

For Immediate Release: January 26, 2010

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**2010 MOUNTAIN PACIFIC SPORTS FEDERATION
WOMEN'S GYMNASTICS UPDATE # 3**

AIR FORCE HOSTS TWO MPSF DUALS



UC DAVIS (5-1) totaled 191.525 in winning a triangular meet over host Sacramento State (190.700) and MPSF opponent Seattle Pacific (186.450). Senior Tanya Ho captured titles on the uneven bars (9.775) and All-Around (38.375). The Aggies swept the All-Around, as Kendall McCann (38.100) and Katie Yamamura (37.775) placed second and third, respectively. Yamamura took second on vault (9.675), and tied for third on floor with Erika Van Dyke. Van Dyke hit a career-high on beam (9.775) which also resulted in second-place, while Michelle Ho was the runner-up on floor (9.675). The Aggies' 48.100 team score on beam was their highest since 2008. UC Davis travels to Air Force Saturday (Jan. 30) in MPSF dual competition.



AIR FORCE (2-6) finished third of four teams in Normal, IL Sunday, behind the host winner Illinois State (190.925) and Western Michigan (190.525), and ahead of Wisconsin-La Crosse (183.3). Jenna Dudley placed third All-Around (38.025), while Brittany Dutton was right behind in fourth (37.55). Dutton also hit a career-high on vault (9.775) which resulted in third-place. The Falcons compete in their home opener this week, taking on Alaska-Anchorage Wednesday (Jan. 27) and UC Davis Saturday (Jan. 30) in a pair of MPSF dual meets.

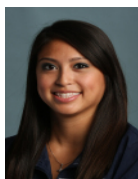


SEATTLE PACIFIC (0-3) posted a team score of 186.450 in taking third to UC Davis and host Sacramento State this past Friday. Texie Gregory set a career-high on the beam for sixth-place (9.55) and Anissa Madrid finished fifth All-Around (37.125). The Falcons join Stanford in a visit to Oregon State Friday (Jan. 29).



ALASKA-ANCHORAGE (0-5) was off this past week, though has plenty of action ahead. The Seawolves travel to Air Force for an MPSF dual meet Wednesday (Jan. 27), followed by a trip to Dallas, TX for a quad meet with Oklahoma, North Carolina State, and Texas Woman's University, on Saturday (Jan. 30).

TANYA HO MPSF GYMNAST OF THE WEEK



UC Davis senior **Tanya Ho** (Elk Grove, CA) repeats as MPSF Gymnast of the Week by virtue of two titles in a tri-meet victory at Sacramento State. She won both the uneven bars with a season-high (9.775) and her second-straight All-Around (38.375) to lead the Aggies to their first win over the Hornets in eight years. Ho added a 9.70 on beam and 9.55 on floor.

Also nominated: Brittany Dutton (AFA)

GymInfo
**WOMEN'S GYMNASTICS
REGIONAL RANKING**

Jan. 25, 2010- by Total Season Average

West Region

Rank	Team	Avg	Reg	High	RQS
1	Stanford	195.833	W	196.425	0.000
2	Oregon State	195.817	W	196.125	0.000
3	UCLA	195.744	W	196.600	0.000
4	Boise State	194.200	W	194.200	0.000
5	Washington	193.708	W	194.875	0.000
6	San Jose State	192.050	W	192.400	0.000
7	California	191.087	W	191.800	0.000
8	UC Davis	190.450	W	191.525	0.000
9	Sac State	188.920	W	188.920	0.000
10	CS Fullerton	188.000	W	188.000	0.000

North Central Region

9	Air Force	185.158	NC	185.850	0.000
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2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Jan. 26	Tanya Ho	UC Davis
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)

Wed, Jan. 27
Alaska-Anchorage at AIR FORCE 6pm

Fri, Jan. 29
Seattle Pacific and Stanford at OREGON STATE 7pm

Sat, Jan. 30
UC Davis at AIR FORCE 6pm
Alaska-Anchorage, Oklahoma, NC State, TWU 6pm
AT DALLAS, TX

LAST WEEK'S RESULTS
(Home Team in CAPS)

Sun, Jan. 24
ILLINOIS STATE 190.925, Western Michigan 190.525,
Air Force 185.150, Wisconsin-La Crosse 183.300

Fri, Jan. 22
UC Davis 191.525, SACRAMENTO STATE 190.700,
Seattle Pacific 186.450

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	190.450	191.525	0.000
Seattle Pacific	187.425	188.400	0.000
Air Force	185.158	185.850	0.000
Alaska, U. of	183.833	185.350	0.000
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.167	48.425	0.000
1. Katie Yamamura (UCD)	9.700	9.725	0.000
2. Michelle Bobonski (UCD)	9.687	9.800	0.000
3. Marcy Miller (UCD)	9.650	9.750	0.000
4. Michele Hurlock (UCD)	9.642	9.675	0.000
5. Shakea Sanders (UAA)	9.625	9.650	0.000
5. Brittany Dutton (AFA)	9.625	9.775	0.000
UNEVEN P-BARS:	Avg.	High	RQS
<i>UC Davis</i>	46.992	48.150	0.000
1. Tanya Ho (UCD)	9.717	9.775	0.000
2. Michelle Ho (UCD)	9.575	9.600	0.000
3. Kristy Boswell (UAA)	9.550	9.675	0.000
4. Courtney Williams (UAA)	9.542	9.725	0.000
5. Kaysha Heck (SPU)	9.537	9.625	0.000
6. Jenna Dudley (AFA)	9.475	9.700	0.000
BALANCE BEAM:	Avg.	High	RQS
<i>UC Davis</i>	47.100	48.100	0.000
1. Erika Van Dyke (UCD)	9.633	9.775	0.000
2. Kendall McCann (UCD)	9.550	9.550	0.000
3. Texie Gregory (SPU)	9.512	9.550	0.000
4. Tanya Ho (UCD)	9.433	9.700	0.000
5. Katie Yamamura (UCD)	9.383	9.600	0.000
6. Anissa Madrid (SPU)	9.375	9.625	0.000
6. Lisa Wong (AFA)	9.375	9.375	0.000
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.192	48.250	0.000
1. Katie Yamamura (UCD)	9.708	9.750	0.000
2. Michelle Ho (UCD)	9.675	9.675	0.000
3. Erika Van Dyke (UCD)	9.658	9.725	0.000
4. Jenna Dudley (AFA)	9.642	9.725	0.000
5. Sherah Veron (SPU)	9.625	9.725	0.000
5. Brittany Malone (SPU)	9.625	9.700	0.000
5. Kendall McCann (UCD)	9.625	9.675	0.000
ALL-AROUND:	Avg.	High	RQS
1. Tanya Ho (UCD)	38.325	38.675	0.000
2. Kendall McCann (UCD)	38.100	38.100	0.000
3. Jenna Dudley (AFA)	37.975	38.375	0.000
4. Katie Yamamura (UCD)	37.867	38.575	0.000
5. Brittany Dutton (AFA)	37.442	37.575	0.000
6. Courtney Williams (UAA)	37.150	37.400	0.000