

2022 WOMEN'S COLLEGIATE FREESTYLE WRESTLING SUMMARY



USA
WRESTLING

USA WRESTLING GIRLS HIGH SCHOOL DEVELOPMENT COMMITTEE

COMMITTED TO SUPPORTING ATHLETES, COACHES & STATE
ASSOCIATIONS IN THE PROCESS OF GROWING GIRLS WRESTLING



NWCA NATIONAL DUALS NAIA CHAMPIONS - LIFE UNIVERSITY

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We would like to thank the National Wrestling Coaches Association (NWCA) for providing girls high school hydration data for 2020-2022.

For those states not using the NWCA Optimal Performance Calculator, participation numbers have been provided by State Interscholastic Athletic Association offices.

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Source: USA Wrestling Girls High School Development Committee
Co-Chairs Joan Fulp and Andrea Yamamoto**

Women's Collegiate Freestyle Wrestling Programs by NFHS Section

Pages 3-11 include women's collegiate program information grouped by the 8 NFHS Sections.
2017-2022 Girls high school participation data is also included.

Collegiate Programs NFHS Section 1 Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont

	State	College/University	Division
1	New Jersey	New Jersey City University	NCAA Div III
2	New York	Elmira College	NCAA Div III
3	New York	Nassau Community College	NJCAA
4	Connecticut	Sacred Heart	NCAA Div I
5	Massachusetts	Springfield Technical Community College	NJCAA
6	Massachusetts	Western New England University	NCAA Div III
7	New Hampshire	New England College	NCAA Div III

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
2020	Connecticut	162	COVID	146	131	98	80
2019	Maine	66	COVID	56	78	74	61
2019	Massachusetts	105	COVID	140	126	103	103
	New Hampshire	35	COVID	29	38	34	19
2019	New Jersey	723	COVID	695	477	129	116
	New York	553	COVID	733	168	87	
	Rhode Island	51	COVID	57	32	20	22
	Vermont	15	COVID	4	9	3	9

Collegiate Programs NFHS Section 2 Midwest: Delaware, District of Columbia, Kentucky, Maryland, Ohio, Pennsylvania, Virginia, West Virginia

	State	College/University	Division
1	Kentucky	Campbellsville University	NAIA
2	Kentucky	University of The Cumberlands	NAIA
3	Ohio	Lourdes University	NAIA
4	Ohio	Tiffin University	NCAA Div II
5	Ohio	Hiram College	NCAA Div III
6	Pennsylvania	Cedar Crest College	NCAA Div III
7	Pennsylvania	Delaware Valley University	NCAA Div III
8	Pennsylvania	East Stroudsburg University	NCAA Div II
9	Pennsylvania	Gannon University	NCAA Div II
10	Pennsylvania	Lackawanna College	NJCAA
11	Pennsylvania	Lock Haven University	NCAA Div II
12	Pennsylvania	Alvernia University	NCAA Div III
13	Pennsylvania	York College	NCAA Div III
14	Pennsylvania	Ursinus College	NCAA Div III
15	Virginia	Ferrum College	NCAA Div III
16	Virginia	Emory & Henry College	NCAA Div III
17	Virginia	Marymount University	NCAA Div III
18	West Virginia	Alderson Broaddus University	NCAA Div II
19	West Virginia	Bluefield State (HBCU)	NCAA Div II

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
	Delaware	37	COVID	29	11	25	12
	District of Columbia		COVID		7		
	Kentucky	315	COVID	221	123	62	52

2020	Maryland	178 ¹	COVID	416	199	146	152
2023	Ohio	746	COVID	449	224 ²	292	195
	Pennsylvania	565	COVID	229	202	160	152
	Virginia	390	COVID	348	232	246	159
	West Virginia	98	COVID	63	47	43	36

Collegiate Programs NFHS Section 3 South: Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee

	State	College/University	Division
1	Alabama	Huntingdon College	NCAA Div III
2	Georgia	Brewton Parker College	NAIA
3	Georgia	Emmanuel College	NCAA Div II
4	Georgia	Life University	NAIA
5	Tennessee	King University	NCAA Div II
6	Tennessee	Lincoln Memorial University	NCAA Div II
7	South Carolina	Limestone College	NCAA Div II
8	South Carolina	Presbyterian College	NCAA Div I
9	North Carolina	St Andrews University	NAIA
10	North Carolina	Greensboro College	NCAA Div III
11	North Carolina	Montreat College	NAIA
12	North Carolina	University of Mount Olive	NCAA Div II

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
	Alabama	248	COVID	45	35 ³	37	46

¹ This data represents girls tournament competitors at the 2022 MPSSAA Girls State Wrestling Championship

² NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

³ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

2019	Georgia	816	COVID	650	427	239	173
2022	Florida	1096	COVID	708	475	447	358
	Louisiana	51	COVID	60	16	16	20
	Mississippi		COVID				
2024	N. Carolina	594	COVID	379	232	189	175
	S. Carolina	166	COVID	108	69	90	63
2015	Tennessee	651	COVID	515	414	313	294

Collegiate Programs NFHS Section 4 Central: Illinois, Indiana, Iowa, Michigan, Wisconsin

	State	College/University	Division
1	Illinois	Aurora University	NCAA Div III
2	Illinois	McKendree University	NCAA Div II
3	Illinois	North Central College	NCAA Div III
4	Illinois	Augustana College	NCAA Div III
5	Indiana	Indiana Institute of Technology	NAIA
6	Indiana	Trine University	NCAA Div III
7	Iowa	Cornell College	NCAA Div III
8	Iowa	Grand View University	NAIA
9	Iowa	Indian Hills Community College	NJCAA
10	Iowa	Iowa Central Community College	NJCAA
11	Iowa	Iowa Wesleyan University	NCAA Div III
12	Iowa	Iowa Western Community College	NJCAA
13	Iowa	Simpson College	NCAA Div III
14	Iowa	University of Iowa	NCAA Div I
15	Iowa	Waldorf University	NAIA
16	Iowa	Wartburg College	NCAA Div III
17	Iowa	William Penn University	NAIA
18	Michigan	Adrian College	NCAA Div III

	State	College/University	Division
19	Michigan	Albion College	NCAA Div III
20	Michigan	Alma College	NCAA Div III
21	Michigan	Davenport	NCAA Div II
22	Michigan	Grand Valley State University	NCAA Div II
23	Michigan	Northern Michigan University	NCAA Div II
24	Michigan	Rochester University	NAIA
25	Michigan	Siena Heights University	NAIA
26	Wisconsin	Carthage College	NCAA Div III
27	Wisconsin	Concordia University Wisconsin	NCAA Div III
28	Wisconsin	University of Wisconsin-Stevens Point	NCAA Div III
29	Wisconsin	Lakeland University	NCAA Div III

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
2022	Illinois	903	COVID	835	676		
	Indiana	398	COVID	149	259	217	114
2023	Iowa	1022	COVID	571	204	210	99
2022	Michigan	652	COVID	495	327	376	243
2022	Wisconsin	444	COVID	365	288 ⁴	225	203

College Programs NFHS Section 5 Midwest: Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota

	State	College/University	Division
1	Kansas	Baker University	NAIA
2	Kansas	Central Christian College	NAIA
3	Kansas	Friends University	NAIA
4	Kansas	Northwest Kansas Technical School	NJCAA

⁴ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

	State	College/University	Division
5	Kansas	Ottawa University	NAIA
6	Kansas	University of Saint Mary	NAIA
7	Minnesota	Augsburg University	NCAA Div III
8	Missouri	Avila University	NAIA
9	Missouri	Central Methodist University	NAIA
10	Missouri	Fontbonne University	NCAA Div III
11	Missouri	Lindenwood University	NCAA Div II
12	Missouri	Missouri Baptist University	NAIA
13	Missouri	Missouri Valley College	NAIA
14	Missouri	University Health Sciences and Pharmacy	NAIA
15	Missouri	Westminster College	NCAA Div III
16	Missouri	William Jewell	NCAA Div II
17	Nebraska	Chadron State College	NCAA Div II
18	Nebraska	Doane University	NAIA
19	Nebraska	Hastings College	NAIA
20	Nebraska	Midland University	NAIA
21	Nebraska	York College	NAIA
22	North Dakota	Minot State University	NCAA Div II
23	North Dakota	University of Jamestown	NAIA
24	South Dakota	Dakota Wesleyan University	NAIA

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
2020	Kansas	858	COVID	972	276	215	112
2022	Nebraska	695	COVID	186	168	125	131
2022	North Dakota	250	COVID	46	27	20	24
2022	Minnesota	234	COVID	142	20	20	19
2019	Missouri	1733	COVID	1425	956	169 ⁵	123

⁵ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

2021	South Dakota	279	COVID	35	36	35	39
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Collegiate Programs NFHS Section 6 Southwest: Arkansas, Colorado, New Mexico, Oklahoma, Texas

	State	College/University	Division
1	Arkansas	Lyon College	NAIA
2	Arkansas	University of the Ozarks	NCAA Div III
3	Colorado	Colorado Mesa University	NCAA Div II
4	Texas	Jarvis Christian College	NAIA
5	Texas	Schreiner University	NCAA Div III
6	Texas	Texas Wesleyan University	NAIA
7	Texas	Texas Woman's University	NCAA Div II
8	Texas	Wayland Baptist University	NAIA
9	Oklahoma	Oklahoma City University	NAIA
10	Oklahoma	Carl Albert State College	NJCAA

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
2020	Arkansas	349	COVID	165	54	51	54
2019	Colorado	582	COVID	357	140	386	164
2020	New Mexico	381	COVID	296	154	136	91
2021	Oklahoma	637	COVID	309	98	92	72
1999	Texas	3688	COVID	3554	4421	3869	4140

Collegiate Programs NFHS Section 7 West: Arizona, California, Hawaii, Nevada, Utah

	State	College/University	Division
1	California	Menlo College	NAIA
2	California	Simpson University	NAIA
3	Utah	Snow College	NJCAA

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
2019	Arizona	889	COVID	891	481	295	243
2011	California	5467	COVID	6817	6014	5286	4505
1998	Hawaii	407	COVID	587	620	592	562
2021	Nevada	220	COVID	191	124	123 ⁶	116
2021	Utah	949	COVID	212	124	101	55

⁶ NFHS participation numbers are not available for this state and year. All data in blue represents the NWCA Optimal Performance Calculator girls' hydration numbers for that state and year.

Collegiate Programs NFHS Section 8 Northwest: Alaska, Idaho, Montana, Oregon, Washington, Wyoming

	State	College/University	Division
1	Oregon	Eastern Oregon University	NAIA
2	Oregon	Pacific University	NCAA Div II
3	Oregon	Southern Oregon University	NAIA
4	Oregon	Southwestern Oregon Community College	NJCAA
5	Oregon	Umpqua Community College	NJCAA
6	Oregon	Linfield University	NCAA Div III
7	Oregon	Corban University	NAIA
8	Washington	Big Bend Community College	NJCAA
9	Washington	Grays Harbor College	NJCAA
10	Montana	University of Providence	NAIA
11	British Columbia (Canada)	Simon Fraser University	NCAA Div II

Year of 1st Championship	State	Hydration 2021-2022	COVID	Hydration 2019-2020	NFHS 2018-2019	NFHS 2017-2018	NFHS 2016-2017
2014	Alaska	252	COVID	341	347	337	271
2022	Idaho	444	COVID	223	112	93	40
2021	Montana	315	COVID	77	40	32	24
2019	Oregon	923	COVID	850	597	498	348
2007	Washington	1906	COVID	2240	1864	1222	1514
2023	Wyoming	56	COVID	36	22	20	12

Women's Collegiate Freestyle Wrestling Programs by Division & State

1	Lyon College	Arkansas	NAIA
2	Menlo College	California	NAIA
3	Simpson University	California	NAIA
4	Brewton Parker College	Georgia	NAIA
5	Life University	Georgia	NAIA
6	Indiana Institute of Technology	Indiana	NAIA
7	Grand View University	Iowa	NAIA
8	Iowa Wesleyan University	Iowa	NAIA
9	Waldorf University	Iowa	NAIA
10	William Penn University	Iowa	NAIA
11	Baker University	Kansas	NAIA
12	Central Christian College	Kansas	NAIA
13	Friends University	Kansas	NAIA
14	Ottawa University	Kansas	NAIA
15	University of Saint Mary	Kansas	NAIA
16	Campbellsville University	Kentucky	NAIA
17	University of The Cumberland	Kentucky	NAIA
18	Rochester University	Michigan	NAIA
19	Siena Heights University	Michigan	NAIA
20	Avila University	Missouri	NAIA
21	Central Methodist University	Missouri	NAIA
22	Missouri Baptist University	Missouri	NAIA
23	Missouri Valley College	Missouri	NAIA
24	University of Health Sciences & Pharmacy	Missouri	NAIA
25	University of Providence	Montana	NAIA
26	Doane University	Nebraska	NAIA
27	Hastings College	Nebraska	NAIA
28	Midland University	Nebraska	NAIA

29	York College	Nebraska	NAIA
30	Montreat College	North Carolina	NAIA
31	St. Andrews University	North Carolina	NAIA
32	University of Jamestown	North Dakota	NAIA
33	Lourdes University	Ohio	NAIA
34	Oklahoma City University	Oklahoma	NAIA
35	Corban University	Oregon	NAIA
36	Eastern Oregon University	Oregon	NAIA
37	Southern Oregon University	Oregon	NAIA
38	Dakota Wesleyan University	South Dakota	NAIA
39	Texas Wesleyan University	Texas	NAIA
40	Wayland Baptist University	Texas	NAIA
1	Sacred Heart University	Connecticut	NCAA Div I
2	University of Iowa	Iowa	NCAA Div I
3	Presbyterian College	South Carolina	NCAA Div I
1	Simon Fraser University (Canada)	British Columbia	NCAA Div II
2	Colorado Mesa University	Colorado	NCAA Div II
3	Emmanuel College	Georgia	NCAA Div II
4	McKendree University	Illinois	NCAA Div II
5	Davenport University	Michigan	NCAA Div II
6	Grand Valley State University	Michigan	NCAA Div II
7	Northern Michigan University	Michigan	NCAA Div II
8	Lindenwood University	Missouri	NCAA Div II
9	William Jewell College	Missouri	NCAA Div II
10	Chadron State College	Nebraska	NCAA Div II
11	University of Mount Olive	North Carolina	NCAA Div II
12	Minot State University	North Dakota	NCAA Div II
13	Tiffin University	Ohio	NCAA Div II
14	East Stroudsburg University	Pennsylvania	NCAA Div II
15	Gannon University	Pennsylvania	NCAA Div II
16	Lock Haven University	Pennsylvania	NCAA Div II

17	Limestone College	South Carolina	NCAA Div II
18	Bluefield State (HBCU)	West Virginia	NCAA Div II
19	King University	Tennessee	NCAA Div II
20	Lincoln Memorial University	Tennessee	NCAA Div II
21	Texas Woman's University	Texas	NCAA Div II
22	Alderson Broaddus University	West Virginia	NCAA Div II
1	Huntingdon College	Alabama	NCAA Div III
2	University of The Ozarks	Arkansas	NCAA Div III
3	Augustana College	Illinois	NCAA Div III
4	Aurora University	Illinois	NCAA Div III
5	North Central College	Illinois	NCAA Div III
6	Trine University	Indiana	NCAA Div III
7	Cornell College	Iowa	NCAA Div III
8	Simpson College	Iowa	NCAA Div III
9	Wartburg College	Iowa	NCAA Div III
10	Western New England University	Massachusetts	NCAA Div III
11	Alma College	Michigan	NCAA Div III
12	Adrian College	Michigan	NCAA Div III
13	Albion College	Michigan	NCAA Div III
14	Augsburg University	Minnesota	NCAA Div III
15	Fontbonne University	Missouri	NCAA Div III
16	Westminster College	Missouri	NCAA Div III
17	New England College	New Hampshire	NCAA Div III
18	Elmira College	New York	NCAA Div III
19	Greensboro College	North Carolina	NCAA Div III
20	Hiram College	Ohio	NCAA Div III
21	Linfield University	Oregon	NCAA Div III
22	Pacific University	Oregon	NCAA Div III
23	Cedar Crest College	Pennsylvania	NCAA Div III
24	Alvernia University	Pennsylvania	NCAA Div III
25	Delaware Valley University	Pennsylvania	NCAA Div III
26	Ursinus College	Pennsylvania	NCAA Div III

27	York College	Pennsylvania	NCAA Div III
28	Emory & Henry College	Virginia	NCAA Div III
29	Ferrum College	Virginia	NCAA Div III
30	Marymount University	Virginia	NCAA Div III
31	Carthage College	Wisconsin	NCAA Div III
32	Concordia University Wisconsin	Wisconsin	NCAA Div III
33	University of Wisconsin-Stevens Point	Wisconsin	NCAA Div III
34	Lakeland University	Wisconsin	NCAA Div III
35	New Jersey City University	New Jersey	NCAA Div III
36	Schreiner University	Texas	NCAA Div III
1	Sacramento City College	California	NJCAA
2	Indian Hills Community College	Iowa	NJCAA
3	Iowa Central Community College	Iowa	NJCAA
4	Iowa Western Community College	Iowa	NJCAA
5	Northwest Kansas Technical School	Kansas	NJCAA
6	Springfield Technical Community College	Massachusetts	NJCAA
7	Nassau Community College	New York	NJCAA
8	Carl Albert State College	Oklahoma	NJCAA
9	Southwestern Oregon Community College	Oregon	NJCAA
10	Umpqua Community College	Oregon	NJCAA
11	Lackawanna College	Pennsylvania	NJCAA
12	Snow College	Utah	NJCAA
13	Big Bend Community College	Washington	NJCAA
14	Grays Harbor College	Washington	NJCAA

High School Girls Wrestling Participation Totals

Data from 1990-2019 is from the National Federation of State High School Associations. Beginning 2020, data in blue represents the National Wrestling Coaches Association's girls weight hydration numbers or directly from a state's interscholastic office.

Year	Participants	# Increase	%Growth
2022	33,228	4,576	16.09%
2021	COVID	COVID	COVID
2020	28,447	7,323	34.67%
2019	21,124	4,562	27.54%
2018	16,562	1,975	13.54%
2017	14,587	1,091	8.08%
2016	13,496	2,000	17.40%
2015	11,496	1,592	16.07%
2014	9,904	1,177	13.49%
2013	8,727	492	5.97%
2012	8,235	884	12.03%
2011	7,351	1,217	19.84%
2010	6,134	109	1.81%
2009	6,025	498	9.01%
2008	5,527	479	9.49%
2007	5,048	73	1.47%
2006	4,975	641	14.79%
2005	4,334	326	8.13%
2004	4,008	239	6.34%
2003	3,769	364	10.69%
2002	3,405	373	12.30%
2001	3,032	558	22.55%
2000	2,474	113	4.79%
1999	2,361	454	23.81%
1998	1,907	278	17.07%
1997	1,629	465	39.95%
1996	1,164	360	44.78%
1995	804	21	2.68%
1994	783	379	93.81%
1993	404	91	29.07%
1992	313	181	137.12%
1991	132	20	17.86%
1990	112		

2022 Women's Collegiate Freestyle Wrestling Notes:

As of 3/13/22 there are 117 women's varsity collegiate freestyle wrestling programs across the NAIA and NCAA Divisions I II & III

3 Women's NCAA D1 Varsity Teams

1. University of Iowa, IA
2. Presbyterian College, SC
3. Sacred Heart University, CT

5 NCAA D1 Schools with Women's Wrestling clubs:

1. Columbia University, NY
2. Harvard University, MA
3. Princeton University
4. Rutgers University
5. Lehigh University
6. University of Pennsylvania??

2 NCAA D1 Schools with Women on the Men's Team:

1. Arizona State University, AZ
2. Princeton University, NJ

6 NCAA D1 Schools with Affiliated Regional Training Centers (RTC) that support women:

1. LVWC RTC, Lehigh University, PA
2. Tar Heels RTC, UNC Chapel Hill, NC
3. NYCRTC, Columbia University, NY
4. The Dam RTC, Oregon State University, OR
5. Wisconsin RTC, University of Wisconsin, WI
6. Sunkist RTC, University of Arizona, AZ

Women's NJCAA National Championship

February 19

Umpqua Community College, Umpqua OR

10 Weight Classes

81 Wrestlers

6 Teams

Indian Hills Community College - Highest Team Score

2022 NAIA Women's Wrestling National Invitational

March 11-12

Harold Newman Arena, Jamestown ND

10 Weight Classes

Team Championship

Top 6 Earn NAIA All-American Honors

Women's NJCAA National Dual Championships

February 20

Umpqua Community College, Umpqua OR

10 Weight Classes

83 Wrestlers

6 Teams

Indian Hills Community College - Champions

US Marine Corps NWCA Multi-Division National Dual Meet Championships

January 6-7

Kentucky International Convention Center, Louisville KY

270 Wrestlers

23 Teams

King University - NCAA Women's Champions

Life University - NAIA Women's Champions

Girls and women are shaping wrestling to become a mainstream inclusive sport at all development and competitive levels.

Thank you for your commitment to girls and women's wrestling.

Joan and Andrea

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