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## 2010 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS UPDATE # 10

### UCD HITS SECOND-BEST PROGRAM SCORE; TWO NARROW WINS FOR ALASKA



**UC DAVIS (13-3)** tallied its second best score in team history (194.600) in a tri-meet home win over Texas Woman's University and California. The Aggies also accumulated a 49.000 on floor, their highest in that event since 2004. Katie Yamamura posted a pair of 9.85 career-highs for victories on vault and floor en route to the all-around title (39.100), the third highest total in Aggie history. Erika Van Dyke shared the floor title with Yamamura and won beam (9.85). Lida Gehlen shared the bars title (9.725). UC Davis hosts Stanford Sunday (Mar. 21).



**ALASKA-ANCHORAGE (4-13)** posted a come from behind win over Air Force last Friday at home, 187.650-187.075. The Seawolves trailed by over two full points entering the final rotation. Courtney Williams won the all-around (37.725) and bars (9.70). Lauren Agostino and Shakea Sanders also recorded two titles each, with the former winning on floor (9.70) and beam (9.575), and the latter on floor (9.70) and vault (9.775). Sunday, UAA earned a 190.050-189.975 win, as Sanders posted a pair of winning 9.8's on vault and floor. Maria Puricelli won bars with a 9.70. Williams was second all-around (38.400). UAA is off until the MPSF Meet on March 27 at Seattle Pacific.



**AIR FORCE (5-14)** freshman Britany Calley placed second all-around (37.175) in her second-ever meet last Friday at Alaska-Anchorage, as the Falcons (187.075) took second in the dual meet. Junior Brittany Dutton had three top-three finishes that night, second on vault (9.675), and third on uneven bars (9.65) and floor (9.675). Calley won the first beam title of the year for AFA on Sunday (9.775), while Jenna Dudley won the all-around (38.475). The Falcons host Denver Monday (Mar. 22), in a rematch from Feb. 23, in what was one of the top performances (191.725) in Academy history.



**SEATTLE PACIFIC (0-18)** recorded a score of 187.250 last Saturday, behind host Eastern Michigan, Northern Illinois, and Western Michigan. Anissa Madrid and Sherah Veron turned in fourth-place finishes. Madrid hit a 9.65 on beam for fourth and 37.075 all-around for sixth. Veron was No. 4 on floor with a 9.75. The Falcons return home for the first time since Jan. 15, taking on Washington Friday.

### KATIE YAMAMURA

#### MPSF GYMNAST OF THE WEEK



UC Davis freshman **Katie Yamamura** (Palo Alto, CA) wins this award for the third time by virtue of a remarkable all-around meet in wins over California and TWU. Her career-high 139.100 all-around was the third highest in Aggie history, nailing a pair of career-high 9.85 titles on vault and floor along the way. Yamamura hit a 9.75 beam and 9.65 uneven bars routine to help UCD earn its second-best team score ever.

### GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING

Mar. 15, 2010-

#### by Regional Qualifying Average

#### West Region

Rank	Team	Average	High	RQS
1	UCLA	196.446	197.875	196.900
2	Oregon State	196.220	196.925	196.460
3	Stanford	196.211	196.800	196.450
4	Washington	194.648	195.800	195.135
5	Boise State	194.631	196.100	195.125
6	San Jose State	193.128	195.075	193.835
7	UC Davis	192.565	194.600	193.305
11	Alaska U.	187.360	190.200	189.315
12	Seattle Pac.	188.156	190.500	188.425

#### North Central Region

9	Air Force	187.155	191.725	187.910
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#### 2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Mar. 16	Katie Yamamura	UC Davis
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. 19**  
Washington at SEATTLE PACIFIC 7pm

**Sun, Mar. 21**  
Stanford at UC DAVIS 2pm

**Mon, Mar. 22**  
Denver at AIR FORCE 6pm

LAST WEEK'S RESULTS  
(Home Team in CAPS)

**Sun, Mar. 14**  
UC DAVIS 194.600, Texas Woman's 192.825,  
California 190.650

ALASKA-ANCHORAGE 190.050, Air Force 189.975

**Sat, Mar. 13**  
EASTERN MICHIGAN 192.715, Northern Illinois 191.300,  
Western Michigan 190.700, Seattle Pacific 187.250

**Fri, Mar. 12**  
ALASKA-ANCHORAGE 187.650, Air Force 187.075

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](http://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	192.565	194.600	193.305
Alaska, U.	187.360	190.200	189.315
Seattle Pacific	188.156	190.500	188.425
Air Force	187.155	191.725	187.910
<b>VAULT:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.305	48.650	48.450
1. Katie Yamamura (UCD)	9.668	9.850	9.745
2. Shakea Sanders (UAA)	9.625	9.800	9.720
3. Michelle Bobonski (UCD)	9.689	9.800	9.710
4. Marcy Miller (UCD)	9.660	9.750	9.690
4. Michele Hurlock (UCD)	9.648	9.725	9.690
6. Brittany Dutton (AFA)	9.635	9.775	9.680
6. Tanya Ho (UCD)	9.633	9.725	9.680
<b>UNEVEN P-BARS:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.018	48.900	48.450
1. Lida Gehlen (UCD)	9.665	9.875	9.820
2. Tanya Ho (UCD)	9.706	9.800	9.730
3. Kendall McCann (UCD)	9.603	9.800	9.695
4. Courtney Williams (UAA)	9.423	9.725	9.675
5. Marcy Miller (UCD)	9.683	9.775	9.665
6. Maria Puricelli (UAA)	9.497	9.700	9.610
<b>BALANCE BEAM:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	47.888	48.625	48.315
1. Marcy Miller (UCD)	9.508	9.825	9.715
1. Kendall McCann (UCD)	9.681	9.800	9.715
3. Anissa Madrid (SPU)	9.575	9.750	9.695
4. Erika Van Dyke (UCD)	9.548	9.850	9.690
5. Katie Yamamura (UCD)	9.536	9.775	9.675
6. Tanya Ho (UCD)	9.461	9.800	9.635
<b>FLOOR EXERCISE:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.355	49.000	48.515
1. Erika Van Dyke (UCD)	9.733	9.850	9.785
2. Katie Yamamura (UCD)	9.664	9.850	9.745
3. Jenna Dudley (AFA)	9.653	9.775	9.740
4. Shakea Sanders (UAA)	9.605	9.800	9.735
5. Kelsey Fullerton (UAA)	9.548	9.825	9.720
6. Kalei Spoor (UAA)	9.425	9.825	9.705
<b>ALL-AROUND:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
1. Tanya Ho (UCD)	38.500	38.850	38.665
2. Kendall McCann (UCD)	38.529	38.700	38.495
3. Katie Yamamura (UCD)	38.297	39.100	38.445
4. Jenna Dudley (AFA)	38.030	38.825	38.295
5. Anissa Madrid (SPU)	37.664	38.400	37.885
6. Brittany Dutton (AFA)	37.391	38.150	37.535