



## SPORTS UPDATE

For Immediate Release: March 23, 2010

Contact: Darren Preston

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

#### UPCOMING SCHEDULE

##### 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

##### Sat, Mar. 20

Minnesota 352.150, NEBRASKA 350.550, Iowa 345.700  
Oklahoma 359.250, PENN STATE 354.450

##### Fri, Mar. 19

Air Force 340.950, Arizona State 330.300 (at Tucson, AZ)

#### NCAA NATIONAL RANKINGS

##### TEAM SCORES:

##### Three Score Avg.

1. Oklahoma 359.317  
2. Stanford 357.433  
8. California 345.433  
10. Nebraska 342.567  
12. Air Force 341.433

##### All-Around:

Avg.  
1. Steven Legendre (Okla) 88.483  
2. Jake Dalton (Okla) 88.183  
4. Tim Gentry (Stan) 87.300  
6. Alex Naddour (Okla) 86.533  
8. Nash Mills (AFA) 85.567  
9. Kyle Shanahan (Neb) 85.250

##### Floor Exercise:

Avg.  
1. Oklahoma 62.217  
2. Stanford 60.700  
9. Nebraska 57.417  
10. Air Force 57.333

1. Steven Legendre (Okla) 16.033  
2. Jake Dalton (Okla) 15.817  
3. Eddie Penev (Stan) 15.567  
4. Bobby Shortle (Okla) 15.450

##### Pommel Horse:

Avg.  
4. Oklahoma 57.683  
5. California 56.767  
6. Stanford 56.567  
10. Air Force 54.967

4. Alex Naddour (Okla) 15.200  
10. Glen Ishino (Cal) 14.733  
Still Rings: Avg.

2. Stanford 59.700  
4. Oklahoma 58.950  
7. Air Force 58.117  
9. Nebraska 57.683

2. Tim Gentry (Stan) 15.600  
7. Devin Menefee (AFA) 14.983  
9. James Fosco (Stan) 14.933

##### Vault: Avg.

1. Oklahoma 64.083  
2. Stanford 63.850  
8. Nebraska 62.433  
9. Air Force 62.217  
10. California 62.017

1. Jake Dalton (Okla) 16.167

2. Tim Gentry (Stan) 16.100  
3. Steven Legendre (Okla) 16.050  
4. Eddie Penev (Stan) 16.017  
4. Alex Buscaglia (Stan) 16.017  
6. Bobby Shortle (Okla) 15.950  
7. Josh Dixon (Stan) 15.917  
10. Ian Jackson (Okla) 15.883

##### Parallel Bars: Avg.

2. Stanford 58.817  
3. California 58.550  
4. Oklahoma 58.317  
10. Nebraska 56.383

1. Kyle Bunthuwong (Cal) 15.250  
2. Nicholas Noone (Stan) 15.117  
5. Steven Legendre (Okla) 14.850  
6. Jake Dalton (Okla) 14.833  
T9. Glen Ishino (Cal) 14.717

##### High Bar: Avg.

2. Stanford 58.600  
4. Oklahoma 58.117  
7. California 56.867  
8. Nebraska 56.683

3. Alex Buscaglia (Stan) 15.117  
T7. Kyle Bunthuwong (Cal) 14.817  
10. Jake Dalton (Okla) 14.783

## SOONERS TAKE DOWN EIGHTH TOP-10 TEAM



**#1 OKLAHOMA (11-1)** recorded its eighth win of the year over the top-10, most recently at No. 8 Penn State on Saturday (359.250-354.450). Freshman Alex Naddour earned his first career all-around title (87.6), as the Sooners continue to own every individual all-around crown on the 2010 schedule. Naddour broke his own program record on pommel horse for the third time (15.7). Corey English, meanwhile, came out on top on parallel bars (14.85). The Sooners look for their 10th conference championship in the last 12 years on April 3, serving as the host for the first time since 2005.



**#10 NEBRASKA (8-6)** freshman Andreas Hofer posted his first career all-around title (88.40) in the regular season finale against Minnesota and Iowa, the best all-around outing in program history. The Huskers placed second with a season-best (350.55), behind the Gophers and ahead of the Hawkeyes. Hofer was also second on horse (13.85), vault (15.95) and parallel bars (14.55). Senior Kyle Shanahan won the horse (13.95) and high bar (15.1) in his final home meet. Anthony Ingrelli picked up his third title with a season-high rings routine (15.4) and Daniel Brule won his first-ever p-bars title (14.65). Nebraska competes at the MPSF Championship Apr. 3 in Norman, OK.



**#12 AIR FORCE (1-9)** junior Nash Mills picked up another all-around title (84.450), winning the high bar (14.15) and a career-high still rings (14.8) along the way, as the Falcons defeated the Arizona State club team on neutral turf in Tucson, AZ, 340.950-330.300. Joel Uptmor recorded the top vault (15.7) and Travis Langham hit a career floor routine (14.65). The Falcons begin the championship portion of the schedule, hosting the USAG Meet this weekend (Mar. 26-27).



**#8 CALIFORNIA (2-6)** next competes at the MPSF Meet on April 3 in Norman, OK. The Bears upset No. 6 Penn State at home on Mar. 13, 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). The Bears' 59.4 high bar, 59.2 pommel horse, 58.65 floor, and 354.65 overall score were 2010-bests.



**#2 STANFORD (9-0)** travels to Illinois-Chicago in the regular season finale Friday (Mar. 26). 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).

## NASH MILLS MPSF GYMNAST OF THE WEEK



Air Force junior **Nash Mills** (Coto De Caza, CA) recorded a career-high and top finish on the still rings (14.8), along with a winning high bar (14.15) and all-around (84.45), as the Falcons scored 340.950 in Tucson, AZ last Friday. Mills added a third-place vault (15.4) and fifth-place pommel horse (13.3).

## 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/sports/m-gym/archive/2010_mpsf_championship.html)

[http://www.soonersports.com/tickets/ticket-information\\_mens\\_gymnastics.html](http://www.soonersports.com/tickets/ticket-information_mens_gymnastics.html)

GymInfo  
MEN'S GYMNASTICS  
<http://www.troester.com/gym>  
National Rankings  
March 22, 2010

| Rank | Team             | Three Score Average |
|------|------------------|---------------------|
| 1    | Oklahoma         | 359.317             |
| 2    | Stanford         | 357.433             |
| 3    | Illinois         | 356.917             |
| 4    | Michigan         | 355.917             |
| 5    | Ohio State       | 351.517             |
| 6    | Minnesota        | 350.317             |
| 7    | Penn State       | 349.033             |
| 8    | California       | 345.433             |
| 9    | Iowa             | 344.417             |
| 10   | Nebraska         | 342.567             |
| 11   | Illinois-Chicago | 341.983             |
| 12   | Air Force        | 341.433             |
| 13   | Temple           | 337.667             |
| 14   | Springfield      | 334.233             |
| 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. 23 | Nash Mills      | Air Force  |
| 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>