



9250 E. Costilla Ave., Suite #300
 Englewood, CO 80112-3662
 Phone: 303-799-9221
 Fax: 303-799-3888

www.wacsports.com

WAC GYMNASTICS
 February 9, 2010

Jason Erickson, Director of Media Relations (Gymnastics Contact)
 E-Mail: jerickson@wac.org • Phone: 303-962-4206

	WAC Meets			All Meets			High Score
	W	L	Pct.	W	L	Pct.	
Southern Utah	2	0	1.000	6	0	1.000	195.275
Boise State	2	0	1.000	4	0	1.000	194.200
Sacramento State	1	1	.500	3	6	.333	192.775
San Jose State	0	1	.000	5	6	.455	193.300
Cal State Fullerton	0	2	.000	1	5	.167	191.250
Utah State	0	1	.000	1	7	.125	191.650

Schedule: Week #5

Friday, February 12

*Sacramento State at Boise State 7:00 p.m. MT
 Utah State at Utah 7:00 p.m. MT
 *Cal State Fullerton at San Jose State 7:00 p.m. PT

*denotes WAC meet

Results: Week #4

Friday, February 5

Utah State at Utah State Tri Meet 3rd/3, 190.475

Saturday, February 6

Southern Utah def. Kent State 195.275-193.625

Sunday, February 7

*Boise State def. Cal State Fullerton 193.700-191.250
 Sacramento State at Stanford Quad 3rd/4, 193.225
 San Jose State at Stanford Quad 4th/4, 192.850

*denotes WAC meet



2010 WAC Gymnastics

SOUTHERN UTAH'S WHEELER AND BOISE STATE'S REDMON NAMED WAC GYMNASTS OF THE WEEK

Southern Utah's Elise Wheeler and Boise State's Hannah Redmon have been named the Verizon Wireless Western Athletic Conference Gymnast of the Week and Specialist of the Week, respectively, for the week of Feb. 1-7.

Wheeler, a senior from San Diego, Calif. (Madison HS) led Southern Utah to a season-high 195.275 win over Kent State by claiming individual titles in every event and scoring season highs on vault (9.875), beam (9.850), floor (9.900) and in the all-around (39.425). Wheeler's all-around total is the second-highest in school history, one-tenth short of her own school record of 39.525.

Redmon, a junior from Sparks, Nevada (Reed HS) tied her season best mark on vault with a 9.900, winning her 11th career vault title against Cal State Fullerton on Sunday. Redmon also won the floor title and tied a season best 9.900, marking her 11th career floor victory. She also won the bars title with a 9.850.

CAL STATE FULLERTON TO HOST 2010 WAC GYMNASTICS CHAMPIONSHIP

This year's Western Athletic Conference Gymnastics Championship will take place at Cal State Fullerton's Titan Gym on March 27. The event will begin at 6 p.m. (PT). For more information on the event, visit the WAC Championships page at www.wacsports.com.



WAC Media Services

Internet

Information on the Western Athletic Conference can be accessed many ways. The WAC's website is www.wacsports.com. Standings, top performances, team notes, meet stories, and releases will be available on the website along with PDFs of records and links to school sites.

E-Mail Lists

Media may contact **Jason Erickson** at the WAC (303-962-4206 or jerickson@wac.org) to be included on the league's e-mail lists.

WAC Gymnastics Media Contacts

Boise State - Michelle Railsback

Phone (208) 426-3438
 Fax..... (208) 426-3361
 Press Row (208) 426-1503
 Email..... michellerailsback@boisestate.edu
 Website..... broncosports.com

Cal State Fullerton - Jason Spencer

Phone (714) 278-3970
 Fax..... (714) 278-3141
 Cell..... (714) 904-7547
 Email..... jspencer@fullerton.edu
 Website..... fullertontitans.com

Sacramento State - Brian Berger

Phone (916) 278-4313
 Fax..... (916) 278-5429
 Cell..... (916) 397-4325
 Email..... bwberger@csus.edu
 Website..... hornetsports.com

San Jose State - Amy Villa

Phone (408) 924-1208
 Fax..... (408) 924-1291
 Cell..... (408) 421-8604
 Email..... amy.villa@email.sjsu.edu
 Website..... sjsuspartans.com

Southern Utah - Kyle Cottam

Phone (435) 586-7752
 Fax..... (435)
 Cell..... (812) 251-6901
 Email..... cottam@suu.edu
 Website..... suutbirds.com

Utah State - Zach Fisher

Phone (435) 797-2066
 Fax..... (435) 797-2615
 Cell..... (435) 213-0318
 Email..... zach.fisher@usu.edu
 Website..... utahstateaggies.com

Gymnastics Coaches

Boise State - Tina Bird and Neil Resnick

Phone (208) 426-1657
 Email..... tbird@boisestate.edu

Cal State Fullerton - Jill Hicks

Phone (714) 278-3842
 Email..... jhicks@fullerton.edu

Sacramento State - Kim Hughes

Phone (916) 278-5361
 Email..... kwhughes@csus.edu

San Jose State - Wayne Wright

Phone (408) 924-1390
 Email..... wwright@sjsu.edu

Southern Utah - Scott Bauman

Phone (435) 586-7825
 Email..... bauman@suu.edu

Utah State - Jeff Richards

Phone (435) 797-1494
 Email..... jeff.richards@usu.edu

2010 WAC GYMNAST OF THE WEEK

Jan. 11 Thomasina Wallace, So., San Jose St.
 Jan. 18..... Hannah Redmon, Jr., Boise State
 Jan. 25..... Elise Wheeler, Sr., Southern Utah
 Feb. 1 Elise Wheeler, Sr., Southern Utah
 Feb. 8 Elise Wheeler, Sr., Southern Utah
 Feb. 15
 Feb. 22
 Mar. 1.....
 Mar. 8.....
 Mar. 15.....
 Mar. 22.....

2010 WAC SPECIALIST OF THE WEEK

Jan. 11 Lily Swann, Jr., San Jose State
 Jan. 18... Melissa Johnson, Sr., Southern Utah
 Jan. 25... Melissa Johnson, Sr., Southern Utah
 Eryn Stubblefield, Sr., Sacramento State
 Feb. 1 Melissa Johnson, Sr., Southern Utah
Hailey Gaspar, Fr., Boise State
 Feb. 8 Hannah Redmon, Jr., Boise State
 Feb. 15
 Feb. 22
 Mar. 1.....
 Mar. 8.....
 Mar. 15.....
 Mar. 22.....

2010 WAC Gymnastics Schedule

Boise State (4-0, 2-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 15	Sacramento State, San Jose State	Reno	1st/3, 194.200
Jan. 29	*Utah State	Logan	W, 191.625
Feb. 7	*Cal State Fullerton	Fullerton	W, 193.700
Feb. 12	*Sacramento State	Boise	7:00 p.m.
Feb. 19	Denver, Southeast Missouri	Denver	6:00 p.m.
Feb. 26	*Southern Utah, Centenary	Cedar City	7:00 p.m.
Mar. 5	Utah State, BYU	Boise	7:00 p.m.
Mar. 12	BYU, Arizona St.	Provo	7:00 p.m.
Mar. 19	*San Jose State	Boise	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Cal State Fullerton (1-5, 0-2 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 10	San Jose State, UC Davis, Wisc.-WW	Davis	3rd/4, 188.000
Jan. 29	*Sacramento State, Southern Utah	Sacramento	3rd/3, 188.900
Feb. 7	*Boise State	Fullerton	L, 191.250
Feb. 12	*San Jose State	San Jose	7:00 p.m.
Feb. 21	UC Davis	Fullerton	2:00 p.m.
Feb. 26	*Utah State, UCLA	Fullerton	7:00 p.m.
Mar. 12	Michigan State	Fullerton	7:00 p.m.
Mar. 14	UCLA	Los Angeles	2:00 p.m.
Mar. 19	*Southern Utah	Cedar City	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Sacramento State (3-6, 1-1 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 15	Boise State, San Jose State	Reno	3rd/3, 188.925
Jan. 22	UC Davis, Seattle Pacific	Sacramento	2nd/3, 190.700
Jan. 29	*Cal State Fullerton, *Southern Utah	Sacramento	2nd/3, 192.775
Feb. 7	Stanford, San Jose State, Washington	Stanford	3rd/4, 193.225
Feb. 12	*Boise State	Boise	7:00 p.m.
Feb. 19	San Jose State	Sacramento	7:00 p.m.
Feb. 26	*San Jose State	San Jose	7:00 p.m.
Mar. 5	UC Davis, Eastern Michigan	Davis	7:00 p.m.
Mar. 12	Texas Woman's	Sacramento	7:00 p.m.
Mar. 19	*Utah State	Logan	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

San Jose State (5-6, 0-1 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 10	UC Davis, Cal State Fullerton, Wisc.-WW	Davis	1st/4, 191.800
Jan. 15	Boise State, Sacramento State	Reno	2nd/3, 192.400
Jan. 22	California, UCLA	Berkely	2nd/3, 191.950
Jan. 30	*Southern Utah	San Jose	L, 193.300
Feb. 7	Stanford, Washington, Sacramento St.	Stanford	4th/4, 192.850
Feb. 12	*Cal State Fullerton	San Jose	7:00 p.m.
Feb. 19	Sacramento State	Sacramento	7:00 p.m.
Feb. 26	*Sacramento State, UC Davis	San Jose	7:00 p.m.
Mar. 5	California, Stanford	San Jose	7:00 p.m.
Mar. 12	*Utah State	Logan	7:00 p.m.
Mar. 19	*Boise State	Boise	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Southern Utah (6-0, 2-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 14	Brigham Young	Provo	W, 194.100
Jan. 22	Utah State	Cedar City	W, 195.050
Jan. 29	*Sacramento State, Cal State Fullerton	Sacramento	1st/3, 193.575
Jan. 30	*San Jose State	San Jose	W, 194.925
Feb. 6	Kent State	Cedar City	W, 195.275
Feb. 15	*Utah State	Logan	7:00 p.m.
Feb. 26	*Boise State	Cedar City	7:00 p.m.
Mar. 7	Iowa	Iowa City	7:00 p.m.
Mar. 12	Utah, Penn State, Oregon State	Salt Lake City	7:00 p.m.
Mar. 19	*Cal State Fullerton	Cedar City	7:00 p.m.
Mar. 22	Brigham Young	Cedar City	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Utah State (1-7, 0-1 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 15	Central Michigan	Mount Pleasant	L, 187.275
Jan. 17	New Hampshire	Durham	3rd/4, 191.650
Jan. 22	Southern Utah	Cedar City	L, 191.225
Jan. 29	*Boise State	Logan	L, 191.125
Feb. 5	Brigham Young, Denver	Provo	3rd/3, 190.475
Feb. 12	Utah	Salt Lake City	7:00 p.m.
Feb. 15	*Southern Utah	Logan	7:00 p.m.
Feb. 19	Brigham Young	Logan	7:00 p.m.
Feb. 26	*Cal State Fullerton, UCLA	Fullerton	7:00 p.m.
Mar. 5	Boise State	Boise	7:00 p.m.
Mar. 12	*San Jose State	Logan	7:00 p.m.
Mar. 19	*Sacramento State	Logan	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet



2010 WAC Team Notes

Boise State Broncos (4-0, 2-0 WAC)

The Broncos recorded their second-best score of the season on Sunday with a 193.700 ... their top team score was the season opener with a 194.200 (they also earned top team scores on vault, bars and floor that meet) ... the Broncos open up their 2010 home season on Fri., Feb. 12 when they host Sacramento State and Seattle Pacific in the 'Beauty and the Beast' meet. The meet will also be a pink out.



San Jose State Spartans (5-6, 0-1 WAC)

Lily Swann scored career bests on the bars, floor and all-around Sunday afternoon as the San Jose state women's gymnastics team scored a 192.800 at the Stanford quadrangular meet ... Swann scored a 9.775 on bars, a 9.775 on floor and a 38.925 in the all-around ... SJSU returns home this Friday night for a Western Athletic Conference meet against Cal State Fullerton.



Cal State Fullerton Titans (1-5, 0-2 WAC)

Fullerton set a season high with its 191.250 against Boise State, posting improvements every week over it's first three weeks ... it was the first time that the Titans topped the 190-point mark this season ... junior Shelly Cooper also finished in a tie for second on bars, scoring a 9.80.



Southern Utah Thunderbirds (6-0, 2-0 WAC)

Southern Utah remained undefeated with its 195.275-193.625 victory over Kent State ... the 195.275 was a season-high mark for the Thunderbirds, despite having to count one fall on floor ... Melissa Johnson continued her streak of consecutive vault titles by sharing the individual title with Elise Wheeler, scoring a 9.875 ... Wheeler won the all-around with a 39.425 and won titles on every event ... Alyssa Click scored a career-best on floor with a 9.850.



Sacramento State Hornets (3-6, 1-1 WAC)

For the third consecutive meet, the Sacramento State gymnastics team posted a season high ... Sunday, the Hornets scored 193.225 to finish third in a four-team meet hosted by Stanford ... Sacramento State also scored season highs on vault and bars ... Amanda Blauvelt helped Sacramento State to its best score of the season with a career high 9.800 on bars ... her effort helped the Hornets score a season-best 48.500 on bars and tied her for sixth overall in the meet.



Utah State Aggies (1-7, 0-1 WAC)

Senior Heather Heinrich was USU's top all-arounder, finishing third with a season-high 38.675 ... junior Lyndsie Boone was fourth in the all-round with a 38.275 while sophomore Chelsea Marquardt was fifth with a career-high 37.950 ... sophomore Haley Hogan and freshman Amanda Watamaniuk competed in the all-around for the first time in their collegiate careers, with Watamaniuk finishing sixth with a 37.175 and Hogan placing seventh with a 36.975.



2010 GymInfo Poll (February 8 - by Scoring Average)

Rk.	School	Avg.	Team High
1	Oklahoma	196.425	196.825
2	Alabama	196.405	197.450
3	Arkansas	196.120	197.025
4	Utah	196.060	196.550
5	UCLA	196.042	196.725
6	Florida	196.020	196.725
7	Oregon State	196.010	196.375
8	Stanford	195.985	196.650
9	Georgia	195.850	197.200
10	Nebraska	195.570	196.225
11	L.S.U.	195.380	196.475
12	Kentucky	195.320	195.550
13	Michigan	195.240	196.400
14	Auburn	195.215	196.425
15	Penn State	195.165	196.425
16	Iowa State	195.080	196.000
17	Missouri	195.030	196.400
18	Southern Utah	194.585	195.275
19	Denver	194.465	195.575
20	Illinois	194.430	196.275
21	Arizona	194.300	195.675
22	Michigan State	194.146	194.875
23	NC State	194.094	194.875
24	Washington	193.970	194.875
25	Arizona State	193.915	195.700
26	Minnesota	193.860	195.350
27	West Virginia	193.345	194.600
28	Kent State	193.343	195.170
29	New Hampshire	193.300	195.000
30	Central Michigan	193.180	194.975

WAC Schools in the Top 50

31	Boise State Univ.	193.175	194.200
37	San Jose State	192.450	193.300
43	Sacramento State	191.405	193.225
50	Utah State	190.350	191.650

GymInfo - Women's Regional Ranking for: Team Total February 8 - by Scoring Average

West

Rank	Team	Avg.		High
1	UCLA	196.042	W	196.725
2	Oregon State	196.010	W	196.375
3	Stanford	195.985	W	196.650
4	Washington	193.970	W	194.875
5	Boise State	193.175	W	194.200
6	San Jose State	192.450	W	193.300
7	UC Davis	191.435	W	194.250
8	Sacramento State	191.405	W	193.225
9	California	190.413	W	191.800
10	Cal State-Fullerton	189.383	W	191.250
11	Seattle Pacific	187.875	W	188.550
12	Alaska	185.040	W	188.900

North Central

Rank	Team	Avg.		High
1	Utah	196.060	NC	196.550
2	Iowa State	195.080	NC	196.000
3	Southern Utah	194.585	NC	195.275
4	Denver	194.465	NC	195.575
5	Minnesota	193.860	NC	195.350
6	Brigham Young	193.144	NC	194.975
7	Iowa	193.095	NC	194.925
8	Utah State	190.350	NC	191.650
9	Air Force	185.796	NC	188.650
10	Wisconsin-WW	182.625	NC	185.775
11	Wisconsin-LC	181.400	NC	185.700
12	Winona State	176.088	NC	180.000

Bold = WAC Schools

2010 WAC Gymnastics Superlatives

INDIVIDUAL (top 10)

ALL-AROUND

Athlete	School	Score	Date
Elise Wheeler	Southern Utah	39.425	2/6
Thomasina Wallace	San Jose State	38.975	1/15, 1/22
Hannah Redmon	Boise State	38.925	1/15
Lily Swann	San Jose State	38.925	2/7
Eryn Stubblefield	Sacramento State	38.900	1/30
Lyndsie Boone	Utah State	38.850	1/29
Amy Glass	Boise State	38.775	1/15
Heather Heinrich	Utah State	38.675	2/5
Amelia Montoya	Utah State	38.600	1/22
Alaina Baker	Cal State Fullerton	38.550	1/29

VAULT

Athlete	School	Score	Date
Hannah Redmon	Boise State	9.900	1/15, 2/7
Melissa Johnson	Southern Utah	9.900	1/29, 1/30
Hailey Gaspar	Boise State	9.900	1/29
Elise Wheeler	Southern Utah	9.875	2/6
Thomasina Wallace	San Jose State	9.850	1/15
Lindsey Schultz	Southern Utah	9.850	1/29
Lily Swann	San Jose State	9.825	1/10
Lyndsie Boone	Utah State	9.825	1/29
Chelsee Apple	Boise State	9.825	1/29
Amy Glass	Boise State	9.825	1/29

UNEVEN BARS

Athlete	School	Score	Date
Thomasina Wallace	San Jose State	9.925	1/10
Elise Wheeler	Southern Utah	9.875	1/22, 1/30
Jenna Vogt	Southern Utah	9.850	1/29
Hannah Redmon	Boise State	9.850	2/7
Amy Glass	Boise State	9.825	1/15
Alyssa Click	Southern Utah	9.800	1/29, 2/6
Amanda Blauvelt	Sacramento State	9.800	2/7
Shelly Cooper	Cal State Fullerton	9.800	2/7
Bailey Baker	Southern Utah	9.800	2/6
Taylor Jacob	Boise State	9.775	1/15
Katie Tuller	Boise State	9.775	1/15
Brandie Dickson	Utah State	9.775	1/17
Chelsea Marquardt	Utah State	9.775	1/17
Jessica Khoshknook	San Jose State	9.775	1/30
Eryn Stubblefield	Sacramento State	9.775	1/29
Melissa Johnson	Southern Utah	9.775	1/29
Lily Swann	San Jose State	9.775	2/7

BALANCE BEAM

Athlete	School	Score	Date
Alyssa Click	Southern Utah	9.850	1/30
Ari Lamb	Southern Utah	9.850	1/30
Lissa Zamolo	Sacramento State	9.850	1/29
Elise Wheeler	Southern Utah	9.850	2/6
Lindsay Kazandjian	Boise State	9.825	1/15
Thomasina Wallace	San Jose State	9.825	1/15
Eryn Stubblefield	Sacramento State	9.825	1/22, 1/29
Melissa Johnson	Southern Utah	9.825	1/29
Kelsey Lang	Boise State	9.825	1/29
Lily Swann	San Jose State	9.800	1/15
Caitlin Kennedy	Southern Utah	9.800	1/30
Cayla Boyce	Sacramento State	9.800	1/29

FLOOR EXERCISE

Athlete	School	Score	Date
Hannah Redmon	Boise State	9.900	1/15, 2/7
Elise Wheeler	Southern Utah	9.900	2/7
Alaina Baker	Cal State Fullerton	9.850	2/7
Alyssa Click	Southern Utah	9.850	2/6
Shannon Coughlin	Southern Utah	9.850	2/6
Tiffany Louie	San Jose State	9.825	1/30
Lindsey Schultz	Southern Utah	9.825	2/6
Yvette Leizorek	Boise State	9.800	1/15
Bailey Baker	Southern Utah	9.800	1/22
Thomasina Wallace	San Jose State	9.800	2/7

TEAM

TEAM TOTAL

School	Score	Date
Southern Utah	195.275	2/6
Boise State	194.200	1/15
San Jose State	193.300	1/30
Sacramento State	193.225	2/7
Utah State	191.650	1/17
Cal State Fullerton	191.250	2/7

VAULT

School	Score	Date
Boise State	49.025	1/15
Southern Utah	48.900	1/14
Cal State Fullerton	48.475	2/7
San Jose State	48.425	1/10
Utah State	48.325	1/17
Sacramento State	48.200	2/7

UNEVEN BARS

School	Score	Date
Southern Utah	48.875	1/22, 2/6
Boise State	48.800	1/15
San Jose State	48.675	2/7
Sacramento State	48.650	1/29
Cal State Fullerton	48.450	2/7
Utah State	48.050	1/22

BALANCE BEAM

School	Score	Date
Southern Utah	48.825	2/6
Sacramento State	48.550	1/29
Boise State	48.200	1/29
San Jose State	48.175	1/30
Utah State	47.900	1/22
Cal State Fullerton	46.425	1/29

FLOOR EXERCISE

School	Score	Date
Southern Utah	48.850	1/22
San Jose State	48.825	2/7
Boise State	48.775	1/15
Utah State	48.550	2/5
Sacramento State	48.450	1/29
Cal State Fullerton	48.075	2/7