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2010 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS UPDATE # 2

UC DAVIS WINS MPSF DUAL MEET



UC DAVIS (3-1) outscored Seattle Pacific 188.825-188.400 in a dual meet between MPSF teams last Friday night in Seattle, WA. Junior Marcy Miller nailed a pair of 9.75 scores on vault and balance beam, both good for individual titles. Senior Tanya Ho captured the All-Around title (38.675), her highest score since facing the Falcons a year ago. Freshman Katie Yamamura took third on floor (9.725), en route to second All-Around (37.250), while sophomore Erika Van Dyke placed third on beam (9.675). The Aggies return to action Friday (Jan. 22) for a nearby road dual meet with Sacramento State.



SEATTLE PACIFIC (0-1) placed second of two in an MPSF dual meet at home with UC Davis this past Friday, posting a team score of 188.400. Sophomore Sherah Veron posted a career-high on vault (9.725), tying for second. Sophomore Samantha Taylor recorded a career-best on the uneven parallel bars (9.70), winning the event title. Veron and Stephanie Wagner tied for first on floor (9.725) and Kaysha Heck tied for second on bars (9.625). Anissa Madrid placed third All-Around (36.95). The Falcons are in a tri-meet Friday (Jan. 22) at Sacramento State, again facing UC Davis and the host Hornets.

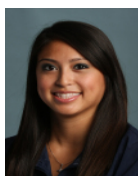


AIR FORCE (1-4) improved nearly a point and a half from opening week, posting a 185.850 en route to third place at the Denver Winterfest Classic at the University of Denver Saturday. The host Pioneers won the meet (194.650), followed by Penn State (194.150), and then the Falcons. Sophomore Jenna Dudley turned in the top Air Force result with a 9.725 on floor, while also hitting a 9.575 on vault, along with Brittany Dutton. Freshman Tara Harris scored a 9.475 on balance beam to finish in the top-10. The Falcons travel to Normal, IL Sunday (Jan. 24) for a quad meet with host Illinois State, Wisconsin-La Crosse, and nationally-ranked Western Michigan.



ALASKA-ANCHORAGE (0-5) had second place outings from senior Courtney Williams in the All-Around (37.400) and junior Leah Wilson on bars (9.55) last Friday as the Seawolves placed second (182.675) to Towson (188.100) at home. In the second dual between the same teams Sunday in Anchorage, Alaska-Anchorage improved by nearly three full points in posting a 185.350, second to Towson's 191.050. Williams placed second on bars (9.5), while Kelsey Fullerton shared the runner-up spot on floor (9.675). The Seawolves are off this week.

TANYA HO MPSF GYMNAST OF THE WEEK



UC Davis senior Tanya Ho (Elk Grove, CA) placed second in a pair of events, on her way to the All-Around Title (38.675) in a dual meet win over Seattle Pacific. Ho took second on bars (9.625) and balance beam (9.70) while hitting a 4-for-4 meet. Her beam score was her highest since her sophomore year.
Also nominated: Sherah Veron (SPU)

GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING

Jan. 18, 2010- by Total Season Average

West Region

Rank	Team	Avg	Reg	High	RQS
1	UCLA	196.362	W	196.600	0.000
2	Oregon State	195.875	W	196.125	0.000
3	Stanford	195.357	W	196.025	0.000
4	Boise State	194.200	W	194.200	0.000
5	Washington	194.162	W	194.875	0.000
6	San Jose State	192.100	W	192.400	0.000
7	California	191.800	W	191.800	0.000
8	UC Davis	189.912	W	191.000	0.000
9	Sac State	188.920	W	188.920	0.000
10	Seattle Pacific	188.400	W	188.400	0.000

North Central Region

9	Air Force	185.162	NC	185.850	0.000
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2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Jan. 19	Tanya Ho	UC Davis
Jan. 12	Katie Yamamura	UC Davis

GYMNASTICS ONLINE

Gymnastics updates are available on the MPSF website:

<http://www.mpsports.org>

GymInfo:

<http://troester.com/gym>

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

Fri, Jan. 22
UC Davis, Seattle Pacific at SACRAMENTO STATE 7pm

Sun, Jan. 24
Air Force, Western Michigan, Wisconsin-La Crosse 1pm
At ILLINOIS STATE

LAST WEEK'S RESULTS
(Home Team in CAPS)

Sun, Jan. 17
Towson 191.025, ALASKA-ANCHORAGE 185.350

Sat., Jan. 16
DENVER 194.650, Penn State 194.150, Air Force 185.850

Fri, Jan. 15
UC Davis 188.825, SEATTLE PACIFIC 188.400
Towson 188.100, ALASKA-ANCHORAGE 182.675

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	RQS
UC Davis	189.912	191.000	0.000
Seattle Pacific	188.400	188.400	0.000
Air Force	185.162	185.850	0.000
Alaska, U. of	183.833	185.350	0.000
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.400	48.425	0.000
1. Sherah Veron (SPU)	9.725	9.725	0.000
2. Katie Yamamura (UCD)	9.712	9.725	0.000
3. Marcy Miller (UCD)	9.688	9.750	0.000
4. Michelle Bobonski (UCD)	9.687	9.800	0.000
5. Tanya Ho (UCD)	9.662	9.675	0.000
6. Lari Wilson (SPU)	9.650	9.650	0.000
6. Michele Hurlock (UCD)	9.650	9.675	0.000
UNEVEN P-BARS:	Avg.	High	RQS
<i>Air Force</i>	46.837	47.350	0.000
1. Samantha Taylor (SPU)	9.700	9.700	0.000
2. Tanya Ho (UCD)	9.688	9.750	0.000
3. Kaysha Heck (SPU)	9.625	9.625	0.000
4. Jenna Dudley (AFA)	9.587	9.700	0.000
5. Michelle Denise (AFA)	9.562	9.575	0.000
6. Kristy Boswell (UAA)	9.550	9.675	0.000
6. Michelle Ho (UCD)	9.550	9.550	0.000
BALANCE BEAM:	Avg.	High	RQS
<i>UC Davis</i>	46.600	47.025	0.000
1. Anissa Madrid (SPU)	9.625	9.625	0.000
2. Erika Van Dyke (UCD)	9.562	9.675	0.000
3. Texie Gregory (SPU)	9.475	9.475	0.000
4. Tara Haris (AFA)	9.437	9.475	0.000
5. Lisa Wong (AFA)	9.375	9.375	0.000
6. Stephanie Wagner (SPU)	9.325	9.325	0.000
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.237	48.250	0.000
1. Katie Yamamura (UCD)	9.737	9.750	0.000
2. Sherah Veron (SPU)	9.725	9.725	0.000
2. Stephanie Wagner (SPU)	9.725	9.725	0.000
4. Brittany Malone (SPU)	9.700	9.700	0.000
4. Aditi Kulkarni (SPU)	9.700	9.700	0.000
6. Erika Van Dyke (UCD)	9.662	9.725	0.000
6. Jenna Dudley (AFA)	9.662	9.725	0.000
ALL-AROUND:	Avg.	High	RQS
1. Tanya Ho (UCD)	38.300	38.675	0.000
2. Jenna Dudley (AFA)	37.950	38.375	0.000
3. Katie Yamamura (UCD)	37.912	38.575	0.000
4. Brittany Dutton (AFA)	37.387	37.575	0.000
5. Courtney Williams (UAA)	37.150	37.400	0.000
6. Michelle Denise (AFA)	35.987	36.275	0.000