

MULTIPLE-TIME NCAA WRESTLING CHAMPIONS

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4X NCAA WRESTLING CHAMPIONS

4Xer	Pat Smith	Oklahoma State	158	1990-91-92-94
4Xer	Cael Sanderson	Iowa State	184, 197	1999-00-01, 2002
4Xer	Kyle Dake	Cornell	141, 149, 157, 165	2010, 2011, 2012, 2013
4Xer	Logan Stieber	Ohio State	133, 141	2012-13, 2014-15

3X NCAA WRESTLING CHAMPIONS

3Xer	Earl McCready	Oklahoma State	Hwt	1928-29-30
3Xer	Conrad Caldwell	Oklahoma State	165, 175	1929, 1930-31
3Xer	Jack Van	Oklahoma State	155, 165	1929, 1930-31
3Xer	Ross Flood	Oklahoma State	126	1933-34-35
3Xer	Rex Peery	Oklahoma State	118	1933-34-35
3Xer	Wayne Martin	Oklahoma	135, 145, 134	1934, 1935, 1936
3Xer	Stanley Henson	Oklahoma State	145, 155	1937-38, 1939
3Xer	Joe McDaniels	Oklahoma State	118, 121	1937-38, 1939
3Xer	David Arndt	Oklahoma State	145, 136	1941-42, 1946
3Xer	William Koll	Northern Iowa	145, 147.5	1946-47, 1948
3Xer	Dick Hutton	Oklahoma State	Hwt	1947-48-50
3Xer	Lowell Lange	Cornell College	136	1947-49-50
3Xer	William Nelson	Northern Iowa	165, 155	1947, 1949-50
3Xer	Keith Young	Northern Iowa	145, 147	1949-50, 1951
3Xer	Hugh Peery	Pittsburgh	115	1952-53-54
3Xer	Myron Roderick	Oklahoma State	137, 130	1954, 1955-56
3Xer	Dan Hodge	Oklahoma	177	1955-56-57
3Xer	Ed Peery	Pittsburgh	123	1955-56-57
3Xer	Larry Hayes	Iowa State	137, 147	1959, 1960-61
3Xer	E. Gray Simons	Lock Haven	115	1960-61-62
3Xer	Yojiro Uetake	Oklahoma State	130	1964-65-66
3Xer	Mike Caruso	Lehigh	123	1965-66-67
3Xer	Greg Johnson	Michigan State	118	1970-71-72
3Xer	Jimmy Jackson	Oklahoma State	Hwt	1976-77-78
3Xer	Lee Kemp	Wisconsin	158	1976-77-78
3Xer	Mark Churella	Michigan	150, 167	1977-78, 1979
3Xer	Ed Banach	Iowa	177, 190	1980-81, 1983
3Xer	Nate Carr	Iowa State	150	1981-82-83
3Xer	Mark Schultz	Oklahoma	167, 177	1981, 1982-83
3Xer	Jim Zalesky	Iowa	158	1982-83-84
3Xer	Barry Davis	Iowa	118, 126	1982, 1983-85
3Xer	Rick Bonomo	Bloomsburg	118	1985-86-87
3Xer	Carlton Haselrig	Pitt-Johnstown	Hwt	1987-88-89

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3Xer	Tom Brands	Iowa	134	1990-91-92
3Xer	T.J. Jaworsky	North Carolina	134	1993-94-95
3Xer	Lincoln McIlravy	Iowa	142, 150	1993, 1994-97
3Xer	Joe Williams	Iowa	158, 167	1996-97, 1998
3Xer	Eric Guerrero	Oklahoma State	126, 133	1997-98, 1999
3Xer	Stephan Abas	Fresno State	125	1999-2001-02
3Xer	Greg Jones	West Virginia	174, 184	2002, 2004-05
3Xer	Jacob Rosholt	Oklahoma State	184, 197	2003, 2005-06
3Xer	Edward Ruth	Penn State	174, 184	2012, 2013-14
3Xer	J'den Cox	Missouri	197	2014-16-17
3Xer	Alex Dieringer	Oklahoma State	157, 165	2014, 2015-16
3Xer	Kyle Snyder	Ohio State	Hwt	2016-17-18
3Xer	Zain Retherford	Penn State	149	2016-17-18
3Xer	Jason Nolf	Penn State	157	2017-18-19
3Xer	Bo Nickal	Penn State	184, 197	2017-18, 2019
3Xer	Spencer Lee	Iowa	125	2018-19-21
3Xer	Yianni Diakomihalis	Cornell	141, 149	2018-19, 2022

2X NCAA WRESTLING CHAMPIONS

2Xer	Joe Sabora	Illinois	115	1929-30
2Xer	Laurance Mantooth	Oklahoma	125	1929-30
2Xer	Hardie Lewis	Oklahoma	145	1930-32
2Xer	Jack Riley	Northwestern	Hwt	1931-32
2Xer	Robert Hess	Iowa State	174, 175	1932, 1933
2Xer	Alan Kelley	Oklahoma State	145	1933-34
2Xer	Ralph Teague	SW Oklahoma	Hwt	1933-34
2Xer	Charles McDaniel	Indiana	Hwt	1935-38
2Xer	Al Whitehurst	Oklahoma State	136	1940-41
2Xer	Vernon Logan	Oklahoma State	155	1940-42
2Xer	Burl Jennings	Michigan State	128	1941-42
2Xer	Virgil Smith	Oklahoma State	165	1941-42
2Xer	Dick DiBatista	Penn	175	1941-42
2Xer	Merle Jennings	Michigan State	121	1941-43
2Xer	Joe Scarpello	Iowa	175	1947-50
2Xer	Arnold Plaza	Purdue	114	1948-49
2Xer	Verne Gagne	Minnesota	191, Hwt	1948, 1949
2Xer	Bill Smith	Northern Iowa	165	1949-50
2Xer	Tony Gizoni	Waynesburg	121	1950-51
2Xer	George Layman	Oklahoma State	137	1951-52
2Xer	Tommy Evans	Oklahoma	147	1952-54

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2Xer	Gene Nicks	Oklahoma State	Hwt	1952-54
2Xer	Bill Weick	Northern Iowa	157	1952-55
2Xer	Norvard Nalan	Michigan	130	1953-54
2Xer	Ned Blass	Oklahoma State	177	1953-54
2Xer	Peter Blair	Navy	191	1954-55
2Xer	Terry McCann	Iowa	115	1955-56
2Xer	Eddie Eichelberger	Lehigh	147	1955-56
2Xer	Bob Norman	Illinois	Hwt	1957-58
2Xer	Dick Delgado	Oklahoma	115	1957-58
2Xer	Ron Gray	Iowa State	147	1958-59
2Xer	Dick Beattie	Oklahoma State	157	1958-59
2Xer	Les Anderson	Iowa State	130, 137	1958, 1960
2Xer	Dave Auble	Cornell	123	1959-60
2Xer	Stan Abel	Oklahoma	130	1959-60
2Xer	Dale Lewis	Oklahoma	Hwt	1960-61
2Xer	Bob Johnson	Oklahoma State	177	1961-1962
2Xer	Mike Natvig	Army	147	1962-63
2Xer	Mickey Martin	Oklahoma	130	1962-63
2Xer	Dean Lahr	Colorado	177	1963-64
2Xer	Jim Nance	Syracuse	Hwt	1963-65
2Xer	Tom Peckham	Iowa State	177	1965-66
2Xer	Greg Ruth	Oklahoma	167, 160	1965, 1966
2Xer	Rick Sanders	Portland State	115	1966-67
2Xer	Dave Porter	Michigan	Hwt	1966-68
2Xer	Dale Anderson	Michigan State	137	1967-68
2Xer	David McGuire	Oklahoma	130	1967-69
2Xer	Dan Gable	Iowa State	130, 137	1968, 1969
2Xer	Dwayne Keller	Oklahoma State	123, 126	1968, 1970
2Xer	Chuck Jean	Iowa State	177	1969-70
2Xer	Jason Smith	Iowa State	167	1969-70
2Xer	Jess Lewis	Oregon State	Hwt	1969-70
2Xer	Mike Grant	Oklahoma	145, 150	1969, 1970
2Xer	Geoff Baum	Oklahoma State	177, 190	1970, 1971
2Xer	Darrell Keller	Oklahoma State	134, 142	1970, 1971
2Xer	Carl Adams	Iowa State	158	1971-72
2Xer	Ben Peterson	Iowa State	190	1971-72
2Xer	Andy Matter	Penn State	167	1971-72
2Xer	Chris Taylor	Iowa State	Hwt	1972-73
2Xer	Pat Milkovich	Michigan State	126	1972-74
2Xer	Wade Schalles	Clarion	150, 158	1972, 1973
2Xer	Jarrett Hubbard	Michigan	150	1973-74

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2Xer	Greg Strobel	Oregon State	190	1973-74
2Xer	Rod Kilgore	Oklahoma	158, 167	1974, 1977
2Xer	Chuck Yagla	Iowa	150	1975-76
2Xer	Mike Frick	Lehigh	134	1975-76
2Xer	Chris Campbell	Iowa	177	1976-77
2Xer	Mark Lieberman	Lehigh	177	1978-79
2Xer	Dan Hicks	Oregon State	142	1978-79
2Xer	Gene Mills	Syracuse	118	1979-81
2Xer	Randy Lewis	Iowa	126, 134	1979, 1980
2Xer	Darryl Burley	Lehigh	134, 142	1979, 1983
2Xer	Ricky Stewart	Oklahoma State	158	1980-81
2Xer	Dan Cuestas	CSU Bakersfield	126	1981-82
2Xer	Andre Metzger	Oklahoma	142	1981-82
2Xer	Lou Banach	Iowa	Hwt	1981-83
2Xer	Mike Sheets	Oklahoma State	167	1983-84
2Xer	Melvin Douglas	Oklahoma	177	1985-86
2Xer	Jim Jordan	Wisconsin	134	1985-86
2Xer	Marty Kistler	Iowa	158, 167	1985, 1986
2Xer	John Smith	Oklahoma State	134	1987-88
2Xer	Tim Krieger	Iowa State	150	1987-89
2Xer	Eric Voelker	Iowa State	190	1987-89
2Xer	Royce Alger	Iowa	167, 177	1987, 1988
2Xer	Jack Cuvo	East Stroudsburg	118	1988-89
2Xer	Pat Santoro	Pittsburgh	142	1988-89
2Xer	Chris Barnes	Oklahoma State	177	1989-90
2Xer	Dan St. John	Arizona State	158, 167	1989, 1990
2Xer	Terry Brands	Iowa	126	1990-1992
2Xer	Kurt Angle	Clarion	Hwt	1990-92
2Xer	Jeff Prescott	Penn State	118	1991-92
2Xer	Matt Demaray	Wisconsin	150	1991-92
2Xer	Kevin Randleman	Ohio State	177	1992-93
2Xer	Sam Henson	Clemson	118	1993-94
2Xer	Markus Mollica	Arizona State	158, 167	1993, 1995
2Xer	Mark Branch	Oklahoma State	167	1994-97
2Xer	Kerry McCoy	Penn State	Hwt	1994-97
2Xer	Les Gutches	Oregon State	177	1995-96
2Xer	Jeff McGinness	Iowa	126, 142	1995, 1998
2Xer	Cary Kolat	Lock Haven	134, 142	1996, 1997
2Xer	Mark Ironside	Iowa	134	1997-98
2Xer	Stephen Neal	CSU Bakersfield	Hwt	1998-99
2Xer	Tim Hartung	Minnesota	190, 197	1998, 1999

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2Xer	T.J. Williams	Iowa	149, 157	1999, 2001
2Xer	Eric Juergens	Iowa	133	2000-01
2Xer	Donny Pritzlaff	Wisconsin	165	2000-01
2Xer	Johnny Thompson	Oklahoma State	133	2002-03
2Xer	Tommy Rowlands	Ohio State	Hwt	2002-04
2Xer	Damion Hahn	Minnesota	197	2003-04
2Xer	Ryan Bertin	Michigan	157	2003-05
2Xer	Teyon Ware	Oklahoma	141	2003-05
2Xer	Steve Mocco	Oklahoma State	Hwt	2003-05
2Xer	Travis Lee	Cornell	125, 133	2003, 2005
2Xer	Chris Pendleton	Oklahoma State	174	2004-05
2Xer	Joe Dubuque	Indiana	125	2005-06
2Xer	Johny Hendricks	Oklahoma State	165	2005-06
2Xer	Cole Konrad	Minnesota	Hwt	2006-07
2Xer	Ben Askren	Missouri	174	2006-07
2Xer	Matt Valenti	Penn	133	2006-07
2Xer	Mark Perry	Iowa	165	2007-08
2Xer	Jake Herbert	Northwestern	184	2007-09
2Xer	Brent Metcalf	Iowa	149	2008-10
2Xer	Jake Varner	Iowa State	197	2009-10
2Xer	Jordan Burroughs	Nebraska	157, 165	2009, 2011
2Xer	Matt McDonough	Iowa	125	2010-12
2Xer	Kellan Russell	Michigan	141	2011-12
2Xer	Jordan Oliver	Oklahoma State	133, 149	2011, 2013
2Xer	Quentin Wright	Penn State	184, 197	2011, 2013
2Xer	Tony Nelson	Minnesota	Hwt	2012-13
2Xer	David Taylor	Penn State	165	2012-14
2Xer	Jesse Delgado	Illinois	125	2013-14
2Xer	Chris Perry	Oklahoma State	174	2013-14
2Xer	Nick Gwiazdowski	NC State	Hwt	2014-15
2Xer	Gabe Dean	Cornell	184	2015-16
2Xer	Isaiah Martinez	Illinois	157	2015-16
2Xer	Dean Heil	Oklahoma State	141	2016-17
2Xer	Vincenzo Joseph	Penn State	165	2017-18
2Xer	Zahid Valencia	Arizona State	174	2018-19
2Xer	Nick Suriano	Rutgers, Michigan	133, 125	2019, 2022
2Xer	Roman Bravo-Young	Penn State	133	2021-22
2Xer	Nick Lee	Penn State	141	2021-22
2Xer	Carter Starocci	Penn State	174	2021-22
2Xer	Aaron Brooks	Penn State	184	2021-22
2Xer	Gable Steveson	Minnesota	285	2021-22

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Fanco Wrestling is the fan's source for D1 college wrestling news & discussion. After starting in 2019, Fanco has grown to **serve the wrestling community** with videos, articles, graphics, and podcasts.

Founder Josiah Hritsko is a Penn State alum and former wrestler who seeks to build a stronger wrestling community by sparking captivating conversations through his content.

Fanco has **grown an audience to over 45K followers** across multiple social platforms. You can follow Fanco Wrestling on YouTube, Instagram, Twitter, TikTok, Apple Podcasts, and Spotify with the handle @FancoWrestling.

In 2020 Fanco was voted Wrestling Content Creator of the Year by Stalemates and in 2021 became a National Wrestling Media Outlet of the Year finalist

Josiah's content has also been recognized by the NCAA, FloWrestling, Intermat, UFC, and other major wrestling media outlets.