**NWCA Division I Men's Wrestling Coaches Poll**  
**January 16, 2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Rank** | **Team (First)** | **Record** | **Points** | **Conf.** | **Previous** |
| 1 | Penn State (14) | (4-0) | 350 | Big Ten | 1 |
| 2 | Missouri | (7-0) | 335 | Big 12 | 2 |
| 3 | Iowa | (7-0) | 323 | Big Ten | 3 |
| 4 | Iowa State | (9-1) | 303 | Big 12 | 4 |
| 5 | Oklahoma State | (7-0) | 293 | Big 12 | 5 |
| 6 | Nebraska | (5-1) | 277 | Big Ten | 6 |
| 7 | Ohio State | (9-1) | 265 | Big Ten | 7 |
| 8 | NC State | (10-2) | 253 | ACC | 8 |
| 9 | Minnesota | (5-1) | 229 | Big Ten | 10 |
| 10 | South Dakota State | (6-2) | 217 | Big 12 | 11 |
| 11 | Michigan | (4-1) | 209 | Big Ten | 12 |
| 12 | Virginia Tech | (4-3) | 185 | ACC | 13 |
| 13 | Rutgers | (9-1) | 178 | Big Ten | 14 |
| 14 | Cornell | (4-3) | 174 | EIWA | 9 |
| 15 | Pittsburgh | (7-4) | 160 | ACC | 15 |
| 16 | Oregon State | (4-2) | 122 | Pac-12 | 17 |
| 17 | Lehigh | (2-3) | 115 | EIWA | 23 |
| 18 | Navy | (6-2) | 92 | EIWA | 16 |
| 19 | Oklahoma | (5-3) | 88 | Big 12 | 19 |
| 20 | Stanford | (5-2) | 79 | Pac-12 | 18 |
| 21 | West Virginia | (8-2) | 72 | Big 12 | 20 |
| 22 | Wisconsin | (6-1) | 62 | Big Ten | NR |
| 23 | Northern Iowa | (3-4) | 35 | Big 12 | 24 |
| 24 | Arizona State | (2-3) | 34 | Pac-12 | 22 |
| 25 | Cal Poly | (4-1) | 24 | Pac-12 | NR |