

2009-10 MVC Wrestling Standings

Final

Varsity

Mississippi Division

| Team | MVC | | | | Overall | | | |
|----------------------|-----|---|--------|-----|---------|----|--------|------|
| | W | L | Points | PA | W | L | Points | PA |
| Iowa City West | 8 | 0 | 491 | 92 | 31 | 2 | 1808 | 549 |
| Cedar Rapids Kennedy | 6 | 2 | 304 | 244 | 9 | 5 | 522 | 428 |
| Waterloo West | 5 | 3 | 317 | 242 | 9 | 10 | 685 | 665 |
| Iowa City High | 4 | 4 | 275 | 300 | 11 | 12 | 823 | 902 |
| Dubuque Hempstead | 4 | 4 | 271 | 295 | 9 | 14 | 691 | 933 |
| Dubuque Wahlert | 1 | 7 | 190 | 407 | 4 | 16 | 538 | 917 |
| Cedar Rapids Xavier | 0 | 8 | 193 | 389 | 2 | 21 | 553 | 1160 |

Valley Division

| Team | MVC | | | | Overall | | | |
|-------------------------|-----|---|--------|-----|---------|----|--------|-----|
| | W | L | Points | PA | W | L | Points | PA |
| Cedar Rapids Prairie | 8 | 0 | 400 | 148 | 19 | 3 | 1054 | 455 |
| Linn-Mar | 6 | 2 | 352 | 178 | 17 | 9 | 1420 | 622 |
| Cedar Rapids Jefferson | 4 | 4 | 246 | 302 | 8 | 5 | 530 | 406 |
| Cedar Falls | 4 | 4 | 289 | 281 | 8 | 13 | 690 | 832 |
| Cedar Rapids Washington | 3 | 5 | 241 | 309 | 4 | 10 | 378 | 562 |
| Waterloo East | 2 | 6 | 217 | 309 | 3 | 16 | 440 | 851 |
| Dubuque Senior | 1 | 7 | 186 | 476 | 1 | 8 | 196 | 545 |

JV

Mississippi Division

| Team | MVC | | | | Overall | | | |
|----------------------|-----|---|--------|-----|---------|---|--------|-----|
| | W | L | Points | PA | W | L | Points | PA |
| Iowa City West | 7 | 1 | 471 | 148 | 8 | 1 | 530 | 163 |
| Cedar Rapids Kennedy | 6 | 2 | 351 | 216 | 9 | 4 | 544 | 381 |
| Waterloo West | 5 | 3 | 290 | 266 | 7 | 6 | 495 | 436 |
| Iowa City High | 4 | 4 | 273 | 305 | 5 | 6 | 370 | 419 |
| Cedar Rapids Xavier | 2 | 6 | 243 | 347 | 2 | 7 | 273 | 380 |
| Dubuque Wahlert | 1 | 7 | 60 | 420 | 2 | 8 | 82 | 444 |
| Dubuque Hempstead | 1 | 7 | 182 | 368 | 1 | 7 | 182 | 368 |

Valley Division

| Team | MVC | | | | Overall | | | | |
|-------------------------|-----|---|--------|-----|---------|----|---|--------|-----|
| | W | L | Points | PA | W | L | T | Points | PA |
| Cedar Rapids Prairie | 8 | 0 | 444 | 151 | 10 | 2 | 0 | 612 | 267 |
| Cedar Falls | 7 | 1 | 340 | 195 | 8 | 4 | 1 | 453 | 386 |
| Linn-Mar | 6 | 2 | 401 | 187 | 8 | 4 | 0 | 549 | 339 |
| Dubuque Senior | 4 | 4 | 362 | 242 | 4 | 5 | 0 | 398 | 284 |
| Cedar Rapids Jefferson | 3 | 5 | 271 | 316 | 6 | 6 | 0 | 433 | 452 |
| Cedar Rapids Washington | 2 | 6 | 172 | 357 | 3 | 9 | 0 | 296 | 523 |
| Waterloo East | 0 | 8 | 84 | 426 | 0 | 10 | 0 | 108 | 558 |

Points = Team Meet Points in Duals; PA = Team Meet Points Allowed in Duals