



Mustang junior Nick Rynders pins an opponent in a match last season against Bismarck.

CAC PHOTO

## CAC hosts wrestling tourney

**By Jeff Reed**

Sports Editor  
jreed@nrtimes.com

Coming off a second-place finish at Des Arc over the weekend, Central Arkansas Christian will host its second wrestling invitational Saturday.

The Mustangs were among nine teams that competed in the White River Invitational at Des Arc. CAC was also scheduled to host Harding Academy and Academic Plus Charter School last night.

At Des Arc, Tyler Binford (135 pounds), Blake Hogan (135) and Nick Rynders (189) all won their weight divisions. Jared Thomas (171) and Jonathan Roberts (215) placed third in their weight classes, and Drake Brainerd (103) was fourth.

"We are coming along and making progress," said CAC coach Keith Almond.

The Mustangs and Academics Plus will compete in this weekend's meet, along with 14 other teams. Last year the event attracted 10 teams.

"It is going to be one of the biggest tournaments in the state," said CAC coach Keith Almond. "The only tournament that might be bigger is the state [meet]. There will be some

of the best wrestlers in the state here."

Matches begin at 9 a.m. The tournament is scheduled to conclude around 7 p.m.

The tournament will feature a 16-team field including Cabot, Catholic High, Pulaski Academy, Russellville, Fayetteville, Bentonville, Bismarck, Gentry, Little Rock Hall, Little Rock Central, Episcopal, England, North Pulaski, Arkansas School for the Blind and Academics Plus.

The format will follow a 16-man bracket in each weight class. A team may enter more than one wrestler in each weight class, but only one will score for the team.

"The thing about wrestling is everyone is trying to help each other," said Almond. "If you are at a match, coaches from other schools will try and help and lend their expertise.

"We all want wrestling to succeed and we have not entered that selfish state yet. We are all working together."

Fayetteville won last year's match.

Rynders, a junior who placed second in the state meet, won the 189-pound division at the meet last year. Senior Jared Thomas was second in the 189-pound weight class and Roberts, a sophomore, placed second in the 285-pound weight class.