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Contact: Darren Preston

**2010 MOUNTAIN PACIFIC SPORTS FEDERATION  
WOMEN'S GYMNASTICS UPDATE # 5**

THREE TEAMS HIT SEASON-BESTS

GymInfo



**UC DAVIS (7-1)** topped its previous week's season-high team score (194.250) in an MPSF dual win at Seattle Pacific (188.250) last Friday. The Aggie team score was the fourth highest in program history. Sophomore Erika Van Dyke won titles with career-tying efforts on the balance beam (9.775) and floor (9.80), while Lida Gehlen's 9.875 on bars was also an event-high. On Floor, Katie Yamamura (9.775) and Taryn West (9.75) also hit career-marks to take second and third, respectively.

Yamamura would also share the vault title (9.75) with Michelle Bobonski, en route to winning the All-Around with a 2010-best (38.825). UC Davis returns home Friday (Feb. 12) for another MPSF Dual with Alaska-Anchorage.



**SEATTLE PACIFIC (0-6)** turned in its top team performance of 2010, with an overall score of 188.550, placing second at UC Davis. Falcon sophomore Kaysha Heck nailed a season-high on bars (9.70) to place third, while Sherah Veron hit the same score on vault to take fourth. Sophomore in Brittany Malone was the team's top floor competitor, with a season-high 9.625 and sixth-place finish. Laura Willis hit a season-best on bars (9.60). Finally, for the second straight week, Samantha Taylor beat her career-high all-around with a fourth-place finish (37.975). Seattle Pacific stays on the road for a tri-meet with Boise State and Sac State, in Boise, ID Friday.



**AIR FORCE (4-9)** improved its season-high team score by nearly three points (188.650) in Denton, TX Sunday, behind host Texas Woman's University and Northern Illinois, and ahead of Centenary. The Falcons also bettered their team scores on balance beam (46.65) and floor (47.575). Jenna Dudley hit a career-high on vault (9.70) to place third, while Lisa Wong turned in the evening's top performance, nailing a 9.725 on beam. Wong also had a season-best on floor (9.40). Air Force is off until Feb. 20, when it hosts Southeast Missouri State and MPSF opponent Seattle Pacific.



**ALASKA-ANCHORAGE (0-9)** was idle this past week, in preparation for traveling to UC Davis Friday (Feb. 12) in an MPSF Dual Meet.

**KATIE YAMAMURA  
MPSF GYMNAST OF THE WEEK**



UC Davis freshman **Katie Yamamura** (Palo Alto, CA) scored a career-high in the all-around (38.825) for an individual title, leading the Aggies to their fourth-highest team total (194.250) in program history in a dual meet against Seattle Pacific. Yamamura also shared a vault title with a career-high (9.75), while finishing second on floor (9.775), and third on bars (9.70).  
*Also Nominated: Lisa Wong (AF)*

WOMEN'S GYMNASTICS  
REGIONAL RANKING

Feb. 8, 2010- by Total Season Average

West Region

Rank	Team	Average	High	RQS
1	UCLA	196.042	196.725	195.905
2	Oregon State	196.010	196.375	0.000
3	Stanford	195.995	196.650	0.000
4	Washington	193.970	194.875	0.000
5	Boise State	193.175	194.200	0.000
6	San Jose State	192.450	193.300	0.000
7	<b>UC Davis</b>	<b>191.435</b>	<b>194.250</b>	<b>0.000</b>
8	Sac State	191.405	193.225	0.000
9	California	190.413	191.800	0.000
10	CS Fullerton	189.383	191.250	0.000
11	Seattle Pac.	<b>187.875</b>	<b>188.550</b>	<b>0.000</b>
12	Alaska U.	185.040	188.900	0.000

North Central Region

9	Air Force	185.796	188.650	185.225
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2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Feb. 9	Katie Yamamura	UC Davis
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. 12  
Alaska-Anchorage at UC DAVIS 7pm  
Seattle Pacific and Sac State at BOISE STATE 7pm

LAST WEEK'S RESULTS  
(Home Team in CAPS)

Sun, Feb. 7  
TEXAS WOMAN'S U. 193.125, N. Illinois 192.425,  
Air Force 188.650, Centenary 185.925

Fri, Feb. 5  
UC DAVIS 194.250, Seattle Pacific 188.550

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](http://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	191.435	194.250	0.000
Seattle Pacific	187.875	188.550	0.000
Air Force	185.796	188.650	185.225
Alaska, U.	185.040	188.900	0.000
<b>VAULT:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.150	48.625	0.000
1. Katie Yamamura (UCD)	9.690	9.750	0.000
2. Michelle Bobonski (UCD)	9.650	9.800	0.000
3. Marcy Miller (UCD)	9.640	9.750	0.000
4. Michele Hurlock (UCD)	9.615	9.700	0.000
5. Brittany Dutton (AFA)	9.608	9.775	9.575
6. Leah Wilson (UAA)	9.590	9.725	0.000
6. Tanya Ho (UCD)	9.590	9.725	0.000
<b>UNEVEN P-BARS:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	47.530	48.725	0.000
1. Tanya Ho (UCD)	9.705	9.775	0.000
2. Michelle Ho (UCD)	9.608	9.675	0.000
3. Betsy Snook (SPU)	9.563	9.575	0.000
3. Kaysha Heck (SPU)	9.563	9.700	0.000
5. Kristy Boswell (UAA)	9.535	9.675	0.000
5. Lida Gehlen (UCD)	9.535	9.875	0.000
<b>BALANCE BEAM:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	47.530	48.175	0.000
1. Kendall McCann (UCD)	9.592	9.700	0.000
2. Erika Van Dyke (UCD)	9.570	9.775	0.000
3. Katie Yamamura (UCD)	9.505	9.775	0.000
4. Lisa Wong (AFA)	9.495	9.725	0.000
5. Christine Tao (UCD)	9.456	9.725	0.000
6. Marcy Miller (UCD)	9.440	9.800	0.000
<b>FLOOR EXERCISE:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.225	48.725	0.000
1. Katie Yamamura (UCD)	9.700	9.775	0.000
2. Michelle Ho (UCD)	9.675	9.675	0.000
3. Jenna Dudley (AFA)	9.671	9.775	9.650
4. Erika Van Dyke (UCD)	9.660	9.800	0.000
5. Tanya Ho (UCD)	9.640	9.700	0.000
6. Kendall McCann (UCD)	9.625	9.700	0.000
6. Taryn West (UCD)	9.625	9.750	0.000
<b>ALL-AROUND:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
1. Tanya Ho (UCD)	38.315	38.700	0.000
2. Katie Yamamura (UCD)	38.180	38.825	0.000
3. Kendall McCann (UCD)	38.100	38.100	0.000
4. Jenna Dudley (AFA)	38.004	38.425	37.920
5. Marcy Miller (UCD)	38.000	38.000	0.000
6. Samantha Taylor (SPU)	37.500	37.500	0.000