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2010 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS UPDATE # 9

UC DAVIS AND ALASKA SCORES AMONGST ALL-TIME TEAM-HIGHS

GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING

Mar. 8, 2010-

by Regional Qualifying Average



UC DAVIS (11-3) won a triangular at home last Friday over Eastern Michigan and Sacramento State, matching a season-high (194.250), tied for the fourth-highest in team history. The Aggies scored a 48.900 on bars and 48.600 on beam, both No. 2 all-time for the program. Marcy Miller posted career-highs for third-place on beam (9.825) and bars (9.775). Tanya Ho and Lida Gehlen shared the bars title (9.800), while Ho was second all-around (38.850). Michelle Bobonski added a vault title (9.775). UCD hosts another tri-meet Sunday (Mar. 14) against California and Texas Woman's University.



ALASKA-ANCHORAGE (2-13) sophomores Kelsey Fullerton and Shakea Sanders placed in the top-two spots on vault as the Seawolves scored a 187.600 in a dual loss at Illinois State last Friday. Fullerton won vault with a season-best (9.675) and Sanders was second all-around (37.375). Sunday, Courtney Williams hit a career all-around (38.475), as the Seawolves (189.850) placed third to No. 18 Missouri and host SE Missouri State. UAA recorded its fourth best floor score in team history (48.600). UAA hosts Air Force Friday and Sunday in MPSF dual meets.



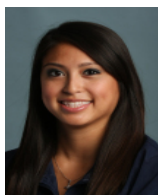
AIR FORCE (5-12) was off last week, and travels to Alaska-Anchorage for a pair of MPSF duals Friday and Sunday (Mar. 12 & 14). In its last meet at No. 18 Denver, Air Force posted its best team score (191.725) in over two years.



SEATTLE PACIFIC (0-15) was off this past week and travels to Ypsilanti, MI, for a Saturday (Mar. 13) quad meet with host Eastern Michigan, Western Michigan, and Northern Illinois. Last time out, junior Anissa Madrid turned in the top Falcon 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).

TANYA HO

MPSF GYMNAST OF THE WEEK



UC Davis senior Tanya Ho (Elk Grove) wins this award for the third time this year, by virtue of a pair of season-highs all-around (38.850) and uneven bars (9.80), placing second and first respectively, as well as a fourth place finish on floor (9.70) in a tri-meet win over Sac State and EMU. She added a 9.675 vault, and her 9.675 beam helped UCD achieve its second best of all-time (48.600) in that event.

Also Nominated: Courtney Williams (UAA)

West Region

Rank	Team	Average	High	RQS
1	UCLA	196.438	197.875	196.900
2	Stanford	196.211	196.800	196.450
3	Oregon State	196.172	196.925	196.355
4	Boise State	194.536	196.100	194.805
5	Washington	194.519	195.675	194.560
6	San Jose State	192.956	195.075	193.380
7	Sac State	192.443	194.225	193.140
8	UC Davis	192.339	194.250	193.090
11	Alaska U.	187.063	190.200	188.825
12	Seattle Pac.	188.269	190.500	188.425

North Central Region

9	Air Force	186.813	191.725	186.630
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2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Mar. 9	Tanya Ho	UC Davis
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. 12
Air Force at ALASKA-ANCHORAGE 7pm

Sat, Mar. 13
Seattle Pacific, Western Michigan, and Northern Illinois
at EASTERN MICHIGAN 7pm

Sun, Mar. 14
California and Texas Woman's at UC DAVIS 2pm
Air Force at ALASKA-ANCHORAGE 2pm

LAST WEEK'S RESULTS
(Home Team in CAPS)

Sun, Mar. 7
Missouri 196.200, SE MISSOURI STATE 194.575,
Alaska-Anchorage 189.850

Fri, Mar. 5
ILLINOIS STATE 193.825, Alaska-Anchorage 187.600

UC DAVIS 194.250, Eastern Michigan 192.700,
Sac State 192.300

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	192.339	194.250	193.090
Alaska, U.	187.063	190.200	188.825
Seattle Pacific	188.269	190.500	188.425
Air Force	186.813	191.725	186.630
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.269	48.650	48.410
1. Katie Yamamura (UCD)	9.647	9.825	9.720
2. Michelle Bobonski (UCD)	9.684	9.800	9.710
3. Marcy Miller (UCD)	9.661	9.750	9.690
4. Michele Hurlock (UCD)	9.642	9.725	9.675
5. Tanya Ho (UCD)	9.625	9.725	9.675
6. Shakea Sanders (UAA)	9.593	9.800	9.670
6. Sherah Veron (SPU)	9.594	9.750	9.670
UNEVEN P-BARS:	Avg.	High	RQS
<i>UC Davis</i>	47.981	48.900	48.410
1. Lida Gehlen (UCD)	9.658	9.875	9.820
2. Tanya Ho (UCD)	9.709	9.800	9.730
3. Kendall McCann (UCD)	9.600	9.800	9.695
4. Courtney Williams (UAA)	9.370	9.725	9.620
5. Katie Yamamura (AFA)	9.413	9.700	9.580
6. Kaysha Heck (SPU)	9.541	9.700	9.550
BALANCE BEAM:	Avg.	High	RQS
<i>UC Davis</i>	47.981	48.900	48.410
1. Marcy Miller (UCD)	9.514	9.825	9.715
2. Anissa Madrid (SPU)	9.566	9.750	9.690
3. Kendall McCann (UCD)	9.668	9.800	9.670
4. Erika Van Dyke (UCD)	9.514	9.775	9.655
5. Katie Yamamura (UCD)	9.509	9.775	9.645
6. Christine Tao (AFA)	9.425	9.725	9.615
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.283	48.775	48.425
1. Erika Van Dyke (UCD)	9.719	9.850	9.760
2. Kelsey Fullerton (UAA)	9.533	9.825	9.720
2. Katie Yamamura (UCD)	9.641	9.825	9.720
4. Jenna Dudley (AFA)	9.694	9.775	9.715
5. Shakea Sanders (UAA)	9.572	9.800	9.695
6. Kalei Spoor (UAA)	9.390	9.825	9.670
6. Tanya Ho	9.664	9.750	9.670
ALL-AROUND:	Avg.	High	RQS
1. Tanya Ho (UCD)	38.461	38.850	38.495
2. Katie Yamamura (UCD)	38.197	38.825	38.395
3. Jenna Dudley (AFA)	38.100	38.825	38.190
4. Anissa Madrid (SPU)	37.738	38.400	37.885
5. Brittany Dutton (AFA)	37.421	38.150	37.535
6. Courtney Williams (UAA)	37.175	38.475	37.300