



SPORTS UPDATE

For Immediate Release: March 16, 2010

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

UPCOMING SCHEDULE

Fri, Mar. 19		
Air Force and Washington (Club) at ARIZONA STATE (Club)	7pm	
Sat, Mar. 20		
Iowa and Minnesota at NEBRASKA	7pm	
Oklahoma at PENN STATE	8pm	
Fri, Mar. 26		
Air Force Hosts USAG Championships	5pm	
Stanford at ILLINOIS-CHICAGO	7pm	
Sat, Mar. 27		
Air Force Hosts USAG Championships	5pm	

LAST WEEK'S RESULTS

Sun, Mar. 14	
Air Force 342.950, William & Mary 337.800, SPRINGFIELD 336.650	
Sat, Mar. 13	
CALIFORNIA 354.600, Penn State 344.300	
Oklahoma 359.250, OHIO STATE 354.900	
Fri, Mar. 12	
Air Force 340.400, ARMY 330.200	

NCAA NATIONAL RANKINGS

TEAM SCORES:	Three Score Avg.
1. Stanford	359.917
2. Oklahoma	359.667
7. California	350.033
9. Nebraska	346.050
12. Air Force	343.267
All-Around:	Avg.
1. Steven Legendre (Okla)	89.283
2. Glen Ishino (Cal)	88.933
3. Jake Dalton (Okla)	88.833
4. Tim Gentry (Stan)	87.983
5. Kyle Bunthuwong (Cal)	87.967
8. Dennis Mannhart (Cal)	87.283
9. Alex Naddour (Okla)	86.783
10. Kyle Shanahan (Neb)	86.467
Floor Exercise:	Avg.
1. Oklahoma	62.800
2. Stanford	61.050
8. Nebraska	58.367
10. California	57.817
1. Steven Legendre (Okla)	16.067
2. Jake Dalton (Okla)	15.900
3. Eddie Penev (Stan)	15.650
4. Bobby Shortle (Okla)	15.600
Pommel Horse:	Avg.
4. Oklahoma	57.683
5. California	57.350
6. Stanford	57.333

10. Air Force	55.100
4. Glen Ishino (Cal)	15.217
5. Alex Naddour (Okla)	15.200
Still Rings:	Avg.
2. Stanford	60.050
4. Oklahoma	59.617
6. Air Force	58.850
10. Nebraska	57.750
2. Tim Gentry (Stan)	15.683
6. Devin Menefee (AFA)	15.150
8. Ian Jackson (Okla)	15.100
10. James Fosco (Stan)	15.083
Vault:	Avg.
1. Stanford	64.500
2. Oklahoma	64.083
6. Nebraska	62.733
8. California	62.567
10. Air Force	62.333
1. Tim Gentry (Stan)	16.300
2. Jake Dalton (Okla)	16.250
3. Eddie Penev (Stan)	16.200
4. Alex Buscaglia (Stan)	16.117
5. Josh Dixon (Stan)	16.083
6. Steven Legendre (Okla)	16.050
7. Bobby Shortle (Okla)	15.983
8. Ian Jackson (Okla)	15.950
Parallel Bars:	Avg.
2. Stanford	59.117
3. Oklahoma	58.650
9. Nebraska	56.750
1. Kyle Bunthuwong (Cal)	15.417
2. Nicholas Noone (Stan)	15.383
5. Jake Dalton (Okla)	14.933
6. Steven Legendre (Okla)	14.917
8. Glen Ishino (Cal)	14.883
10. Dennis Mannhart (Cal)	14.867
High Bar:	Avg.
2. Stanford	59.000
4. Oklahoma	58.333
6. California	58.033
7. Nebraska	57.517
3. Alex Buscaglia (Stan)	15.250
9. Kyle Shanahan (Neb)	14.933
9. Kyle Bunthuwong (Cal)	14.933

CAL UPSETS NO. 6 PENN STATE;
AIR FORCE SETS PROGRAM RECORDS



#7 CALIFORNIA (2-6) upset No. 6 Penn State at home this past Saturday, 354.650-344.300, as sophomore Glen Ishino stole the show. He recorded a winning all-around (90.9), pommel horse (15.45), vault (15.85), and high bar (14.95), and placed second on rings (14.5), parallel bars (14.9) and floor (15.25). Kyle Bunthuwong shared the high bar title with Ishino and won p-bars outright (15.0). As for team achievements, a 59.4 high bar, 59.2 pommel horse, 58.65 floor, and 354.65 overall score were 2010-bests. Cal next competes at the MPSF Meet on April 3.



#12 AIR FORCE (1-9) set all-time program records on pommel horse (55.950) and high bar (56.500) en route to a dual win at Army last Friday, 340.400-330.200. Junior Nash Mills won the all-around (84.350), nailing a top vault (15.600) and high bar (14.150), along with a second place still rings (14.250). Joel Uptmor shared the high bar title with Mills and won the floor (14.550). Devin Menefee posted his fourth straight rings title (14.850). Chase Nobles tallied the second-best horse mark in Academy history (14.550). Sunday, the Falcons won a tri-meet over William & Mary and host Springfield, with the second-highest team score ever (342.950). Air Force travels to Tucson, AZ to face Club squads Arizona State and Washington, Friday (Mar. 19).



#2 OKLAHOMA (10-1) posted its seventh win of the year over the top-10, this time at No. 5 Ohio State (359.250-354.900). Steven Legendre won the all-around (89.500), vault (16.050), and shared the floor title with Jake Dalton (16.000). Corey English tied a career-mark with a top finish on horse (14.950). Oklahoma heads to another top-10 opponent, No. 8 Penn State, Saturday (Mar. 20) to close the regular season. Since 2000, the Sooners and Lions have combined for eight national championships.



#1 STANFORD (9-0) is off until March 26 when traveling to Illinois-Chicago. The Cardinal has knocked off top-ranked opponents in its last two meets, vs. Oklahoma and Michigan. Against the Sooners and host Nebraska, Stanford scored a 2010 NCAA-high 361.650, also turning in a national-high on vault (65.550).



#9 NEBRASKA (7-5) did not make the trip to California to face the Bears and Penn State as scheduled this past Saturday. The Huskers return home this Saturday (Mar. 20) to face a pair of top-10 opponents in the regular season finale, Minnesota and Iowa.

GLEN ISHINO MPSF GYMNAST OF THE WEEK



California sophomore **Glen Ishino** (Santa Ana, CA) repeats this award by winning the all-around title on a season-high (90.900), as the Bears upset No. 6 Penn State. He added top finishes on horse (15.45), vault (15.85) and high bar (14.95), in addition to taking second on rings (14.5), p-bars (14.9), and floor (15.25).

Also Nominated: Nash Mills (AFA)

MPSF MEN'S GYMNASTICS CHAMPIONSHIP

April 3, 2010; 7:00 p.m. (CT)
Host: University of Oklahoma
Howard McCasland Field House; Norman, OK

http://www.soonersports.com/sports/m-gym/archive/2010_mpsf_championship.html

http://www.soonersports.com/tickets/ticket-information_mens_gymnastics.html

GymInfo
MEN'S GYMNASTICS
<http://www.troester.com/gym>
National Rankings
March 15, 2010

Rank	Team	Three Score Average
1	Stanford	359.917
2	Oklahoma	359.667
3	Illinois	356.917
4	Michigan	356.433
5	Ohio State	353.433
6	Minnesota	350.900
7	California	350.033
8	Penn State	349.033
9	Nebraska	346.050
10	Iowa	344.767
11	Illinois-Chicago	343.667
12	Air Force	343.267
13	Temple	340.183
14	Springfield	335.917
15	William & Mary	334.067

2010 NCAA MEN'S GYMNASTICS CHAMPIONSHIP

April 15-17, 2010
Host: US Military Academy
Hollender Center; West Point, NY



2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Mar. 16	Glen Ishino	California
Mar. 9	Glen Ishino	California
Mar. 2	Tim Gentry	Stanford
Feb. 23	Kyle Bunthuwong	California
Feb. 16	Ian Jackson	Oklahoma
Feb. 9	Tim Gentry	Stanford
Feb. 2	John Robinson	Nebraska
Jan. 26	Jake Dalton	Oklahoma
Jan. 19	Jake Dalton	Oklahoma

MPSF GYMNASTICS ONLINE

MPSF Gymnastics updates are available on the conference website:

<http://www.mpsports.org>