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WRESTLING Schedule & Results Statistics Standings Championship Links +

2023 Wrestling Championship

2023 SoCon Wrestling Championship

March 4 • Holmes Convocation Center • Boone, N.C.

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App State won the Southern Conference Wrestling Championship at the Holmes Convocation Center in Boone, North Carolina. The Mountaineers' victory was their first title since 2018 and ended Campbell's quest for a fifth straight championship. App State head coach, JohnMark Bentley, earned SoCon Coach of the Year for the sixth time, while Chattanooga's Brayden Palmer (133) was named the tournament's most outstanding wrestler after taking home the 133-pound crown as a No. 3 seed.

Schedule:

- 6:30 a.m. - 10:00 a.m. Open Mats and Scales
- 7:45 a.m. - Medical Exams/Skin Checks
- 8:00 a.m. - Weigh-ins
- 9:00 a.m. - Doors Open to the public
- 10:00 a.m. - First Round Matches
- 12:00 p.m. - Semifinals
- 2:00 p.m. - Consolation Quarterfinals immediately followed by Consolation Semifinals
- 5:30 p.m. - Consolation Finals
- 6:15 p.m. - Student-Athlete Meal
- 7:00 p.m. - Finals / True Place Matches/ Awards Ceremony

Tickets: [Southern Conference 2023 Wrestling Championships](#)

Holmes Convocation Center has a clear bag policy

Review of past championships:

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2023 Champion: App State



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