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2010 MOUNTAIN PACIFIC SPORTS FEDERATION
WOMEN'S GYMNASTICS UPDATE # 4

UC DAVIS, ALASKA POST
SEASON-HIGH SCORES



UC DAVIS (6-1) posted a season-high team score (191.575) in an MPSF dual win at Air Force (185.300) last Saturday. Junior Marcy Miller won the balance beam title (9.80) and placed third in her All-Around debut (38.000). Katie Yamamura won the All-Around (38.475) and was second on vault (9.60) and beam (9.775). Tanya Ho finished second on floor (9.65) and bars (9.60), while Lida Gehlen won the bars with a meet-high score (9.85). The Aggies return home Friday (Feb. 5) for another MPSF dual meet, taking on Seattle Pacific.



ALASKA-ANCHORAGE (0-9) placed fourth in a quad meet with Oklahoma, North Carolina State, and Texas Woman's University last Saturday in Dallas, TX, with a season-high team score of 188.900. The team effort was more than 3.5 points better than the previous high. Leah Wilson placed third All-Around (37.075). Kristy Boswell and Leah Wilson shared the bars title in the Air Force meet (9.45), while Wilson added a victory on beam (9.575). The Seawolves are off until Feb. 12 when they travel to UC Davis.



AIR FORCE (3-7) sophomore Jenna Dudley nailed a career-high on floor (9.775), while Brittany Dutton hit a 9.625 on vault, both good enough for event titles to lead a 185.300 team score at home against UC Davis. Michelle Denise took second with on floor (9.65) and Dudley finished second All-Around (38.425). Air Force won an MPSF dual three days prior with a 185.350 vs. Alaska, as Dudley clinched the meet with a top floor effort (9.725). The Falcons head to Denton, TX Sunday for a tri-meet with Northern Illinois and Texas Woman's University.



SEATTLE PACIFIC (0-5) sophomore Samantha Taylor placed fifth in her All-Around debut Friday (37.500), as the Falcons (188.100) finished behind DI powers Oregon State and Stanford in Corvallis, OR. Anissa Madrid was sixth All-Around (37.275). Taylor was top Seattle performer on bars (9.65), as was Sherah Veron on vault (9.55) and floor (9.575). The Falcons travel to UC Davis Friday (Feb. 5) for MPSF Dual action.

JENNA DUDLEY MPSF GYMNAST OF THE WEEK



Air Force sophomore Jenna Dudley (Lynden, WA) had two outstanding MPSF dual meets last week, recording a top-five performance on nearly every event over the two outings. As the last gymnast against Alaska, she turned in a top score of 9.725 on floor to clinch a narrow win for the Falcons. Against UCD, Dudley posted a career-high to win another floor title (9.775), while nailing 2010-bests on beam and all-around. She was also second all-around (38.425) and third on vault (9.55).
Nominated: Samantha Taylor (SPU); Katie Yamamura (UCD)

GymInfo

WOMEN'S GYMNASTICS
REGIONAL RANKING

Feb. 1, 2010- by Total Season Average

West Region

Rank	Team	Average	High	RQS
1	Oregon State	195.919	196.225	0.000
2	UCLA	195.905	196.600	0.000
3	Stanford	195.819	196.425	0.000
4	Washington	193.944	194.875	0.000
5	Boise State	192.912	194.200	0.000
6	San Jose State	192.362	193.300	0.000
7	Sac State	190.798	192.775	0.000
8	UC Davis	190.731	191.575	0.000
9	California	190.517	191.800	0.000
10	CS Fullerton	188.450	188.900	0.000
11	Seattle Pac.	187.650	188.400	0.000
12	Alaska U.	185.040	188.900	0.000

North Central Region

9	Air Force	185.225	185.850	0.000
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2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Feb. 2	Jenna Dudley	Air Force
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>

<http://troester.com/gym>

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

Fri, Feb. 5
Seattle Pacific at UC DAVIS 7pm

Sun, Feb. 7
Air Force and N. Illinois at TEXAS WOMAN'S U. 2pm

LAST WEEK'S RESULTS
(Home Team in CAPS)

Sat, Jan. 30
UC Davis 191.575, AIR FORCE 185.300

Oklahoma 196.100, NC State 194.875, TWU 191.225,
Alaska-Anchorage 188.900 (AT DALLAS, TX)

Fri, Jan. 29
OREGON STATE 196.225, Stanford 195.775
Seattle Pacific 188.100

Wed, Jan. 27
AIR FORCE 185.350, Alaska-Anchorage 184.800

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	190.731	191.575	0.000
Seattle Pacific	187.650	188.400	0.000
Air Force	185.225	185.850	0.000
Alaska, U.	185.040	188.900	0.000
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.031	48.425	0.000
1. Katie Yamamura (UCD)	9.675	9.725	0.000
2. Brittany Dutton (AFA)	9.630	9.775	0.000
3. Marcy Miller (UCD)	9.625	9.750	0.000
4. Michelle Bobonski (UCD)	9.617	9.800	0.000
5. Michele Hurlock (UCD)	9.594	9.675	0.000
6. Leah Wilson (UAA)	9.590	9.725	0.000
UNEVEN P-BARS:	Avg.	High	RQS
<i>UC Davis</i>	47.231	48.150	0.000
1. Tanya Ho (UCD)	9.687	9.775	0.000
2. Betsy Snook (SPU)	9.575	9.575	0.000
2. Michelle Ho (UCD)	9.575	9.600	0.000
4. Kristy Boswell (UAA)	9.535	9.675	0.000
5. Kaysha Heck (SPU)	9.517	9.625	0.000
6. Maria Puricelli (UAA)	9.475	9.625	0.000
BALANCE BEAM:	Avg.	High	RQS
<i>UC Davis</i>	47.369	48.175	0.000
1. Kendall McCann (UCD)	9.625	9.700	0.000
2. Erika Van Dyke (UCD)	9.519	9.775	0.000
3. Katie Yamamura (UCD)	9.481	9.775	0.000
4. Lisa Wong (AFA)	9.437	9.575	0.000
5. Marcy Miller (UCD)	9.400	9.800	0.000
6. Christine Tao (UCD)	9.383	9.725	0.000
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.100	48.250	0.000
1. Jenna Dudley (AFA)	9.685	9.775	0.000
2. Katie Yamamura (UCD)	9.681	9.750	0.000
3. Michelle Ho (UCD)	9.675	9.675	0.000
4. Erika Van Dyke (UCD)	9.625	9.725	0.000
4. Tanya Ho (UCD)	9.625	9.700	0.000
6. Sherah Veron (SPU)	9.608	9.725	0.000
ALL-AROUND:	Avg.	High	RQS
1. Tanya Ho (UCD)	38.219	38.675	0.000
2. Kendall McCann (UCD)	38.100	38.100	0.000
3. Katie Yamamura (UCD)	38.019	38.575	0.000
4. Marcy Miller (UCD)	38.000	38.000	0.000
5. Jenna Dudley (AFA)	37.970	38.425	0.000
6. Samantha Taylor (SPU)	37.500	37.500	0.000