

Top-10 Wrestlers to Watch at 184 pounds



A. Sinclair



R. Welsh



A. Ferrari



M. McEnelly



S. Allred



J. Conway



D. Fishback



B. Mantanona



E. Neitenbach



Z. Ryder

The following is a look at WIN's Top-10 ranked wrestlers, plus other notable wrestlers, at 184 pounds before the conference/NCAA qualifying tournaments. Go to WIN-Magazine.com for an updated NCAA preview after the qualifiers.

1. Aeoden Sinclair, Missouri, Fr., Edgerton, Wis.

Note: Placed 2nd at 2025 US Open in Senior and U20 divisions at 92 kg.
Season/Career Record: 22-1/22-1
2025/Career NCAA Resume: n/a
Regular-Season Notes: Lone loss on record was a 3-2 TB decision against No. 3 Angelo Ferrari of Iowa at the National Duals Invitational; Tiger Style Invite champ and Soldier Salute champion; earned victories over No. 4 Max McEnelly, No. 5 Silas Allred, No. 8 Brock Mantanona and No. 10 Zack Ryder.

2. Rocco Welsh, Penn State, So., Waynesburg, Pa.

Note: Transferred from Ohio State after redshirting 2024-25 season.
Season/Career Record: 17-0/41-5
2025/Career NCAA Resume: 2nd in 2024.
Regular-season Notes: Earned victories over

No. 3 Angelo Ferrari, No. 5 Silas Allred (via major decision), No. 7 Dylan Fishback and No. 8 Brock Mantanona.

3. Angelo Ferrari, Iowa, So., Melissa, Texas

Note: Went 6-1 as a redshirt in 2024-25 with only loss coming to Penn State's Carter Starocci.
Season/Career Record: 9-1/9-1
2025/Career NCAA Resume: n/a
Regular-Season Notes: Injury-shortened season: handed No. 1 Aeoden Sinclair his first and only loss, 3-2 TB, at the National Duals Invite; defeated No. 10 Zack Ryder, 4-2, also at NDI; only loss came against No. 2 Rocco Welsh, 2-1 TB, on Jan. 16; Ferrari has not competed since the Iowa-Penn State dual.

4. Max McEnelly, Minnesota, So., Waconia, Minn.

Note: Won a U20 World championship last summer at 86 kg in men's freestyle.
Season/Career Record: 17-1/42-3
NCAA Resume: 3rd in 2025.
Regular-Season Notes: Lost to No. 1 Aeoden Sinclair, 6-3, at National Duals Invitational; riding a 12-match winning streak heading into Big Tens with wins over No. 5 Silas Allred and two

victories over No. 7 Dylan Fishback.

5. Silas Allred, Nebraska, Sr., Anderson, Ind.

Note: Dropped from 197 pounds after 2023-24 season.
Season/Career Record: 15-6/88-29
2025/Career NCAA Resume: 7th in 2025; R12 in 2024; R12 in 2023.
Regular-Season Notes: Navy Classic champ; has two wins over No. 10 Zack Ryder; split matches with No. 7 Dylan Fishback.

6. James Conway, Franklin & Marshall, Sr., Towson, Md.

Note: 2024 NCAA Elite 90 recipient; first Diplomat to win the CKLV Invite in program history.
Season/Career Record: 29-1/87-38
2025/Career NCAA Resume: 1-2 in 2024.
Regular-Season Notes: CKLV champ with wins over ISU's Isaac Dean and Michigan's No. 8 Brock Mantanona; Southeast Open champ and F&M Open champ; only loss came to returning All-American Jaxon Smith (Maryland), who opted to take an injury redshirt in January.

7. Dylan Fishback, Ohio State, Jr., Aurora, Ohio

Note: Transferred from NC State.
Season/Career Record: 13-6/49-23
2025/Career NCAA Resume: R12 in 2025; R12 in 2024.
Regular-Season Notes: Clarion Open champ; earned a 10-7 decision over No. 9 Eddie Neitenbach of Wyoming at National Duals Invite; split matches with Silas Allred; defeated by No. 2 Rocco Welsh, 7-6, No. 3 Angelo Ferrari, 4-1 SV, and No. 4 Max McEnelly, 4-1 SV.

8. Brock Mantanona, Michigan, Fr., Palm Desert, Calif.

Note: Younger brother of Michigan's 174-pounder Beau Mantanona, who reached the Blood Round at 165 pounds in 2025.
Season/Career Record: 15-5/15-5
2025/Career NCAA Resume: n/a
Regular-Season Notes: Placed 3rd at CKLV Invite; defeated No. 5 Silas Allred at National Duals Invitational; beat No. 7 Dylan Fishback, 4-1, on Feb. 1; defeated by Iowa's Gabe Arnold, 3-2 TB, on Feb. 13.

9. Eddie Neitenbach, Wyoming, So., Valley City, Ohio

Note: Won two matches at NCAAs in 2025 as a true freshman.
Season/Career Record: 16-5/30-14
2025/Career NCAA Resume: 2-2 in 2025.
Regular-Season Notes: Pinned Iowa State's



184-Pound Preview

Isaac Dean and defeated WVU's Ian Bush at CKLV Invite; defeated Bush for a second time in dual action on Jan. 24; riding an eight-match winning streak heading into Big 12 Championships.

10. Zack Ryder, Oklahoma State, Fr., Westtown, N.Y.

Note: Transferred from Penn State; 2024 U20 World silver medalist.
Season/Career Record: 10-6/10-6
2025/Career NCAA Resume: n/a
Regular-Season Notes: SIUE Cougar Clash champ; defeated WVU's Ian Bush; took down Oklahoma's Brian Soldano, 10-6, in Bedlam dual; lost twice to No. 5 Silas Allred; fell against No. 1 Aeoden Sinclair and No. 3 Angelo Ferrari as well as Cornell's Christian Hansen, who later succumbed to a season-ending injury.

Others to Watch

- Illinois sophomore **Chris Moore** came on strong in the second half of the season, winning six of his last seven bouts. Moore defeated No. 8 Brock Mantanona as well as Rutgers' **Shane Cartagena-Walsh**.

- **Isaac Dean** of Iowa State, a fifth-year senior transfer from Rider who reached the Round of 16 last season, is 14-5. Dean has wins to his credit against other podium hopefuls including 2025 Blood-Rounder **Aidan Brenot** (NDSU), **Rylan Rogers** (Lehigh) and Ohio's **Sal Perrine** (twice).

- Northern Iowa's **Nick Fox** was a late addition to the Panther lineup, but the 9-3 sophomore racked up a few notable wins in limited action, especially over No. 10 Zack Ryder, 3-1 SV on Jan. 30. The Panther has won nine of his last 10 bouts, with his losses this season coming to No. 5 Silas Allred and WVU's Ian Bush. ■

2025 All-American Matches at 184 (seed in parenthesis)

- 1st** - (1) Carter Starocci (Penn State) dec. (2) Parker Keckeisen (UNI), 4-3
3rd - (3) Max McEnelly (Minnesota) dec. (4) Dustin Plott (OK State), 6-5
5th - (6) Chris Foca (Cornell) dec. (8) Jaxon Smith (Maryland), 7-4
7th - (12) Silas Allred (Nebraska) dec. (22) Donnell Washington (Ind.), 4-2

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