue | 32-8 W |
| | Big Ten | 4th |
| | NCAA | 9th |
| | *PA Dual Championships, State College, Pa. | |
| | +Conseco Fieldhouse, Indianapolis | |

**2006-07 (14-5)**

| | | |
|---|---|---|
| Nov. 19 | *vs. Clarion | 47-0 W |
| | *vs. Pitt-Johnstown | 29-6 W |
| | *vs. #13 Edinboro | 27-9 W |
| Dec. 8 | LEHIGH | 23-12 W |
| Dec. 10 | at Hofstra | 10-24 L |
| Dec. 15 | LOCK HAVEN | 20-15 W |
| Jan. 7 | at #13 Cornell | 18-12 W |
| Jan. 12 | +vs. N. Dakota State | 39-3 W |
| | +vs. Bloomsburg | 22-9 W |
| Jan. 13 | +vs. Rider | 41-0 W |
| | +vs. #13 Edinboro | 17-19 L |
| Jan. 19 | at #17 Wisconsin | 16-17 L |
| Jan. 21 | at #1 Minnesota | 12-31 L |
| Jan. 26 | OHIO STATE | 26-12 W |
| Jan. 28 | #11 ILLINOIS | 16-18 L |
| Feb. 2 | #10NORTHWESTERN | 25-8 W |
| Feb. 4 | #6 IOWA | 24-13 W |
| Feb. 16 | at #23 Michigan | 21-16 W |
| Feb. 18 | at #22 Michigan State | 27-12 W |
| | Big Ten | 4th |
| | NCAA | 11th |
| | * PA Dual Championships, Lock Haven, Pa. | |
| | + Virginia Duals | |

**2007-08 (14-5)**

| | | |
|---|---|---|
| Nov. 11 | MARYLAND | 34-3 W |
| Nov. 17 | HOFSTRA | 28-11 W |
| Dec. 7 | at Lehigh | 33-0 W |
| Dec. 9 | at #3 Oklahoma State | 21-18 W |
| Jan. 4 | #17 CORNELL | 35-10 W |
| Jan. 11-12 | +vs. #16 Chattanooga | 37-2 W |
| | +vs. #10 Nebraska | 13-19 L |
| | +vs. #19 Cornell | 31-9 W |
| | +vs. #4 Iowa State | 22-16 W |
| Jan. 13 | +vs. #11 Ohio State | 11-24 L |
| Jan. 20 | at #1 Iowa | 13-27 L |
| Jan. 25 | at #7 Ohio State | 19-22 L |
| Jan. 27 | #17 INDIANA | 25-9 W |
| Feb. 1 | at #10 Northwestern | 18-15 W |
| Feb. 3 | at #15 Illinois | 15-18 L |
| Feb. 8 | #6 MICHIGAN | 20-14 W |
| Feb. 15 | MICHIGAN STATE | 26-13 W |
| Feb. 17 | PURDUE | 33-6 W |
| Feb. 23 | at Lock Haven | 35-8 W |
| | Big Ten | 7th |
| | NCAA | 3rd |
| | + NWCA National Duals | |

**2008-09 (8-12-2)**

| | | |
|---|---|---|
| Nov. 16 | HOFSTRA | 15-18 L |
| Nov. 21 | at #4 Cornell$ | 10-24 L |
| Nov. 23 | vs. #24 Virginia$ | 19-15 W |
| | vs. Binghamton$ | 36-8 W |
| | vs. #15 Edinboro$ | 24-16 W |
| Dec. 14 | WEST VIRGINIA | 27-10 W |
| Jan. 4 | #9 LEHIGH | 16-17 L |
| | LOCK HAVEN | 36-3 W |
| Jan. 10-11 | vs. #5 Missouri* | 20-19 W |
| | vs. #4 Nebraska* | 16-20 L |
| | vs. #17 Michigan* | 21-18 W |
| | vs. #11 Minnesota* | 18-21 L |
| | vs. #16 Boise State* | 15-22 L |
| Jan. 23 | at #21 Indiana | 19-19 T |
| Jan. 24 | at #25 Purdue | 17-17 T |
| Jan. 30 | #10 MINNESOTA | 18-20 L |
| Feb. 1 | #17 WISCONSIN | 13-28 L |
| Feb. 6 | #6 OHIO STATE | 7-33 L |
| Feb. 8 | #1 IOWA | 6-31 L |
| Feb. 13 | at Michigan State | 28-12 W |
| Feb. 14 | at #17 Michigan | 6-31 L |
| Feb. 20 | #25 PENN | 13-20 L |
| | Big Ten+ | 7th |
| | NCAA | 17th |
| | $ Sprawl and Brawl Duals, Binghamton, N.Y. | |
| | * NWCA National Duals | |
| | + at Penn State | |

**2009-10 (13-6-1)**

| | | |
|---|---|---|
| Nov. 13 | at #17 Lehigh | 14-23 L |
| Nov. 15 | BLOOMSBURG | 23-15 W |
| Nov. 22 | vs. Rutgers$ | 18-17 W |
| | vs. Harvard$ | 36-6 W |
| | vs. #15 Edinboro$ | 22-9 W |
| Dec. 11 | at West Virginia | 33-12 W |
| Dec. 12 | at #24 Pittsburgh | 19-19 T |
| Jan. 3 | at Lock Haven | 32-6 W |
| Jan. 8 | vs. Virginia Tech* | 26-9 W |
| Jan. 8 | vs. #13 Kent State* | 22-13 W |
| Jan. 9 | vs. #4 Oklahoma State* | 13-24 L |
| Jan. 9 | vs. #10 Oklahoma* | 15-22 L |
| Jan. 22 | #19 ILLINOIS | 24-11 W |
| Jan. 24 | at #3 Ohio State | 14-21 L |
| Jan. 29 | at #1 Iowa | 6-29 L |
| Jan. 31 | at #12 Wisconsin | 22-15 W |
| Feb. 5 | NORTHWESTERN | 37-10 W |
| Feb. 7 | MICHIGAN | 29-10 W |
| Feb. 12 | MICHIGAN STATE | 26-12 W |
| Feb. 19 | at #5 Minnesota | 16-26 L |
| | Big Ten | 5th |
| | NCAA | 9th |
| | $ Sprawl and Brawl Duals Binghamton, N.Y. | |
| | *Virginia Duals | |

**2010-11 (17-1-1)**

| | | |
|---|---|---|
| Nov. 12 | at Bloomsburg | 41-3 W |
| Nov. 14 | #15 LEHIGH | 21-17 W |
| Nov. 21 | vs. Harvard$ | 45-0 W |
| | vs. West Virginia$ | 40-3 W |
| | vs. #24 Rutgers$ | 22-10 W |
| Dec. 12 | LOCK HAVEN | 48-0 W |
| Dec. 19 | #22 OHIO STATE | 42-3 W |
| Dec. 29-30 | Southern Scuffle | T-1st |
| Jan. 7 | vs. VMI+ | 42-3 W |
| | vs. Edinboro+ | 37-12 W |
| Jan. 8 | vs. #23 Kent State+ | 27-15 W |
| | vs. #15 Michigan+ | 24-12 W |
| Jan. 21 | #22 PITTSBURGH | 30-7 W |
| Jan. 23 | at Indiana | 36-8 W |
| Jan. 30 | #8 IOWA | 13-22 L |
| Feb. 4 | at Michigan State | 30-9 W |
| Feb. 6 | at #13 Michigan | 28-13 W |
| Feb. 11 | #20 ILLINOIS | 23-13 W |
| Feb. 13 | at #5 Minnesota | 18-18 T |
| Feb. 18 | #16 WISCONSIN | 30-12 W |
| | Big Ten | 1st |
| | NCAA | 1st |
| | $ Sprawl and Brawl Duals Binghamton, N.Y. | |
| | +Virginia Duals | |

**2011-12 (13-1)**

| | | |
|---|---|---|
| Nov. 13 | BLOOMSBURG | 39-3 W |
| Nov. 20 | #4 MINNESOTA | 14-23 L |
| Dec. 9 | at #10 Lehigh | 24-12 W |
| Dec. 11 | WEST VIRGINIA | 34-6 W |
| Dec. 18 | at Lock Haven | 50-0 W |
| Jan. 1-2 | Southern Scuffle | 1st |
| Jan. 8 | at Michigan State | 36-6 W |
| Jan. 13 | at #17 Northwestern | 38-3 W |
| Jan. 15 | at Wisconsin | 43-0 W |
| Jan. 22 | #2 IOWA | 22-12 W |
| Jan. 29 | #5 OHIO STATE | 34-9 W |
| Feb. 3 | at #7 Nebraska | 31-6 W |
| Feb. 5 | #12 MICHIGAN | 34-7 W |
| Feb. 11 | at Utah Valley | 39-3 W |
| Feb. 19 | #9 PITTSBURGH | 33-6 W |
| | Big Ten | 1st |
| | NCAA | 1st |

**2012-13 (13-1)**

| | | |
|---|---|---|
| Nov. 16 | #24 LEHIGH | 29-6 W |
| Nov. 18 | at West Virginia | 44-3 W |
| Dec. 9 | INDIANA | 52-0 W |
| Dec. 15 | LOCK HAVEN | 42-3 W |
| Jan. 1-2 | Southern Scuffle | 1st |
| Jan. 13 | MICHIGAN STATE | 41-0 W |
| Jan. 18 | #24 WISCONSIN | 36-6 W |
| Jan. 20 | at Purdue | 35-3 W |
| Jan. 27 | #12 NEBRASKA | 33-9 W |
| Feb. 1 | at #3 Iowa | 16-22 L |
| Feb. 3 | at #8 Illinois | 37-0 W |
| Feb. 8 | at #15 Pittsburgh | 31-7 W |
| Feb. 10 | at #6 Ohio State | 29-18 W |
| Feb. 17 | RIDER | 48-0 W |
| Feb. 24 | at Rutgers | 34-0 W |
| | Big Ten | 1st |
| | NCAA | 1st |

**2013-14 (15-1)**

| | | |
|---|---|---|
| Nov. 16 | at Rider | 34-8 W |
| Nov. 17 | at #24 Lehigh | 22-12 W |
| Nov. 24 | LOCK HAVEN | 34-6 W |
| Dec. 6 | at Boston | 34-6 W |
| Dec. 8 | #23 PITTSBURGH$ | 28-9 W |
| Dec. 15 | #6 OHIO STATE | 31-6 W |
| Dec. 21 | at #3 Iowa | 24-12 W |
| Jan. 1-2 | Southern Scuffle | 1st |
| Jan. 12 | PURDUE | 34-3 W |
| Jan. 17 | at #19 Indiana | 36-6 W |
| Jan. 19 | #14 NORTHWESTERN | 39-8 W |
| Jan. 24 | #11 ILLINOIS | 31-3 W |
| Jan. 31 | at Michigan State | 42-3 W |
| Feb. 2 | at #11 Michigan | 32-9 W |
| Feb. 9 | at #3 Minnesota | 17-18 L |
| Feb. 16 | #5 OKLAHOMA ST. | 23-12 W |
| Feb. 23 | CLARION | 43-3 W |
| | Big Ten | 1st |
| | NCAA | 1st |
| | $ Bryce Jordan Center | |

**2014-15 (11-4)**

| | | |
|---|---|---|
| Nov. 9 | #17 LEHIGH | 24-10 W |
| Nov. 21 | at #16 Pittsburgh | 24-12 W |
| Nov. 22 | at Clarion | 44-0 W |
| Dec. 11 | at Maryland | 38-3 W |
| Dec. 19 | #9 VIRGINIA TECH | 20-15 W |
| Jan. 1-2 | Southern Scuffle | 1st |
| Jan. 9 | #23 INDIANA | 42-3 W |
| Jan. 11 | at #3 Ohio State | 15-22 L |
| Jan. 16 | at #25 Rutgers | 28-6 W |
| Jan. 18 | PURDUE | 26-9 W |
| Jan. 25 | #2 MINNESOTA | 16-17 L |
| Jan. 30 | at #15 Michigan | 19-15 W |
| Feb. 1 | at Michigan State | 35-0 W |
| Feb. 8 | #1 IOWA (BJC) $ | 12-18 L |
| Feb. 15 | at #8 Oklahoma State | 18-21 L |
| Feb. 22 | RIDER | 30-33 W |
| | Big Ten | 5th |
| | NCAA | 6th |
| | $ Bryce Jordan Center | |

**2015-16 (16-0)**

| | | |
|---|---|---|
| Nov. 13 | LOCK HAVEN | 50-0 W |
| Nov. 15 | at #7 Virginia Tech | 21-15 W |
| Nov. 20 | at CSU Bakersfield | 39-3 W |
| Nov. 22 | at #18 Stanford | 31-12 W |
| Dec. 13 | #15 WISCONSIN $ | 36-7 W |
| Dec. 19 | at Rider | 38-4 W |
| Jan. 1-2 | Southern Scuffle | 1st |
| Jan. 8 | at Purdue | 42-3 W |
| Jan. 10 | at Indiana | 34-8 W |
| Jan. 15 | #11 NEBRASKA | 24-10 W |
| Jan. 17 | at #25 Northwestern | 46-4 W |
| Jan. 23 | at #8 Illinois | 30-15 W |
| Jan. 31 | #10 MICHIGAN | 35-7 W |
| Feb. 5 | #3 OHIO STATE $ | 24-14 W |
| Feb. 12 | at #14 Lehigh | 28-9 W |
| Feb. 13 | MICHIGAN STATE | 41-3 W |
| Feb. 21 | #2 OKLAHOMA ST. ! | 29-18 W |
| | Big Ten | 1st |
| | NCAA | 1st |
| | $ Bryce Jordan Center | |
| | ! NWCA Dual Meet Chmp. | |

# YEAR-BY-YEAR RESULTS

2016-17 (14-0)

| | | |
|---|---|---|
| Nov. 11 | at Army | W, 45-0 |
| Nov. 13 | #12 STANFORD | W, 36-6 |
| Dec. 4 | #9 LEHIGH $ | W, 30-10 |
| Dec. 11 | BINGHAMTON | W, 46-0 |
| Jan. 6 | at #9 Minnesota | W, 33-6 |
| Jan. 8 | at #6 Nebraska | W, 27-14 |
| Jan. 13 | #21 RUTGERS | W, 37-6 |
| Jan. 20 | at #3 Iowa | W, 26-11 |
| Jn. 27 | at #13 Wisconsin | W, 33-11 |
| Jan. 29 | NORTHWESTERN | W, 45-3 |
| Feb. 3 | at #3 Ohio State | W, 32-12 |
| Feb. 10 | #11 ILLINOIS | W, 34-7 |
| Feb. 12 | MARYLAND | W, 45-6 |
| Feb. 19 | at #2 Oklahoma St! | W, 27-13 |
| | Big Ten | 2nd |
| | NCAA | 1st |
| | $ Bryce Jordan Center | |
| | ! NWCA Dual Meet Chmp. | |

2017-18 (14-0)

| | | |
|---|---|---|
| Nov. 9 | ARMY | W, 45-3 |
| Nov. 12 | BUCKNELL | W, 36-6 |
| Nov. 17 | at Binghamton | W, 40-2 |
| Dec. 3 | at #7 Lehigh ! | W, 23-19 |
| Dec. 17 | INDIANA | W, 44-3 |
| Jan. 1-2 | Southern Scuffle | 1st |
| Jan. 12 | at #4 Michigan | W, 25-12 |
| Jan. 14 | at Michigan State | W, 48-3 |
| Jan. 19 | PURDUE | W, 43-6 |
| Jan. 21 | at Maryland | W, 47-3 |
| Jan. 26 | #16 MINNESOTA | W, 35-8 |
| Jan. 28 | at #13 Rutgers | W, 25-15 |
| Feb. 3 | #2 OHIO STATE | W, 19-18 |
| Feb. 10 | #7 IOWA $ | W, 28-13 |
| Feb. 18 | BUFFALO | W, 55-0 |
| | Big Ten | 2nd |
| | NCAA | 1st |
| | $ Bryce Jordan Center | |
| | ! PPL Center | |

2018-19 (14-0)

| | | |
|---|---|---|
| Nov. 11 | #24 KENT STATE | W, 52-3 |
| Nov. 30 | at Bucknell | W, 42-3 |
| Dec. 2 | #10 LEHIGH | W, 42-0 |
| Dec. 14 | #9 ARIZONA STATE | W, 41-3 |
| Jan. 11 | at #11 Northwestern | W, 33-8 |
| Jan. 13 | #19 WISCONSIN | W, 24-13 |
| Jan. 20 | #7 NEBRASKA | W, 25-6 |
| Jan. 25 | at Purdue | W, 30-10 |
| Jan. 27 | at Indiana | W, 35-9 |
| Feb. 1 | #5 MICHIGAN$ | W, 25-11 |
| Feb. 8 | at #2 Ohio State | W, 28-9 |
| Feb. 15 | MICHIGAN STATE | W, 37-10 |
| Feb. 17 | at #19 Illinois | W, 39-9 |
| Feb. 24 | BUFFALO | W, 47-3 |
| | Big Ten | 1st |
| | NCAA | 1st |
| | $ Bryce Jordan Center | |

2019-20 (12-2)

| | | |
|---|---|---|
| Nov. 10 | NAVY | W, 45-0 |
| Nov. 22 | at #6 Arizona State | L, 18-19 |
| Dec. 6 | at #14 Lehigh | W, 23-10 |
| Dec. 8 | PENN | W, 33-7 |
| Jan. 10 | #24 ILLINOIS | W, 22-16 |
| Jan. 12 | #12 NORTHWESTERN | W, 30-9 |
| Jan. 19 | RUTGERS | W, 38-6 |
| Jan. 24 | at #7 Nebraska | W, 20-18 |
| Jan. 31 | at #1 Iowa | L, 17-19 |
| Feb. 2 | MARYLAND | W, 40-3 |
| Feb. 7 | at #4 Wisconsin | W, 29-10 |
| Feb. 9 | at #6 Minnesota | W, 31-10 |
| Feb. 15 | #3 OHIO STATE (BJC) | W, 20-16 |
| Feb. 23 | AMERICAN | W, 40-3 |
| | Big Ten | 4th |
| | NCAA | Canceled |
| | $ Bryce Jordan Center | |

2020-21 (6-0)

| | | |
|---|---|---|
| Jan. 30 | vs. Indiana+ | W, 24-15 |
| Jan. 30 | at #16 Northwestern | W, 29-13 |
| Feb. 2 | at Wisconsin | W, 34-6 |
| Feb. 14 | at #2 Michigan | W, 18-13 |
| Feb. 19 | at #11 Ohio State | W, 28-12 |
| Feb. 22 | MARYLAND | W, 44-0 |
| | Big Ten$ | 2nd |
| | NCAA | 2nd |
| | + at Northwestern | |
| | $ Bryce Jordan Center | |

2021-22 (17-0)

| | | |
|---|---|---|
| Nov. 13 | vs. Sacred Heart* | W, 47-3 |
| | vs. Oregon State* | W, 32-7 |
| Nov. 18 | ARMY WEST POINT | W, 32-7 |
| Dec. 3 | at Penn | W, 20-16 |
| Dec. 5 | LEHIGH | W, 23-16 |
| Dec. 20 | vs. #22 Northern Iowa# | W, 29-9 |
| | vs. #9 Cornell# | W, 21-16 |
| Dec. 21 | vs. #3 Arizona St.* | W, 29-10 |
| Jan. 7 | at Maryland | W, 46-0 |
| Jan. 9 | INDIANA | W, 29-11 |
| Jan. 16 | #14 RUTGERS | W, 27-11 |
| Jan. 21 | at #3 Michigan | W, 29-6 |
| Jan. 23 | at Michigan State | W, 28-9 |
| Jan. 28 | at #3 Iowa | W, 19-13 |
| Feb. 4 | #6 OHIO STATE$ | W, 32-7 |
| Feb. 6 | #& NEBRASKA | W, 21-13 |
| Feb. 20 | RIDER | W, 46-0 |
| | Big Ten | 2nd |
| | NCAA | 1st |
| | * at Manheim, Pa. | |
| | # at Niceville, Fla. | |
| | $ Bryce Jordan Center | |

2022-23 (16-0)

| | | |
|---|---|---|
| Nov. 11 | LOCH HAVEN | W, 44-3 |
| Dec. 2 | at Rider | W, 37-3 |
| Dec. 4 | at Lehigh | W, 24-12 |
| Dec. 11 | OREGON STATE | W, 31-3 |
| Dec. 19 | vs. Central Michigan# | W, 50-3 |
| | vs. #24 N. Carolina# | W, 37-3 |
| Dec. 20 | vs. #5 Iowa State# | W, 22-12 |
| Jan. 6 | at #11 Wisconsin | W, 28-11 |
| Jan. 20 | #14 MICHIGAN$ | W, 30-8 |
| Jan. 22 | MICHIGAN STATE | W, 34-6 |
| Jan. 27 | #2 IOWA$ | W, 23-14 |
| Feb. 3 | at #10 Ohio State | W, 29-9 |
| Feb. 5 | at Indiana | W, 35-8 |
| Feb. 10 | at Rutgers | W, 33-8 |
| Feb. 12 | MARYLAND | W, 44-3 |
| Feb. 19 | CLARION | W, 40-6 |
| | Big Ten | 1st |
| | NCAA | 1st |
| | # at New Orleans, La. | |
| | $ Bryce Jordan Center | |

2023-24 (12-0)

| | | |
|---|---|---|
| Nov. 12 | Journeymen Collegiate | nts |
| Nov. 19 | Army Black Knight | nts |
| Nov. 21 | NWCA ALL-STAR | exhib. |
| Dec. 3 | #20 LEHIGH | W, 30-10 |
| Dec. 10 | HOFSTRA | W, 43-10 |
| Jan. 5 | at #18 Oregon State | W, 36-3 |
| Jan. 14 | INDIANA | W, 46-0 |
| Jan. 19 | at #5 Michigan | W, 27-9 |
| Jan. 21 | at Michigan State | W, 35-0 |
| Jan. 28 | at Maryland | W, 42-6 |
| Feb. 2 | #17 OHIO STATE | W, 28-9 |
| Feb. 9 | at #6 Iowa | W, 29-6 |
| Feb. 12 | RUTGERS$ | W, 35-3 |
| Feb. 18 | #8 NEBRASKA | W, 22-13 |
| Feb. 25 | EDINBORO | W, 55-0 |
| | Big Ten | 1st |
| | NCAA | 1st |
| | $ Bryce Jordan Center | |

2024-25 (15-0)

| | | |
|---|---|---|
| Nov. 17 | DREXEL | W, 41-3 |
| Nov. 24 | Army Black Knight | nts |
| Dec. 8 | at #14 Lehigh | W, 36-3 |
| Dec. 15 | WYOMING $ | W, 54-0 |
| Dec. 22 | vs. Binghamton * | W, 52-0 |
| Dec. 22 | vs. #15 Little Rock * | W, 44-0 |
| Dec. 22 | vs. #8 Missouri * | W, 41-3 |
| Jan. 10 | MICHIGAN STATE | W, 55-0 |
| Jan. 17 | at #4 Nebraska | W, 31-7 |
| Jan. 24 | at #25 Rutgers | W, 35-3 |
| Jan. 31 | #2 IOWA $ | W, 30-8 |
| Feb. 7 | #12 MICHIGAN $ | W, 39-0 |
| Feb. 9 | MARYLAND | W, 35-10 |
| Feb. 14 | at #6 Ohio State | W, 27-13 |
| Feb. 16 | at #19 Illinois | W, 29-9 |
| Feb. 21 | AMERICAN | W, 50-3 |
| | Big Ten | 1st |
| | NCAA | 1st |
| | * at Nashville, Tenn. | |
| | $ Bryce Jordan Center | |

2025-26 (15-0)

| | | |
|---|---|---|
| Nov. 14 | #22 OKLAHOMA $ | W, 45-0 |
| Nov. 23 | Army Black Knight | nts |
| Dec. 5 | at Drexel | W, 43-3 |
| Dec. 7 | #13 LEHIGH | W, 36-6 |
| Dec. 13 | at #18 Wyoming | W, 40-7 |
| Dec. 20 | vs. North Dakota State * | W, 46-0 |
| Dec. 20 | vs. #9 Stanford * | W, 42-0 |
| Jan. 10 | #19 RUTGERS | W, 46-0 |
| Jan. 16 | at #3 Iowa | W, 32-3 |
| Jan. 18 | at Northwestern | W, 51-0 |
| Jan. 23 | INDIANA | W, 48-0 |
| Jan. 25 | at Maryland | W, 51-0 |
| Jan. 30 | #5 NEBRASKA $ | W, 26-12 |
| Feb. 6 | at #13 Michigan | W, 38-3 |
| Feb. 13 | #2 OHIO STATE $ | W, 36-5 |
| Feb. 20 | PRINCETON | W, 50-0 |
| | Big Ten | 1st |
| | NCAA | 1st |
| | * at Nashville, Tenn. | |
| | $ Bryce Jordan Center | |

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(SA) = Special Award
(ML) = Major Letter

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DEC. 20
VESTAL, N.Y.

**VS. MARYLAND**
JAN. 17
REC HALL

**AT OHIO STATE**
FEB. 12

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**VS. NORTHERN COLO.**
FEB. 19
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**AT BLACK KNIGHT INVITE**
NOV. 22

**COLLEGIATE DUALS**
**AT BINGHAMTON**
DEC. 20

**VS. WISCONSIN**
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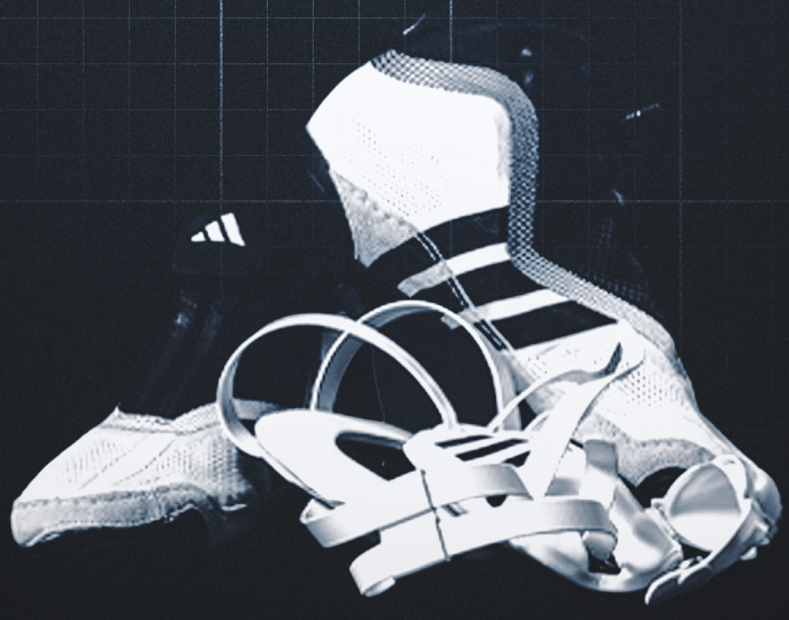
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MARCH 18 - 20
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**VS. MICHIGAN**
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