

For Immediate Release: February 23, 2010

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**2010 MOUNTAIN PACIFIC SPORTS FEDERATION
WOMEN'S GYMNASTICS UPDATE # 7**

**ALASKA WINS TWICE;
TOP ALL-AROUND EFFORTS IN MPSF**



ALASKA-ANCHORAGE (2-10) posted its first wins of 2010, taking out Brown twice at home (188.250-184.875 & 189.525-189.325) in a pair of home dual meets. Friday, Shakea Sanders nailed an all-around title (38.150) in her first-ever performance. She won the vault (9.725) and bars (9.45). Sunday's meet was a tight one, as the Seawolves were trailing halfway through the final rotation. Coming through in the clutch were Sanders and Kelsey Fullerton with a pair of winning 9.775's on floor to seal the comeback. Lauren Agostino added vault and beam titles with two 9.75's.



SEATTLE PACIFIC (0-13) junior Anissa Madrid posted season-high all-arounds with a pair of 38.400's leading the Falcons in a quad meet at Denver and tri-meet at Air Force. She tied for first on beam (9.75), was second all-around, and fifth on bars (9.60) in Colorado Springs as SPU posted a team score of 187.075. In Denver, Madrid produced the same season-high all-around, in addition to season-bests on vault and beam, leading a 188.800 team total.



AIR FORCE (5-12) took second (188.000) in a tri-meet at home with SE Missouri State and Seattle Pacific. Brittany Dutton posted a career-high on floor (9.80) and Jenna Dudley hit a career-mark on vault (9.775), both good for second place. Dudley, who was also third all-around, hit a career floor (9.775) at No. 18 Denver on Monday. Air Force hit its best team score in over two years in the dual (191.725).



UC DAVIS (8-2) senior Kendall McCann finished second all-around (38.575) following a balance beam title (9.80), as the Aggies placed second to CS Fullerton (192.975-192.700) which snapped a streak of five first-place finishes. Behind McCann on beam was Marcy Miller (9.775) and Katie Yamamura (9.750) to lead the fourth best beam score in team history (48.525). Miller was third all-around (38.025) while Erika Van Dyke and Lida Gehlen posted runner-up 9.80 floor and uneven bars, respectively. UC Davis is back in action Friday (Feb. 26) at San Jose State, in a tri-meet with Sacramento State.

**ANISSA MADRID
MPSF GYMNAST OF THE WEEK**



Jenna Dudley (AFA); Shakea Sanders (UAA)

Seattle Pacific junior **Anissa Madrid** (Seattle, WA) nailed 2010 team-highs in a pair of 38.400 all-arounds, with one second-place finish. She performed a team-high 9.75 balance beam for an individual title, as well as fifth-place bars (9.60) in a tri-meet at Air Force. In Denver, she posted a career-high vault (9.60) and a then season-high beam (9.725).

Nominated: Kendall McCann (UCD);

**GymInfo
WOMEN'S GYMNASTICS
REGIONAL RANKING**

**Feb. 22, 2010-
by Regional Qualifying Average**

West Region

Rank	Team	Average	High	RQS
1	UCLA	196.156	197.375	196.365
2	Stanford	196.082	196.675	196.170
3	Oregon State	196.157	196.725	196.150
4	San Jose State	192.425	193.850	192.450
5	UC Davis	191.864	194.250	191.995
6	Sac State	192.283	194.225	191.894
7	Seattle Pac.	188.268	190.500	188.185
8	Alaska U.	186.647	190.200	187.365

North Central Region

9	Air Force	186.111	188.650	185.930
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2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Feb. 23	Anissa Madrid	Seattle Pac
Feb. 16	Kendall McCann	UC Davis
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. 26
UC Davis and Sac State at SAN JOSE STATE 7pm
Seattle Pacific and Arkansas at WASHINGTON 7pm

LAST WEEK'S RESULTS
(Home Team in CAPS)

Mon, Feb. 22
1) DENVER 193.900, Air Force 191.725

Sun, Feb. 21
1) CS FULLERTON 192.975 UC Davis 192.700
2) ALASKA-ANCHORAGE 189.525, Brown 189.325

Sat, Feb. 20
1) SE Missouri State 194.050, AIR FORCE 188.000,
Seattle Pacific 187.075

Fri, Feb. 19
1) ALASKA-ANCHORAGE 188.250, Brown 184.875
2) DENVER 195.700, Boise State 195.425,
SE Missouri State 192.925, Seattle Pac 188.800

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 REGIONAL QUALIFYING SCORE

TEAM SCORES:	Avg.	High	RQS
UC Davis	191.864	194.250	191.995
Seattle Pacific	188.268	190.500	188.185
Alaska, U.	186.647	190.200	187.365
Air Force	186.111	188.650	185.930
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.193	48.625	48.220
1. Katie Yamamura (UCD)	9.614	9.750	9.690
2. Michele Hurlock (UCD)	9.646	9.725	9.670
2. Shakea Sanders (UAA)	9.584	9.800	9.670
4. Marcy Miller (UCD)	9.650	9.750	9.650
5. Michelle Bobonski (UCD)	9.663	9.800	9.635
6. Leah Wilson (UAA)	9.611	9.725	9.630
UNEVEN P-BARS:	Avg.	High	RQS
<i>UC Davis</i>	47.729	48.725	48.035
1. Lida Gehlen (UCD)	9.607	9.875	9.785
2. Tanya Ho (UCD)	9.692	9.775	9.675
3. Kendall McCann (UCD)	9.546	9.700	9.625
4. Kaysha Heck (SPU)	9.546	9.700	9.540
5. Anissa Madrid (SPU)	9.457	9.675	9.490
6. Courtney Williams (UAA)	9.394	9.725	9.485
BALANCE BEAM:	Avg.	High	RQS
<i>UC Davis</i>	47.736	48.525	47.890
1. Erika Van Dyke (UCD)	9.582	9.775	9.625
2. Anissa Madrid (SPU)	9.539	9.750	9.580
3. Marcy Miller (UCD)	9.450	9.800	9.530
4. Katie Yamamura (UCD)	9.546	9.775	9.500
5. Lisa Wong (AFA)	9.525	9.725	9.485
6. Jenna Dudley (AFA)	9.296	9.600	9.345
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.207	48.750	48.225
1. Erika Van Dyke (UCD)	9.707	9.850	9.715
2. Jenna Dudley (AFA)	9.682	9.775	9.680
3. Kelsey Fullerton (UAA)	9.563	9.800	9.675
4. Kendall McCann (UCD)	9.646	9.775	9.640
5. Brittany Malone (SPU)	9.564	9.800	9.590
6. Shakea Sanders (UAA)	9.543	9.800	9.570
ALL-AROUND:	Avg.	High	RQS
1. Jenna Dudley (AFA)	37.996	38.425	38.010
2. Katie Yamamura (UCD)	38.071	38.825	37.920
3. Anissa Madrid (SPU)	37.768	38.400	37.805
4. Brittany Dutton (AFA)	37.300	37.700	37.220
5. Courtney Williams (UAA)	37.018	37.775	36.795
6. Michelle Denise (AFA)	36.346	37.075	36.330