



86 KG MEN'S FREESTYLE WRESTLING

AUGUST 20, 2016 // CARIOCA 2 ARENA // RIO DE JANEIRO, BRAZIL

FOLLOW J'DEN COX AT #RIO2016

SCHEDULE

QUALIFICATION ROUND 8 a.m. CT
 MEDAL ROUND 2 p.m. CT

BROADCAST

TV NBC Family of Networks
 LIVE STREAM NBCOlympics.com

EVENT INFO

BRACKET unitedworldwrestling.org
 LIVE STATS FloWrestling.org

SOCIAL

TWITTER

Mizzou Wrestling twitter.com/MizzouWrestling
 J'den Cox twitter.com/SuperstarW14T
 Coach Smith twitter.com/mutigerstyle
 MWF twitter.com/WrestleMWF
 USA Wrestling twitter.com/USAWrestling

FACEBOOK

Mizzou Wrestling facebook.com/MizzouWrestling
 MWF facebook.com/missouriwrestlingfoundation
 USA Wrestling facebook.com/usawrestling

INSTAGRAM

Mizzou Wrestling instagram.com/MizzouWrestling

THE J'DEN COX FILE

- SENIOR
 - COLUMBIA, MO.
 - MIZZOU WRESTLING
 - MISSOURI WRESTLING FOUNDATION



COLLEGIATE STATS

SEASON	OVERALL	DUALS (MAC)	MD	F	TF
2013-14	38-2	11-1 (7-1)	10	4	3
2014-15	37-2	21-0 (6-0)	7	8	4
2015-16	33-1	15-1 (7-1)	7	9	7
CAREER	108-5	47-2 (20-2)	24	21	14

Date of Birth March 3, 1995
 Parents Mike and Cathy
 Siblings Zach, Drae & Chai
 Major Psychology

High School

Hickman High 2010 State Champion (171 pounds)
 2011 State Champion (215 pounds)
 2012 State Champion (220 pounds)
 2013 State Champion (HWT)
 Record 205-3
 2011 Fargo Cadet Greco-Roman Champion (215 pounds)
 2012 Fargo Junior Freestyle Champion (220 pounds)
 2013 NHSCA Adam Frey Memorial Award
 2013 Dave Schultz High School Excellence Award (cent. region)

2013-14 (Freshman Year at Mizzou)

Record 38-2 (11-1 duals)
 NCAA National Champion (197 pounds)
 NCAA All-American (197 pounds)
 MAC Champion (197 pounds)
 MAC Wrestler of the Year
 MAC Freshman Wrestler of the Year

2014-15 (Sophomore Year at Mizzou)

Record 37-2 (21-0 duals)
 NCAA All-American (5th Place, 197 pounds)
 MAC Champion (197 pounds)

2015-16 (Junior Year at Mizzou)

Record 33-1 (15-1 duals)
 NCAA National Champion (197 pounds)
 NCAA All-American (197 pounds)
 MAC Champion (197 pounds)
 MAC Wrestler of the Year

2016 (International Run)

Record 17-3
 Ranked Opponents Defeated 3

THE FIELD (COUNTRY, WRESTLER, WORLD RANKING AT 86 KG)

- Azerbaijan - Sharif Sharifov (No. 15)
- Belarus - Amharhaj Mahamedau (No. 17)
- Bulgaria - Mihail Ganev
- China - Bi Shenfeng (No. 19)
- Cuba - Reineris Perez (No. 3)
- Egypt - Mohamed Aly Zaghloul Mohamed
- Georgia - Sandro Aminashvili (No. 10)
- Hungary - Istvan Vereb (No. 16)
- Iran - Alireza Karimimachiani (No. 13)
- Kazakhstan - Aslan Kakhidze (No. 18)
- Korea - Kim Gwan-Uk (No. 20)
- Mongolia - Uitumen Orgodol (No. 6)
- Poland - Zbigniew Baranowski (No. 14)
- Puerto Rico - Jaime Espinal
- Russia - Abdurashid Sadulaev (No. 1)
- Tunisia - Mohamed Saadaoui
- Turkey - Selim Yasar (No. 4)
- United States - J'den Cox (No. 9)**
- Venezuela - Pedro Ceballos

ROAD TO RIO

- Entering his first Olympic appearance, J'den Cox is currently ranked No. 9 at 86 kg (189.5 lbs) in the United World Wrestling Freestyle Rankings.
- Since claiming his second NCAA Wrestling National Championship on March 19, Cox has wrestled in 20 freestyle matches, winning 17 of them while defeating three opponents ranked among the world's best, helping vault his way up the rankings.
- On April 10, Cox secured his spot on the U.S. National Team with a first-place finish at the U.S. Olympic Team Trials in Iowa City, Iowa. Cox, who entered the tournament as the No. 9-seed, advanced to the finals following wins over Clayton Foster, 2015 World Team member Jake Herbert and Keith Gavin. In the best-two-of-three finals bout, Cox defeated four-time NCAA Champion Kyle Dake, 2-1, to claim his spot on #TeamUSA.
- Cox's weight class, 86 kg, was still not qualified for Rio following the U.S. Olympic Team Trials. Cox was rushed to Mongolia two weeks later on April 24 in attempt to qualify the weight class. In Mongolia, Cox cruised to a first-place finish at the event, outscoring his opponents, 36-3, in five matches.
- Cox has wrestled in three events since officially qualifying for the Olympics, serving as a tune-up for Rio. At the Beat the Streets event in May, Cox defeated then-No. 10 Meisam Mostafa Joukar (Iran), 10-5 in the middle of Times Square. At the UWW Men's Freestyle World Cup in Los Angeles, Calif., on June 11-12, Cox helped guide Team USA to a fourth-place finish, going 3-1 while defeating No. 5 (then-No. 3) Alexander Gostiev (Azerbaijan), 3-2, and No. 13 (then-No. 6) Alireza Karimimachiani (Iran), 6-2. In his final appearance before Rio, Cox claimed the bronze medal at the Grand Prix of Germany on July 2, going 3-1 at the event.

J'DEN NOTES

- J'den Cox is the 29th athlete in Mizzou Athletics history to compete in the Olympics and the second in Mizzou Wrestling history, following Ben Askren, who competed in freestyle wrestling (74 kg) at the 2008 Beijing Olympics Games. Track and Field has produced the most Olympians in Mizzou history (21), followed by Swimming (3), Wrestling (2), Baseball (1), Basketball (1) and Softball (1).
- Cox won his second NCAA National Championship on March 19 at Madison Square Garden in New York City, N.Y. Cox became the second wrestler in program history to win two NCAA Titles, joining Ben Askren, who claimed the nation's top spot on the podium at 174 pounds in 2006 and 2007.
- The Hometown Tiger claimed his first NCAA title as a true-freshman in 2014, becoming the first Tiger to win an NCAA title as a freshman and just the 14th to do so in NCAA Wrestling history.
- With the first-place finish at the 2016 NCAA Championships, Cox became a three-time NCAA All-American, the fourth Mizzou grappler to earn the distinction three times (Ben Askren, 2004-07; Max Askren, 2008-10; Drake Houdashelt, 2013-15).
- Cox became the 24th member of Mizzou's 100-win club on Feb. 21, with a 16-7 major decision over Aaron Studebaker (Nebraska). He reached the century mark in 105 matches, the fastest to 100 wins in program history.
- Cox owns the best winning percentage of any wrestler in program history with 100 or more wins with a winning percentage of .955 (108-5), slightly ahead of Ben Askren's mark of .950 (153-8).
- In the Mizzou record book, Cox ranks fourth in career technical falls (14) and sixth in major decisions (24).



FIRST-TIME OLYMPIAN // TWO-TIME NCAA NATIONAL CHAMPION // THREE-

TIME

NCAA ALL-AMERICAN // THREE-TIME MAC

CAREER ACCOLADES:

- 2016 U.S. Olympian
- 2016 U.S. Olympic Team Trials Champion
- 2016 NCAA National Champion (197)
- 2016 MAC Champion (197 pounds)
- 2016 MAC Wrestler of the Year

- 2015 NCAA All-American (5th Place - 197)
- 2015 MAC Champion (197)
- 2014 NCAA National Champion (197)
- 2014 MAC Champion (197)
- 2014 MAC Wrestler of the Year
- 2014 MAC Freshmen of the Year

2015-16 (Jr.):

- Captured his second NCAA National Championship at 197 pounds on March 19 in a 4-2 win over No. 1-ranked Morgan McIntosh (Penn State), earning All-America Honors for the third consecutive season.
- One of two Mizzou wrestlers to win two NCAA titles (Ben Askren 2006-07).
- Fourth three-time All-American in program history, joining Ben Askren (4x, 2004-07), Max Askren (2008-10) and Drake Houdashelt (2013-15).
- Was awarded the "Most Outstanding Wrestler" at end-of-the-year banquet, earning the honor for the second time in career (2014).
- Finished the season with a 33-1 overall record and 15-1 dual record with nine falls, seven major decisions and seven technical falls.
- Ranked first on the team in wins (33), dual wins (15), dual points (65) and technical falls (7).
- Among program records, ranks first in career winning percentage (.958, 108-5), fourth in career technical falls (14), tied for fifth in technical falls in a season (7), sixth in career major decisions (24) and 14th in career wins (108).
- Won his third consecutive MAC title with a 9-1 major decision over Phil Wellington (Ohio) on March 6. Was named Most Outstanding Wrestler for tournament following two pins and a major decision en route to the title.
- Became the fastest wrestler in program history to reach 100 wins in a 16-7 major decision over No. 10-ranked Aaron Studebaker (Nebraska), doing so in 105 matches (Feb. 21).
- Bumped up to heavyweight against Cornell, scoring a 24-9 technical fall over Jeremy Sweany to secure an 18-17 victory for Mizzou (Jan. 10).
- Placed first at the Cliff Keen Las Vegas Invitational (Dec. 5), defeating three ranked opponents en route to the title, including a 22-7 technical fall over No. 20-ranked Derek Thomas (Utah Valley) in the quarterfinals round.
- Won the Championship at the Joe Parisi Open (Nov. 21), defeating No. 10-ranked Jacob Smith (West Virginia), 2-0, to capture the title.

2014-15 (So.):

- Earned All-American honors for the second straight year and cemented himself as one of the top 197 pound wrestlers in the country.
- Finished the season with a 37-2 total record, including a perfect 21-0 dual record (6-0 in MAC duals).
- Suffered his first season loss on March 20, 2015 in the 197 pound NCAA Championships semifinals matchup. Before the loss, had put together a 36-0 record and an NCAA leading 56 consecutive victories dating back to the end of his 2013-14 season.
- Heading into 2015 NCAA's, his 36 consecutive victories included a 197 pound championship at the Cyclone Open, a 197 pound title at the Southern Scuffle, and 197 pound top honors at the MAC Wrestling Championships.
- His perfect 3-0 record and 197 pound title at the MAC Wrestling Championships was his second straight crown.
- During his perfect 21-0 regular season dual record, he tallied 87 total dual points which led all Mizzou grapplers.
- Of his 37 season wins, 19 of those produced bonus points for the team (seven MD, four TF, and eight Falls).
- Defeated 12 nationally ranked wrestlers on the season, including two up a weight class at HWT.
- Highest ranked wins included 2-1 decision over No. 4 Morgan McIntosh (Penn State), 6-1 decision over No. 5 Conner Hartmann (Duke), 4-3 decision over No. 6 Nathan Burak (Iowa) and 3-2 decision over No. 8 Max Huntley (Michigan).



(2013-14) (Fr.)

- Keeping his redshirt off for this season, Cox had the most successful season on the Tiger squad, picking up 38 wins on the season as well as both a conference and national title at 197 pounds.
- In his first collegiate match of his career, Cox defeated Colt Castlebury of North Dakota State by major decision, 14-4.
- Claimed tournament titles at the Warren Williams/Daktronics, Joe Parisi and UNI Opens. Won all 13 of his matches across the three tournaments including wins over Blake Rosholt (Oklahoma St.), Basil Minto (UNI) and Willie Miklus (Mizzou).
- Finished in third place at the Southern Scuffle, picking up his first 3 ranked wins including two over No. 3 Morgan McIntosh (Penn State) and another over No. 15 Rosholt (Oklahoma St.).
- Won his remaining dual matches including ranked wins over No. 3 Travis Rutt (Oklahoma) and No. 19 Nolan Boyd (Oklahoma St.).
- Cox's only two regular season losses came against Phil Wellington (Ohio) during the Ohio dual and No. 2 Kyven Gadson (Iowa State) at the Southern Scuffle.
- Represented the Tigers at the 2014 MAC Championships. In a rematch from earlier in the season, Cox defeated Ohio's No. 8 Phil Wellington in the finals to claim his first conference title. The major decision (10-1) win helped the Missouri team claim their third-consecutive conference title. The win also gave him an automatic bid to the 2014 NCAA Championships.
- In what came down to an officials review on a possible takedown at the last second of the match (the official call was that the takedown occurred after the match had ended - it was a matter of seconds), Cox won his first NCAA National Championship by decision 2-1. He was the fourth Tiger wrestler, and the youngest, to win a National Championship, giving Mizzou its fifth title since 2006.
- Was honored with the 2014 MAC Freshman of the Year and 2014 MAC Wrestler of the Year awards.
- Earned two program awards - the Most Outstanding Wrestler Award and the Marshall Esteppe Most Outstanding Freshman Award.

HICKMAN HIGH SCHOOL (COLUMBIA, MO)

- Came to Mizzou with one of the most impressive high school resumes in the country.
- Lost three time his freshman year, and went undefeated for the remainder of high school, finishing with an overall record of 205-3. His senior season he went 56-0.
- Was the first Missouri wrestler to accomplish the feat of claiming four state titles in four different weight classes. Cox began at 171 pounds his freshman year, working his way up each year jumping to 215 pounds, 220 pounds and finally HWT his senior year.
- Made noise nationally after being crowned the 2012 Fargo Asics Nationals 220-pound Junior Freestyle Champion.
- In 2011, was the Fargo Asics Nationals Cadet Greco Roman Champion at 215-pounds, additionally taking third in the 215-pound freestyle bracket.
- Was a member of the 2013 Junior Nationals Duals All-Tournament Team.
- Won the 2013 NHSCA Adam Frey Memorial Award and the 2013 central region Dave Schultz High School Excellence Award from the National Wrestling Hall of Fame.
- Lettered in both wrestling and football all four years of his time at Hickman.
- Claimed All-State honors as a linebacker for the Hickman football team his junior year.

PERSONAL:

- J'den was born to Michael and Cathy Cox on March 3, 1995 in Columbia, Mo.
- Is the third of four children, with two older brothers, Zach and Drae, and sister, Chai.
- Brother, Drae, wrestled for Lindenwood University.

2013-14

Date	Opponent	School	W/L	Score	Record
*Nov. 1	Colt Castlebury	North Dakota St.	W	MD, 14-4	(1-0)
Warren Williams/Daktronics Open: CHAMPION					
Nov. 3	Micah Larson	SMSU	W	MD, 15-4	(2-0)
Nov. 3	Parker Settecase	Northern Illinois	W	MD, 10-1	(3-0)
Nov. 3	Richard Kokesh	[unattached]	W	TF, 18-3	(4-0)
Nov. 3	Willie Miklus	Missouri	W	Dec., 4-1	(5-0)
Nov. 3	Shawn Scott	Northern Illinois	W	MD, 14-4	(6-0)
Joe Parisi Open: CHAMPION					
Nov. 23	Cooper Hays	Minnesota St.	W	Fall, 1:56	(7-0)
Nov. 23	Dan Capp	Hannibal LaGrange	W	TF, 19-4	(8-0)
Nov. 23	Josh Manu	Missouri Valley	W	Fall, 5:50	(9-0)
Nov. 23	Blake Rosholt	Oklahoma State	W	Dec., 7-3	(10-0)
Dec. 6	Phil Wellington	*Ohio	L	Dec., 6-4	(10-1)

UNI Open: CHAMPION

Dec. 17	Nathan Rotert	South Dakota St.	W	Dec., 7-1	(11-1)
Dec. 17	Dane Pestano	Iowa State	W	Dec., 6-1	(12-1)
Dec. 17	Willie Miklus	Missouri	W	Dec., 5-1	(13-1)
Dec. 17	Basil Minto	Northern Iowa	W	Dec., 4-0	(14-1)

Southern Scuffle: Third

Jan. 1	Frank Abbondanza	North Carolina	W	Fall, 4:00	(15-1)
Jan. 1	Darnell Bortz	Oklahoma State	W	Dec., 5-0	(16-1)
Jan. 1	Zach Nye	Virginia	W	MD, 10-2	(17-1)
Jan. 2	(3) Morgan McIntosh	Penn State	W	Dec., 2-0	(18-1)
Jan. 2	(2) Kyven Gadson	Iowa State	L	SV-1, 3-1	(18-2)
Jan. 2	(15) Blake Rosholt	Oklahoma State	W	Dec., 4-0	(19-2)
Jan. 2	(3) Morgan McIntosh	Penn State	W	Dec., 8-2	(20-2)
Jan. 11	Chris Johnson	SIUE	W	Fall, 2:34	(21-2)
Jan. 19	Jackson Lewis	*Central Michigan	W	MD, 11-0	(22-2)
Jan. 24	Basil Minto	*Northern Iowa	W	Dec., 8-1	(23-2)
Jan. 25	Shawn Scott	*Northern Illinois	W	Dec., 8-5	(24-2)
Jan. 30	(3) Travis Rutt	Oklahoma	W	Dec., 6-1	(25-2)
Jan. 31	(19) Nolan Boyd	Oklahoma State	W	Dec., 9-3	(26-2)
Feb. 7	James Benjamin	*Buffalo	W	MD, 9-0	(27-2)
Feb. 8	Anthony Abro	*Eastern Michigan	W	Dec., 10-5	(28-2)
Feb. 16	Kevin Beazley	*Old Dominion	W	Dec., 9-2	(29-2)
Feb. 21	Cole Baxter	*Kent State	W	Dec., 5-0	(30-2)

2014 MAC Championships: CHAMPION

March 8	Jackson Lewis	Central Michigan	W	TF, 21-6	(31-2)
March 8	Shawn Scott	Northern Iowa	W	MD, 11-1	(32-2)
March 9	(8) Phil Wellington	Ohio	W	MD, 10-1	(33-2)

2014 NCAA Championships: CHAMPION

March 20	Mario Gonzalez	Illinois	W	Dec., 11-5	(34-2)
March 20	Braden Atwood	Purdue	W	MD, 19-6	(35-2)
March 21	Conner Hartmann	Duke	W	Dec., 5-1	(36-2)
March 21	(14) Chris Penny	Virginia Tech	W	Dec., 4-1	(37-2)
March 22	(1) Nick Heflin	Ohio State	W	Dec., 2-1	(38-2)

2014-15

Date	Opponent	School	W/L	Score	Record
Harold Nichols Cyclone Open (Champion // 197)					
Nov. 8	Brady Radik	UA (Neb-Kear)	W	Fall, 5:31	(1-0)
Nov. 8	Regis Durbin	UA (Northwest)	W	TF, 18-3	(2-0)
Nov. 8	Luke Sheridan	Indiana	W	Dec., 4-0	(3-0)
Nov. 8	Derek White	UA (Neb-Kear)	W	Fall, 3:58	(4-0)
Nov. 15	Helmut Retschler	Truman State	W	TF, 17-2 (4:14)	(5-0)
Nov. 15	Luis Contreras	Missouri Baptist	W	MD, 13-2	(6-0)
Nov. 23	Kevin Beazley	Old Dominion	W	Dec., 4-1	(7-0)
Nov. 29	Michael Oxley	Hofstra	W	Fall, 1:25	(8-0)
Nov. 29	Tyler Kral (HWT)	Purdue	W	MD, 14-4	(9-0)
Nov. 29	(12) Ross Larson (HWT)	Oklahoma	W	Dec., 3-1	(10-0)
Dec. 14	(10) Nick Tavanello (HWT)	Ohio State	W	Dec., 4-2	(11-0)
Dec. 19	Cole Baxter	*Kent State	W	Dec., 9-3	(12-0)
Dec. 19	(15) Nathan Rotert	South Dakota St.	W	Dec., 7-4	(13-0)
Dec. 19	Matthew McClimens	SIUE	W	Fall, 3:20	(14-0)

Southern Scuffle (Champion // 197)

Jan. 1	Luke Bean	Oklahoma State	W	TF, 17-3	(15-0)
Jan. 1	Marshall Haas	The Citadel	W	Fall, 2:11	(16-0)
Jan. 2	(16) Zach Nye	Virginia	W	MD, 12-4	(17-0)
Jan. 2	(4) Morgan McIntosh	Penn State	W	Dec., 2-1	(18-0)
Jan. 2	(5) Connor Hartmann	Duke	W	Dec., 6-1	(19-0)
Jan. 10	(18) Jace Bennett	Cornell	W	MD, 11-0	(20-0)
Jan. 18	Michael Boykin	North Carolina St.	W	Fall, 6:38	(21-0)
Jan. 23	Luke Bean	Oklahoma State	W	Dec., 5-0	(22-0)
Jan. 25	Alec Brown	*Northern Illinois	W	Fall, 2:16	(23-0)
Jan. 31	Basil Minto	*Northern Iowa	W	MD, 16-4	(24-0)
Feb. 6	James Benjamin	*Buffalo	W	TF, 17-0	(25-0)
Feb. 8	Anthony Abro	*Eastern Michigan	W	Dec., 5-1	(26-0)

NWCA / EAS National Duals

Feb. 15	Brett Dempsey	American	W	Fall, 5:11	(27-0)
Feb. 21	Jeffrey Koepke	Illinois	W	MD, 15-3	(28-0)
Feb. 21	(10) Elliot Riddick	Lehigh	W	Dec., 4-0	(29-0)
Feb. 22	(6) Nathan Burak	Iowa	W	Dec., 4-3	(30-0)

MAC Championships (197-pound Champion)

March 8	Jackson Lewis	Central Michigan	W	MD, 17-3	(31-0)
March 8	Shawn Scott	Northern Illinois	W	FF	(32-0)
March 9	(16) Phil Wellington	Ohio	W	Dec., 3-1	(33-0)

NCAA Championships (5th Place)

March 19	Scottie Boykin	Chattanooga	W	Dec., 8-1	(34-0)
March 19	Jeffrey Koepke	Illinois	W	Dec., 6-2	(35-0)
March 20	(8) Max Huntley	Michigan	W	Dec., 3-2	(36-0)
March 20	(4) Kyle Snyder	Ohio State	L	Dec., 3-2	(36-1)
March 21	(3) Morgan McIntosh	Penn State	L	Dec., 3-1	(36-2)
March 21	(7) Conner Hartmann	Duke	W	Dec., 4-2 (TB1)	(37-2)

2015-16

Date	Opponent	School	W/L	Score	Record
Nov. 20	Jake Tindle	SIU Edwardsville	W	TF, 25-10	1-0
Joe Parisi Open (Champion // 197)					
Nov. 21	Greg Wilson	Gen. Oklahoma	W	TF, 22-7	2-0
Nov. 21	Derrick Hawkins	Grand View	W	Fall, 1:27	3-0
Nov. 21	Austin Schafer	Oklahoma State	W	TF, 21-5	4-0
Nov. 21	Ryan Beltz	Maryville	W	TF, 25-10	5-0
Nov. 21	(10) Jacob Smith	West Virginia	W	Dec., 2-0	6-0
Nov. 28	Jared Bartel	*Northern Iowa	W	Dec., 8-3	7-0

Cliff Keen Las Vegas Invitational (Champion // 197)

Dec. 4	Mark Tracy	Binghamton	W	Fall, 3:46	8-0
Dec. 4	Augustus Marker	Brown	W	Fall, 4:49	9-0
Dec. 4	(20) Derek Thomas	Utah Valley	W	TF, 22-7	10-0
Dec. 5	(9) Jacob Smith	West Virginia	W	Dec., 9-3	11-0
Dec. 5	(5) Brett Pfarr	Minnesota	W	Dec., 4-1	12-0
Dec. 12	Mark Martin	Ohio State	W	MD, 13-2	13-0
Dec. 13	(13) Phil Wellington	*Ohio	L	DQ	13-1
Dec. 20	Jerald Spohn	*Kent State	W	Fall, 1:02	14-1
Jan. 8	James Benjamin	*Buffalo	W	TF, 19-4	15-1
Jan. 10	Jeremy Sweany	Cornell	W	TF, 24-9	16-1
Jan. 15	(14) Anthony Abro	*Eastern Michigan	W	Dec., 10-5	17-1
Jan. 17	Jackson Lewis	*Central Michigan	W	MD, 16-3	18-1
Jan. 22	Andrew Marsden	Oklahoma State	W	Dec., 7-3	19-1
Jan. 30	Brad Johnson	Oklahoma	W	MD, 9-0	20-1
Jan. 31	N/A	*Old Dominion	W	Forfeit	21-1
Feb. 7	(16) Shawn Scott	*Northern Illinois	W	MD, 15-1	22-1
Feb. 12	Randall Diabe	Appalachian State	W	Fall, 4:06	23-1
Feb. 14	Malik McDonald	N.C. State	W	Dec., 5-1	24-1
Feb. 21	(10) Aaron Studebaker	Nebraska	W	MD, 16-7	25-1

MAC Championships (CHAMPION // 197)

March 5	Cody Krumweide	Northern Iowa	W	Fall, 0:39	26-1
March 5	Anthony Abro	Eastern Michigan	W	Fall, 6:37	27-1
March 6	Phil Wellington	Ohio	W	MD, 9-1	28-1

NCAA Championships (CHAMPION // 197)

March 17	Hayden Hrymack	Rutgers	W	Fall, 1:18	29-1
March 17	Scottie Boykin	Chattanooga	W	MD, 15-4	30-1
March 18	(7) Brett Harner	Princeton	W	Dec., 6-0	31-1
March 18	(3) Brett Pfarr	Minnesota	W	Fall, 6:29	32-1
March 19	(1) Morgan McIntosh	Penn State	W	Dec., 4-2	33-1
*- MAC Dual					

International Competition (2016)

Date	Opponent	Country	W/L	Score	Record
U.S. Olympic Team Trials					
April 10	Clayton Foster	USA	W	Criteria, 7-7	1-0
April 10	Jake Herbert	USA	W	Dec., 8-1	2-0
April 10	Keith Gavin	USA	W	Dec., 3-1	3-0
April 10	Kyle Dake	USA	W	Dec., 8-1	4-0
April 10	Kyle Dake	USA	L	Dec., 5-3	4-1
April 10	Kyle Dake	USA	W	Dec., 4-3	5-1

World Games Qualifying Tournament (Mongolia)

April 24	Shamir Atyan	Armenia	W	TF, 11-0	6-1
April 24	Timofel Xenidis	Greece	W	TF, 10-0	7-1
April 24	Zbigniew Mateusz Baranowski	Poland	W	Dec., 3-1	8-1
April 24	Umidjon Ismanov	Uzbekistan	W	Dec., 5-2	9-1
April 24	Pedro Francisco Ceballos Fuentes	Venezuela	W	Dec., 6-0	10-1

Beat the Streets (New York City, N.Y.)

May 19	(10) Meisam Mostafa Joukar	Iran	W	Dec., 10-5	11-1
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UWW Men's Freestyle World Cup (Los Angeles, Calif.)

June 11	Pawan Kumar	India	W	TF, 13-2	12-1
June 11	(3) Alexander Gostiev	Azerbaijan	W	Dec., 3-2	13-1
June 12	(6) Alireza Karimimachiani	Iran	W	Dec., 6-2	14-1
June 12	Dato Marsigashvili	Georgia	L	Dec., 7-4	14-2

Grand Prix of Germany

July 2	Kanat Berdiev	Kazakhstan	W	TF, 10-0	15-2
July 2	Sharif Sharifov	Azerbaijan	L	Dec., 6-2	15-3
July 2	Konstantin Volek	Germany	W	Fall	16-3
July 2	Adilet Davlumbaev	Kazakhstan	W	Dec., 10-5	17-3

Cox Makes Debut in UWW Wrestling Freestyle Rankings

COLUMBIA, Mo. – Mizzou Wrestling senior and Team USA 86-kg freestyle wrestler **J'den Cox** (Columbia, Mo.) entered the United World Wrestling Freestyle Wrestling Rankings on July 6, debuting at No. 10 in the world at 86 kg. In international competitions over the last month, Cox owns wins over two wrestlers currently ranked in the top-20 at 86-kg.

After securing a spot on Team USA at the U.S. Olympic Team Trials on April 10 in Iowa City, Iowa, Cox has gone 12-2 in four international competitions.

Cox officially earned his spot in Rio with a championship at the World Games Qualifying Tournament on April 24 in Mongolia following a 5-0 performance where the hometown Tiger outscored his opponents, 36-3. Cox then defeated then-No. 10-ranked Meisam Mostafa Joukar (Iran), 10-5, on May 18 at Beat the Streets in New York City, N.Y.

At the UWW Men's Freestyle World Cup in Los Angeles, Calif., on June 11-12, Cox went 3-1 while helping Team USA finish fourth. At the event, Cox defeated No. 5-ranked Alexander Gostiev (Azerbaijan) and No. 12-ranked Alireza Karimimachiani (Iran).

In his final tune-up before Rio, the soon-to-be Tiger senior captured bronze at the Grand Prix of Germany on July 2 in Dortmund, Germany. After defeating Kanat Berdiev (Kazakhstan), 10-0, in the first round, Cox fell to 2012 Olympic champion Sharif Sharifov (Azerbaijan) in the second round. Cox would come back and defeat Konstantin Volek (Germany) and Adilet Davlumbaev (Kazakhstan) to earn the bronze medal.

Cox will take off to Rio de Janeiro, Brazil for the 2016 Summer Olympics on August 2 and his competition day at 86 kg/189 lbs. is scheduled to take place on Saturday, August 20.

Cox Claims Bronze at Grand Prix of Germany

DORTMUND, Germany – In his final competition before wrestling at the 2016 Rio Summer Olympics, Mizzou wrestler J'den Cox (Columbia, Mo.) earned a bronze medal finish at the Grand Prix of Germany in Dortmund, Germany on July 2.

After a first round thrashing of Kanat Berdiev (Kazakhstan), Cox dropped a 6-2 decision to 2012 Olympic champion Sharif Sharifov (Azerbaijan). Repechage wins over Konstantin Volek (Germany) and Adilet Davlumbaev (Kazakhstan) earned Cox a bronze medal at 86 kg/189 lbs.

After securing a spot on Team USA at the U.S. Olympic Team Trials on April 10 in Iowa City, Iowa, Cox has gone 12-2 in four international competitions.

Cox officially earned his spot in Rio with a championship at the World Games Qualifying Tournament on April 24 in Mongolia following a 5-0 performance where the hometown Tiger outscored his opponents, 36-3. Cox then defeated No. 10-ranked Meisam Mostafa Joukar (Iran), 10-5, on May 18 at Beat the Streets in New York City, N.Y. Just three weeks ago, Cox went 3-1 while helping Team USA finish fourth at the UWW Men's Freestyle World Cup in Los Angeles, Calif., on June 11-12. At the event, Cox defeated No. 3-ranked Alexander Gostiev (Azerbaijan) and No. 6-ranked Alireza Karimimachiani (Iran).

Cox Impresses at UWW Men's Freestyle World Cup

INGLEWOOD, Calif. – Mizzou wrestler and 2016 U.S. Olympian **J'den Cox** (Columbia, Mo.) capped a successful weekend on June 13 at the UWW Freestyle World Cup with a 3-1 record, guiding Team USA to a fourth-place finish. The United States advanced to the third-place match on Sunday following a 2-1 finish in pool play, defeating India, 7-1, and Azerbaijan, 8-0, on Saturday, before falling to Iran by criteria, 4-4 (17-15) on Sunday. In the third place match, Georgia upended the US by criteria, 4-4 (17-16).

In the opening match against India, Cox defeated Pawan Kumar by technical fall, 13-2. Cox followed the technical fall with his highest ranked win to-date, defeating the No. 3-ranked wrestler in the world at 86 kg, Alexander Gostiev (Azerbaijan), 3-2. Cox trailed, 2-0, at the end of the first period, but scored a takedown and a step out point in the final three minutes to secure the come-from-behind victory.

"I'm hard to score on when I've got my defense going, and I was doing a good job of coming forward even though I was up," said Cox in a release from USA Wrestling on Saturday. "I felt something very different, something I've never felt before. I'm just going to continue to get better. Like I said, win or lose you've got to take something from your match."

In the final pool play dual of the event, Cox defeated 2015 World bronze medalist and the No. 6-ranked wrestler in the world at 86 kg, Alireza Karimimachiani (Iran), 6-2. The two grapplers each scored takedowns in the first period to knot the score at, 2-2, after the first period. In the second period, Cox countered a shot attempt and scored to gain a lead, then scored another takedown near the end of the bout to cap the score at 6-2.

"It took belief in what I could do. It took not getting shaken up by getting taken down early," said Cox. "I just thought about it in compartments. I got taken down and the next thing was to not give up four. Next thing after that was get to your shot. Keep going forward and you'll get there and we did."

In the third-place match against Georgia, Cox fell to 2012 Olympic bronze medalist Dato Marsigashvili, 7-4, suffering his first loss since transitioning to freestyle wrestling in April. Cox trailed, 7-0, in the second period before scoring two takedowns in furious late comeback attempt.

Cox Victorious as Beat the Streets

NEW YORK, N.Y. – For the second time in two months, Mizzou Wrestling junior and 2016 Team USA 86-kg freestyle wrestler **J'den Cox** (Columbia, Mo.) will walk away from New York City victorious. Cox defeated Meisam Mostafa Joukar of Iran, 10-5, at the Beat the Streets event in Times Square on May 19.

The win over Joukar, who entered the event ranked No. 10 in the ASICS International rankings, comes two months to the day following Cox's second NCAA National Championship at 197 pounds at Madison Square Garden on March 19.

In the first period, Cox and Joukar each scored points on step outs, knotting the score, 1-1, at the break. The second period was full of action, as Cox scored four takedowns and added another step out point for the 10-5 victory. Cox stayed aggressive throughout the duration of the bout, scoring his final takedown with just eight seconds remaining in the match.

Team USA won seven of the nine matches in the "United in the Square" main event, which featured matches in men's freestyle, men's Greco-roman, junior men's freestyle and women's wrestling. 2012 Olympic gold medalist Jordan Burroughs notched his sixth Beat the Streets victory in an 11-2 win over Iran's Pehman Yarahmadi.



Cox Punches Ticket to 2016 Summer Olympic Games

ULAANBAATAR, Mongolia – Mizzou Wrestling junior **J'den Cox** (Columbia, Mo.) officially secured his spot in the 2016 Summer Olympic Games with a first place finish in the freestyle 86 kg weight class at the World Games Qualifying Tournament in Mongolia on April 24. Cox dominated en route to the championship, outscoring the opposition, 36-3, in five matches.

The top-three placers at each weight class from the Qualifying Tournament in Mongolia locked up spots at the Summer Olympic Games, which take place August 5-21 in Rio de Janeiro, Brazil. Cox will be the second wrestler in program history to compete in the Olympics after Ben Askren wrestled in the 2008 Olympics in Beijing, China.

Cox cruised to victory in his first two bouts, recording an 11-0 technical fall over Shamir Atyan (Armenia) in the first round and a 10-0 technical fall over Timofel Xenidis (Greece) in the second round. The hometown Tiger needed just 1:27 to put away Xenidis, as Cox advanced to the quarterfinals, where he would face Zbigniew Mateusz Baranowski (Poland). Cox led, 2-1, after the first three minutes of the match and scored a late takedown in the second period to ensure the victory, 4-1.

In the semifinals, Cox defeated Umidjon Ismanov (Uzbekistan), 5-2, to officially punch his ticket to Rio de Janeiro. Cox led, 2-1, after the first period, then added a push-out point and a takedown in the second to put the match away.

Cox jumped out to a 2-0 lead after the first period against Pedro Francisco Ceballos Fuentes (Venezuela) in the finals. Cox scored a point after Ceballos Fuentes failed to score after being put on the shot clock, then Cox added another point for pushing out the Venezuelan. The Tiger junior and Team USA representative added two more takedowns in the second period to capture the championship and finish the day a perfect 5-0.



Cox Named USA Wrestling Athlete of the Week

COLORADO SPRINGS, Colo. – After qualifying for Team USA following a U.S. Olympic Team Trials Championships, junior **J'den Cox** (Columbia, Mo.) was named USA Wrestling Athlete of the Week, announced by the organization on April 12. The award is the second time Cox has been named National Athlete of the Week after being given the honor on Feb. 25, 2015 after a 3-0 record at the 2015 National Duals.

Cox won the 86 kg weight class championship as the No. 9 seed on Sunday in Iowa City, Iowa, to qualify for the national team, outlasting former Cornell standout and four-time NCAA Champion Kyle Dake in the best-two-out-of-three finals. The hometown Tiger knocked off No. 1 seed and 2012 Olympian Jake Herbert in the quarterfinals and 2013 U.S. World Team member Keith Gavin en route to his finals berth.

In three seasons as a member of #TigerStyle, Cox has established himself as one of the most decorated wrestlers in program history. Earlier this season, Cox captured his second NCAA Title, joining Ben Askren as the only two-time NCAA Champion's in program history. Cox became the 24th member of the 100-Win Club on Feb. 21, becoming the faster wrestler to 100 wins in program history, doing so in just 105 matches. For his career, the Tiger junior is 108-5, owns the best win-percentage of any wrestler over 100 wins (.955), and has 14 technical falls, fourth-most in school history.

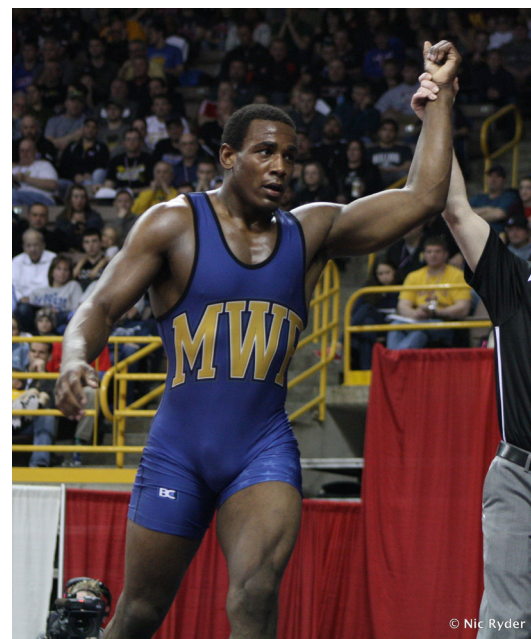
Cox Clinches Spot on Team USA with Olympic Team Trials Championship

IOWA CITY, Iowa – Junior **J'den Cox** (Columbia, Mo.) won the 86 kg championship at the U.S. Olympic Team Trials on April 10 in Iowa City, Iowa, qualifying for Team USA in the upcoming 2016 Summer Olympic Games in Rio de Janeiro, Brazil. Cox defeated four-time NCAA Champion Kyle Dake twice in a best two-out-of-three finals format to win the championship, winning the first and third match.

The 86 kg weight class is not currently qualified for the Olympics, meaning Cox will represent Team USA at the "Last-chance" World Olympic Games Qualification Tournament, April 22-24 in Ulaanbaatar, Mongolia. The top-three placers in Mongolia will qualify for the Summer Games. If Cox does not qualify in Mongolia, there is one more "Last-chance" World Olympic Games Qualification Tournament, May 6-8 in Istanbul, Turkey, where the top-two placers will qualify. If he qualifies, Cox will be the second Mizzou wrestler to qualify for the Olympics, following Ben Askren who made the 2008 National team.

Cox snuck by in his opening round match, defeating Clayton Foster by criteria, 7-7, before dominating 2015 World Team member, Jake Hebert in the quarterfinals. Cox defeated Keith Gavin, 3-1, in the semifinals to secure his spot in the finals.

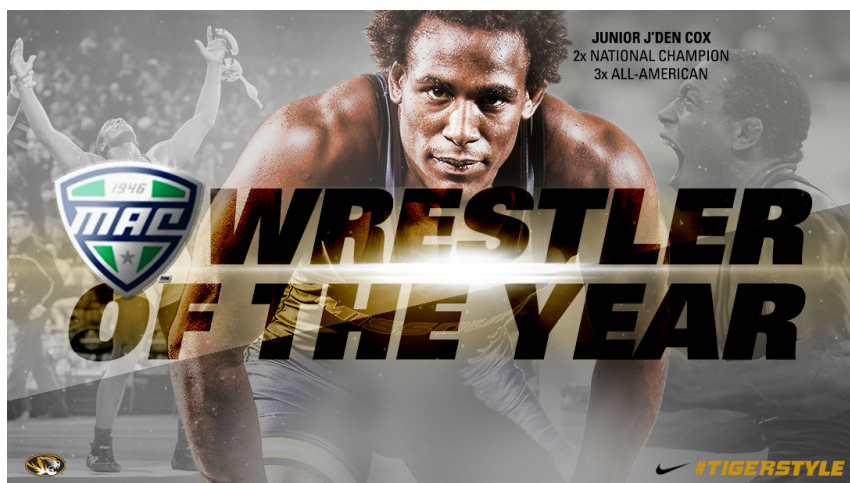
In match one of the finals, Cox outlasted Dake, 8-1. In the first period, Cox was put on the shot clock in the first period and failed to score in the allotted 30 seconds, surrendering a penalty point to give Dake the 1-0 lead. Cox scored a point in the second round due to the same violation from Dake to tie the score, 1-1. With the match tied, and near one-minute remaining in the match, Cox scored multiple takedowns to pull away from Dake late, securing the 8-1 final. In match two, Cox the first takedown, followed by an immediate two-point reversal from Dake and an escape from Cox. Dake scored another takedown in the second and Cox was called for a caution for the 5-3 final. In the final match, Cox led 2-0 when Dake scored a takedown in the second period, but Cox quickly reversed to regain the lead, 3-2. Cox scored a push-out later in the period to extend his lead. Dake had one of Cox's legs as time was running out, but was only able to push Cox out instead of scoring the takedown, giving the win to Cox.



@MizzouWrestling Sweeps MAC Honors for Third Straight Season

CLEVELAND, Ohio—Following its fourth straight Mid-American Conference Championship, fifth conference championship overall (Big 12 Title in 2012), and a sixth-place finish at the NCAA Championships, Mizzou Wrestling swept the end-of-the-year MAC awards, announced by the conference office on March 29. Head Coach **Brian Smith** earned MAC Coach of the Year honors for the fourth straight season (fifth overall, Big 12 Coach of the Year in 2012), while junior 197-pounder **J'den Cox** (Columbia, Mo.) won MAC Wrestler of the Year for the second time in his career (2014), and redshirt freshman 165-pounder **Daniel Lewis** (Blue Springs, Mo.) earned MAC Freshman Wrestler of the Year.

The three awards mark the third consecutive season #TigerStyle has swept the end of the year MAC honors. In 2014, Smith was named Coach of the Year, while Cox won Wrestler of the Year and Freshman of the Year in 2014. Last season, Smith was Coach of the Year, while Drake Houdashelt took home Wrestler of the Year honors and redshirt sophomore



184-pounder Willie Miklus (Altoona, Iowa) won Freshman Wrestler of the Year.

This season, Smith led Mizzou to its seventh Top 10 NCAA finish in program history and the third-highest finish overall. Six of the seven finishes for Mizzou have come with Smith at the helm, including the top three; third in 2006-07, fourth in 2014-15, and sixth in 2015-16. #TigerStyle finished the dual season with a 14-2 record, winning its second straight MAC Regular Season title after finishing 8-0 in the MAC for the second consecutive season. Over the last two and a half seasons dating back to Feb. 7, 2014, Mizzou has won 42 of its last 44 duals, capturing the 2014 NWCA National Duals Championship. Mizzou won its fifth straight conference tournament title on March 6 after finishing the 2016 MAC Championships with 127.5 team points, 34 points ahead of second place Central Michigan.

Cox became the second wrestler in program history (**Ben Askren**, 2006, 2007) to win two NCAA National Championships with a 4-2 decision over Penn State's Morgan McIntosh on March 19 in New York City at Madison Square Garden. Cox scored a takedown with eight seconds remaining to defeat McIntosh, who was undefeated and held the No. 1 seed entering the tournament. The Tiger junior finished the season with a 33-1 record, scoring bonus points in 23 of 33 wins via nine falls, seven technical falls (tied for fifth-most in program history for a single season), and seven major decisions.

As a true freshman, Cox won the 2014 197 pound National Championship, followed by a fifth place finish at the national tournament in 2014-15. Cox became the fourth three-time All-American in school history, following **Ben Askren** (2004-07), **Max Askren** (2008-10), and **Drake Houdashelt** (2013-15).

The hometown Tiger became the 24th member of Mizzou's 100-win club with a 16-7 major decision victory in Mizzou's 19-14 win over Nebraska in the NWCA National Duals Series on Feb. 21. Cox reached the century mark in 105 matches, the fastest to 100 wins in program history. Cox also owns the best winning percentage of any wrestler in program history over 100 wins at .955 (108-5), slightly ahead of Ben Askren's mark of .950 (153-8). For his career, Cox has 14 technical falls, fourth most in Mizzou history and 24 major decisions, sixth most.

In his first year on the official roster, Lewis earned All-America Honors, finishing fourth at the 2016 NCAA Wrestling National Championships. Mizzou has had a freshman earn All-America honors each of the last three seasons after Cox earned All-America status in 2014 and Miklus in 2015. Lewis finished the season with a 29-6 record, scoring bonus points in 16 of 29 wins, including a team-high 10 falls. Lewis defeated seven ranked opponents this season, including back-to-back wins over top-10 opponents in February. On Feb. 14, Lewis defeated then-No. 6 ranked Max Rohskopf (N.C. State), 6-1, followed by a 4-0 win over then-No.9 ranked Austin Wilson (Nebraska) on Feb. 21.

Lewis captured the 2016 165 pound MAC Championship on March 6, outscoring the opposition 30-3 in three matches en route to the title. The Tiger freshman placed third at the Cliff Keen Las Vegas Invitational on Dec. 5 and won the "Most Falls in the Least Amount of Time" Award for the tournament after recording five first-period falls in the tournament. Last season, in his redshirt season as an unattached wrestler, Lewis went 21-8, recording 15 pins.

Mizzou will look to build on a successful 2015-16 campaign as all four All-Americans and seven of nine NCAA qualifiers will return in 2016-17. The 2017 NCAA Wrestling Championships will take place in St. Louis, Mo. at the Scottrade Center.

Cox Becomes @MizzouWrestling's Second Two-Time National Champion

NEW YORK, N.Y. – Junior **J'den Cox** (Columbia, Mo.) became the second-ever two-time NCAA National Champion in Mizzou Wrestling history with a 4-2 win over Morgan McIntosh (Penn State) at Madison Square Garden in New York City, N.Y. on March 19. Cox joined **Ben Askren** (2006, 2007) as the only Mizzou grapplers to finish a season atop of their weight class twice during their career.

Cox and McIntosh, two of arguably the most technical wrestlers in the nation, finished the first period scoreless. Cox nearly had a takedown near the end of the period, but McIntosh escaped Cox's grasp and got out of bounds for a restart. Cox and McIntosh traded escape points to start the second and third periods, respectively. McIntosh escaped with under a minute left in the match, tying the score, 1-1. At the time of the escape, Cox had just under a minute of riding time. With the buzzer nearing, Cox got both of McIntosh's legs to secure the takedown and the victory, 4-2 (point for riding time).

"I believe I had a great outing here at NAAs this year. Definitely improved from the last few years. Dedication for this title goes to everyone who has ever had my back," said Cox. "Everyone who has always been there for me. Not just when times are great, but when everything's going wrong and things are hard. People who have your back like that and the people who are always there, that you consider family, even though they're not blood, those are what this dedicates to because this was not easy."

The hometown Tiger finishes the season 33-1, and is now 108-5 on his career. Cox recorded seven technical falls on the season, tied for fifth most in a season in program history. For his career, Cox has 14 technical falls, fourth most in Mizzou history and 24 major decisions, sixth most.

#TigerStyle finished the tournament in sixth place with 74.5 team points. Mizzou finished with four All-Americans, fourth most in program history (five in 2009, 2013, and 2015). Redshirt junior 149-pounder **Lavion Mayes** (Mascoutah, Ill.), redshirt freshman 165-pounder **Daniel Lewis** (Blue Springs, Mo.) and redshirt sophomore 184-pounder **Willie Miklus** (Altoona, Iowa) joined Cox earning the esteemed award. Mayes finished third in the tournament, while Lewis finished fourth and Miklus sixth.

Cox became the fourth three-time All-American in school history, following **Ben Askren** (2004-07), **Max Askren** (2008-10), and **Drake Houdashelt** (2013-15). Cox won the National Championship in 2014 in Oklahoma City, Okla., and placed fifth last season in St. Louis, Mo.

The Tiger junior became the 24th member of Mizzou's 100-win club with a 16-7 major decision victory in Mizzou's 19-14 win over Nebraska in the NWCA National Duals Series on Feb. 21. Cox reached the century mark in 105 matches, the fastest to 100 wins in program history. Cox also owns the best win percentage of any wrestler in program history over 100 wins at .955 (108-5), slightly ahead of Ben Askren's mark of .950 (153-8).

Mizzou now claims seven National Champions and 64 All-Americans in program history. In addition to Cox and Ben Askren each winning two titles, Max Askren claimed gold in 2010, Mark Ellis in 2009, and Drake Houdashelt in 2015. Next season's NCAA Wrestling Championships will return to St. Louis, Mo., March 16-18 at the Scottrade Center.

