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2010 MOUNTAIN PACIFIC SPORTS FEDERATION
WOMEN'S GYMNASTICS UPDATE # 1

YAMAMURA'S DEBUT LEADS UC DAVIS
IN SEASON OPENER



UC DAVIS (2-1) placed second of four teams as it hosted a quad meet to begin 2010. The Aggies recorded a team score of 191.000, placing behind winner San Jose State (191.800), and ahead of CS Fullerton (188.000) and Wisconsin-Whitewater (181.725). Freshman Katie Yamamura's collegiate debut resulted in a floor exercise title (9.75) and a second place balance beam (9.600) and All-Around (38.575). Lida Gehlen took second on the uneven bars (9.775), while Erika Van Dyke was a runner-up on floor (9.725). Tanya Ho was in a tie for third (9.750) on the uneven bars en route to third All-Around (37.925), while Michelle Bobonski turned in a third place vault (9.800). The Aggies are next in action at Seattle Pacific Friday (Jan. 15) in an MPSF Dual Meet.



AIR FORCE (1-2) opened the 2010 season by placing third of four teams at the Salbasgeon Suites Invitational in Corvallis, OR. No. 10 and host Oregon State won the meet (195.625), followed by No. 13 Illinois (192.850). The Falcons (184.475) finished one point ahead of MPSF opponent Alaska-Anchorage (183.475). Sophomore Jenna Dudley was the top gymnast for Air Force, finishing fourth All-Around (38.875), tying for eighth on the balance beam (9.525), and 10th on floor (9.600) for a total of three top-10 performances. Junior teammate Brittany Dutton tied Dudley for eighth on beam. The Falcons return to action Saturday (Jan. 16) in Denver to face the nationally-ranked Pioneers as well as Penn State.



ALASKA-ANCHORAGE (0-3) placed fourth of four teams at the Salbasgeon Suites Invitational in Corvallis, OR, to start the season. The Seawolves compiled a team score of 183.475, behind host No. 10 Oregon State, No. 13 Illinois, and Air Force. Sophomore Kelsey Fullerton returned from last year's injury with the team's top score on vault (9.625) and floor (9.575). Junior Leah Wilson placed fifth on the balance beam with the Seawolves' top score in the meet (9.75). UAA hosts Towson twice this weekend, Friday and Sunday.



SEATTLE PACIFIC (0-0) opens its season by hosting MPSF opponent UC Davis Friday (Jan. 15) in a dual meet.

KATIE YAMAMURA MPSF GYMNAST OF THE WEEK



UC Davis freshman Katie Yamamura (Palo Alto, CA) won the floor exercise (9.75) and finished second on the balance beam (9.600) and All-Around (38.575) in her collegiate debut. She added a sixth place vault (9.700). The Aggies recorded a team score of 191.000 in their season opener, resulting in second place in a quad meet. *Also Nominated: Jenna Dudley (AFA)*

GymInfo
WOMEN'S GYMNASTICS
REGIONAL RANKING

Jan. 11, 2010- by Total Season Average

West Region

Rank	Team	Avg	Reg	High	RQS
1	UCLA	196.600	W	196.600	0.000
2	Oregon State	195.625	W	195.625	0.000
3	Stanford	195.050	W	195.050	0.000
4	Washington	193.450	W	193.450	0.000
5	San Jose State	191.800	W	191.800	0.000
6	UC Davis	191.000	W	191.000	0.000
7	Alaska	183.475	W	183.475	0.000

North Central Region

Air Force	184.475	NC	184.475	0.000
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Week	Student-Athlete	School
Jan. 12	Katie Yamamura	UC Davis

GYMNASTICS ONLINE

Gymnastics updates are available on the MPSF website:

<http://www.mpsports.org>

and GymInfo:

<http://troester.com/gym>

THIS WEEK'S SCHEDULE
(All Times Local to Site)

Fri, Jan. 15
UC Davis at SEATTLE PACIFIC 7pm
Towson at ALASKA-ANCHORAGE 7pm

Sat., Jan. 16
Air Force and Penn State at DENVER 7pm

Sun, Jan. 17
Towson at ALASKA-ANCHORAGE 2pm

LAST WEEK'S RESULTS
(Home Team in CAPS)

Sun, Jan. 10
San Jose State 191.800, UC DAVIS 191.000, CS Fullerton 188.000, Wisconsin-Whitewater 181.725

Fri, Jan. 8
OREGON STATE 195.625, Illinois 192.850,
Air Force 184.475, Alaska-Anchorage 183.475

2010 MPSF WOMEN'S GYMNASTICS
CHAMPIONSHIP

March 27, 2010; 6:00 pm (PT)
Host: Seattle Pacific University
Brougham Pavilion
Seattle, WA.

The MPSF champion will be determined at the championship meet hosted by Seattle Pacific University on March 27. For more information visit the Falcon website:

www.spufalcons.com

2010 NCAA WOMEN'S GYMNASTICS
CHAMPIONSHIP

April 22-24, 2010
Host: University of Florida
Stephen C. O'Connell Center
Gainesville, FL.



MPSF RANKINGS - TOP 6
BY TOTAL SEASON AVERAGE

TEAM SCORES:	Avg.	High	
UC Davis	191.000	191.000	
Air Force	184.475	184.475	
Alaska, U. of	183.475	183.475	
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.425	48.425	0.000
1. Michelle Bobonski (UCD)	9.800	9.800	0.000
2. Katie Yamamura (UCD)	9.700	9.700	0.000
3. Tanya Ho (UCD)	9.675	9.675	0.000
4. Shakea Sanders (UAA)	9.650	9.650	0.000
5. Marcy Miller (UCD)	9.625	9.625	0.000
5. Kelsey Fullerton (UAA)	9.625	9.625	0.000
5. Michele Hurlock (UCD)	9.625	9.625	0.000
UNEVEN P-BARS:	Avg.	High	RQS
<i>UC Davis</i>	48.150	48.150	0.000
1. Lida Gehlen (UCD)	9.775	9.775	0.000
2. Tanya Ho (UCD)	9.750	9.750	0.000
3. Courtney Williams (UAA)	9.725	9.725	0.000
4. Kristy Boswell (UAA)	9.675	9.675	0.000
5. Michelle Ho (UCD)	9.550	9.550	0.000
5. Kendall McCann (UCD)	9.550	9.550	0.000
BALANCE BEAM:	Avg.	High	RQS
<i>Alaska-Anchorage</i>	46.425	46.425	0.000
1. Leah Wilson (UAA)	9.750	9.750	0.000
2. Katie Yamamura (UCD)	9.600	9.600	0.000
3. Erika Van Dyke (UCD)	9.450	9.450	0.000
4. Kristy Boswell (UAA)	9.325	9.325	0.000
5. Lauren Agostino (UAA)	9.225	9.225	0.000
6. Michelle Bobonski (UCD)	9.200	9.200	0.000
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.250	48.250	0.000
1. Katie Yamamura (UCD)	9.750	9.750	0.000
2. Erika Van Dyke (UCD)	9.725	9.725	0.000
3. Kendall McCann (UCD)	9.625	9.625	0.000
4. Tanya Ho (UCD)	9.600	9.600	0.000
5. Kelsey Fullerton (UAA)	9.575	9.575	0.000
6. Marcy Miller (UCD)	9.550	9.550	0.000
ALL-AROUND:	Avg.	High	RQS
1. Katie Yamamura (UCD)	38.575	38.575	0.000
2. Tanya Ho (UCD)	37.925	37.925	0.000
3. Courtney Williams (UAA)	36.675	36.675	0.000
4. Leah Wilson (UAA)	34.800	34.800	0.000