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2010 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS UPDATE # 8

MPSF SUCCESSFUL ON THE ROAD



UC DAVIS (9-3) seniors Tanya Ho (38.800) and Kendall McCann (38.600) finished one and two all-around, as the Aggies (193.750) placed second of three at San Jose State, behind the Spartans and ahead of Sac State. Lida Gehlen won the uneven bars with a season-high (9.875). Katie Yamamura shared a vault title and was tied for third on floor with a pair of 9.825's. Marcy Miller tied for third on beam (9.65) and had a career bars routine (9.775). The overall Aggie score was the fifth-highest in program history and second-highest for a road meet, while the bars rotation was tied for fourth (48.825). UC Davis hosts a triangular Friday (Mar. 5), vs. Eastern Michigan and Sac State.



AIR FORCE (5-12) sophomore Jenna Dudley was second all-around (38.825) and hit a career floor (9.775) also for a runner-up outcome at No. 18 Denver this past Monday (Feb. 22). Air Force hit its best team score (191.725) in over two years and second best since 2004 in the dual, which was one of the closest finishes in the long history between the two programs (193.900-191.725). The Falcons are off this week.



SEATTLE PACIFIC (0-15) junior Anissa Madrid turned in the top results in a tri-meet with Arkansas and host Washington. She finished fifth all-around (37.525) and sixth with a season-high beam (9.750). Kaysha Heck had a SPU top-10 finish, scoring a 9.50 on floor for 10th, while Sherah Veron was also 10th on vault (9.650). Six Falcons' equaled or surpassed a season-best performance. SPU recorded a team score of 188.275, and is now off until March 13.



ALASKA-ANCHORAGE (2-10) was off this past week, coming off its first wins of 2010, taking out Brown twice at home the week prior. The Seawolves are back in action at Illinois State Friday (Mar. 5) and SE Missouri State Sunday (Mar. 7).

JENNA DUDLEY MPSF GYMNAST OF THE WEEK



Air Force sophomore **Jenna Dudley** (Lynden, WA) led her team to its best outing in over two years and second-best since '04, in a dual (191.725) at No. 18 Denver. She was second with a season-high all-around (38.825) and on floor with a career-high (9.775). Dudley was also fifth on bars (9.675) and sixth on beam (9.70) and vault (9.675).

Also Nominated: Tanya Ho (UCD)

GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING

Mar. 1, 2010-
by Regional Qualifying Average

West Region

| Rank | Team | Average | High | RQS |
|------|----------------|---------|---------|---------|
| 1 | UCLA | 196.278 | 197.375 | 196.650 |
| 2 | Oregon State | 196.253 | 196.925 | 196.355 |
| 3 | Stanford | 196.138 | 196.675 | 196.270 |
| 4 | Boise State | 194.354 | 196.100 | 194.005 |
| 5 | San Jose State | 192.691 | 194.550 | 192.860 |
| 6 | Sac State | 192.464 | 194.225 | 192.820 |
| 7 | UC Davis | 192.100 | 194.250 | 192.545 |
| 10 | Seattle Pac. | 188.269 | 190.500 | 188.425 |
| 11 | Alaska U. | 186.647 | 190.200 | 187.365 |

North Central Region

| | | | | |
|---|-----------|---------|---------|---------|
| 9 | Air Force | 186.813 | 191.725 | 186.630 |
|---|-----------|---------|---------|---------|

| 2010 MPSF GYMNASTS OF THE WEEK | | |
|--------------------------------|-----------------|-------------|
| Week | Student-Athlete | School |
| Mar. 2 | Jenna Dudley | Air Force |
| 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, Mar. 5
Alaska-Anchorage at ILLINOIS STATE 7pm
Sac State and Eastern Michigan at UC DAVIS 7pm

Sun, Mar. 7
Alaska-Anchorage at SE MISSOURI STATE 2pm

LAST WEEK'S RESULTS
(Home Team in CAPS)

Fri, Feb. 26
1) SAN JOSE STATE 194.550, UC Davis 193.750,
Sacramento State 193.550

2) Arkansas 196.075, WASHINGTON 194.100,
Seattle Pacific 188.275

Mon, Feb. 22
DENVER 193.900, Air Force 191.725

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 | 192.100 | 194.250 | 192.545 |
| Seattle Pacific | 188.269 | 190.500 | 188.425 |
| Alaska, U. | 186.647 | 190.200 | 187.365 |
| Air Force | 186.813 | 191.725 | 186.630 |
| VAULT: | Avg. | High | RQS |
| <i>UC Davis</i> | 48.250 | 48.650 | 48.405 |
| 1. Katie Yamamura (UCD) | 9.641 | 9.825 | 9.720 |
| 2. Michelle Bobonski (UCD) | 9.671 | 9.800 | 9.685 |
| 3. Marcy Miller (UCD) | 9.659 | 9.750 | 9.680 |
| 4. Michele Hurlock (UCD) | 9.647 | 9.725 | 9.675 |
| 5. Shakea Sanders (UAA) | 9.584 | 9.800 | 9.670 |
| 6. Sherah Veron (SPU) | 9.594 | 9.750 | 9.670 |
| UNEVEN P-BARS: | Avg. | High | RQS |
| <i>UC Davis</i> | 47.866 | 48.825 | 48.255 |
| 1. Lida Gehlen (UCD) | 9.641 | 9.875 | 9.815 |
| 2. Tanya Ho (UCD) | 9.696 | 9.775 | 9.700 |
| 3. Kendall McCann (UCD) | 9.578 | 9.800 | 9.655 |
| 4. Kaysha Heck (SPU) | 9.541 | 9.700 | 9.550 |
| 5. Jenna Dudley (AFA) | 9.441 | 9.700 | 9.525 |
| 6. Anissa Madrid (SPU) | 9.428 | 9.675 | 9.505 |
| BALANCE BEAM: | Avg. | High | RQS |
| <i>UC Davis</i> | 47.706 | 48.525 | 47.985 |
| 1. Anissa Madrid (SPU) | 9.566 | 9.750 | 9.690 |
| 2. Kendall McCann (UCD) | 9.663 | 9.800 | 9.635 |
| 3. Erika Van Dyke (UCD) | 9.503 | 9.775 | 9.625 |
| 3. Marcy Miller (UCD) | 9.475 | 9.800 | 9.625 |
| 5. Lisa Wong (AFA) | 9.543 | 9.725 | 9.540 |
| 6. Katie Yamamura (UCD) | 9.479 | 9.775 | 9.515 |
| 6. Jenna Dudley (AFA) | 9.347 | 9.700 | 9.515 |
| FLOOR EXERCISE: | Avg. | High | RQS |
| <i>UC Davis</i> | 48.278 | 48.775 | 48.410 |
| 1. Erika Van Dyke (UCD) | 9.722 | 9.850 | 9.760 |
| 2. Jenna Dudley (AFA) | 9.694 | 9.775 | 9.715 |
| 3. Katie Yamamura (UCD) | 9.632 | 9.825 | 9.700 |
| 4. Kelsey Fullerton (UAA) | 9.563 | 9.800 | 9.675 |
| 5. Kendall McCann (UCD) | 9.650 | 9.775 | 9.660 |
| 6. Brittany Dutton (AFA) | 9.531 | 9.800 | 9.650 |
| ALL-AROUND: | Avg. | High | RQS |
| 1. Tanya Ho (UCD) | 38.396 | 38.800 | 38.315 |
| 2. Jenna Dudley (AFA) | 38.100 | 38.825 | 38.190 |
| 3. Katie Yamamura (UCD) | 38.114 | 38.825 | 38.145 |
| 4. Anissa Madrid (SPU) | 37.738 | 38.400 | 37.885 |
| 5. Brittany Dutton (AFA) | 37.421 | 38.150 | 37.535 |
| 6. Courtney Williams (UAA) | 37.018 | 37.775 | 36.795 |