



2020 NCAA Division III Wrestling Regional Dates and Locations

Region	Institution/Conference Host	Location	Tournament Date(s)
Central	Adrian College	Merillat Sport Center; Adrian, MI	February 28-29, 2020
Lower Midwest	Loras College	Five Flags Center; Dubuque, IA	February 29-Mar. 1, 2020
Mideast	Ithaca College	Glazer Arena; Ithaca, NY	February 29-Mar. 1, 2020
Northeast	Rhode Island College	The Recreation Center; Providence, RI	February 29-Mar. 1, 2020
Southeast	Messiah College	Hitchcock Arena; Mechanicsburg, PA	February 28-29, 2020
Upper Midwest	Augsburg University	Si Melby Hall/Kennedy Center; Minneapolis, MN	February 28-29, 2020