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## 2010 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS UPDATE # 11

### SEATTLE PACIFIC HOSTS MPSF CHAMPIONSHIPS



**SEATTLE PACIFIC** is the host of the 2010 MPSF Championship Meet, Saturday (Mar. 27) at 6pm. The Falcons returned home last Friday for the first time since the opening meet of the year on Jan. 15, and tallied a season-high 190.575 in a dual meet with Pac-10 opponent Washington. Junior Anissa Madrid placed third all-around (37.550) and tied a career-high on the uneven bars (9.70). Junior Laura Willis was fourth on vault (9.625). Sophomore Samantha Taylor posted a career-night on vault (9.60) and beam (9.75). Brittany Malone also turned in a career-beam (9.65), helping SPU to its highest 2010 total on that event (47.60).



**UC DAVIS** freshman Katie Yamamura became the first-ever Aggie to break 39 all-around points more than once, as she placed second (39.075) against No. 8 Stanford in the regular season finale last Sunday. UCD scored 194.575 to place second, led by Yamamura's all-around, third-place and career-high beam (9.775), and 9.825 on vault and floor. Senior Christine Tao shared third on beam, while Lida Gehlen led the team on bars (9.775).



**AIR FORCE** recorded its highest team score since 2004 Monday (Mar. 22) against No. 20 Denver, with a 193.300. The Falcons turned in 12 career-marks in the regular season finale. Jenna Dudley nailed career-routines on vault (9.80) and beam (9.75), and took third with a personal-best all-around (38.850). Brittany Dutton and Michelle Denise tied for second on floor, while Afton Boudreaux also took the silver on floor, as each gymnast chipped in a 9.75.



**ALASKA-ANCHORAGE** is the defending MPSF Champion and has been off since posting a pair of wins over Air Force 187.650-187.075 and 190.050-189.975 (Mar. 12 & 14). In the first meet, UAA 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).

### KATIE YAMAMURA MPSF GYMNAST OF THE WEEK



**UC Davis** freshman **Katie Yamamura** (Palo Alto, CA) repeats this honor, and wins it for the fourth time this year, as the Aggies competed against No. 8 Stanford last Sunday. She finished second all-around (39.075), becoming the first Aggie to break the 39-point barrier more than once. Yamamura also tied a career-high to place third on beam (9.775) and led UCD on vault and floor with a pair of 9.825's. *Nominated: Jenna Dudley (AFA)*

### GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING Mar. 23, 2010- by Regional Qualifying Average West Region

Rank	Team	Average	High	RQS
1	UCLA	196.446	197.875	196.900
2	Stanford	196.250	196.800	196.575
3	Oregon State	196.259	196.925	196.545
4	Boise State	194.844	196.550	195.505
5	Washington	194.707	195.800	195.380
6	San Jose State	193.159	195.075	193.970
7	Sac State	192.680	194.650	193.525
8	UC Davis	192.748	194.600	193.370
11	Alaska U.	187.360	190.200	189.315
12	Seattle Pac.	188.398	190.575	188.905

### North Central Region

9	Air Force	187.714	193.300	189.085
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### 2010 MPSF GYMNASTS OF THE WEEK

Week	Student-Athlete	School
Mar. 23	Katie Yamamura	UC Davis
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

### 2010 MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP

*Saturday, 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 Saturday, March 27. For more information visit the Falcon website:

[www.spufalcons.com](http://www.spufalcons.com)

### LAST WEEK'S RESULTS *(Home Team in CAPS)*

**Mon, Mar. 22**

Denver 195.700, AIR FORCE 193.300

**Sun, Mar. 21**

Stanford 196.600, UC DAVIS 194.575

**Fri, Mar. 19**

Washington 195.300, SEATTLE PACIFIC 190.575

### 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	192.748	194.600	193.370
Alaska, U.	187.360	190.200	189.315
Air Force	187.714	193.300	189.085
Seattle Pacific	188.398	190.575	188.905
<b>VAULT:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.336	48.650	48.495
1. Katie Yamamura (UCD)	9.682	9.850	9.760
2. Shakea Sanders (UAA)	9.625	9.800	9.720
3. Michelle Bobonski (UCD)	9.690	9.800	9.710
4. Marcy Miller (UCD)	9.661	9.750	9.690
4. Michele Hurlock (UCD)	9.652	9.725	9.690
4. Brittany Dutton (AFA)	9.639	9.775	9.690
4. Tanya Ho (UCD)	9.645	9.750	9.690
<b>UNEVEN P-BARS:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.064	48.900	48.485
1. Lida Gehlen (UCD)	9.675	9.875	9.820
2. Tanya Ho (UCD)	9.710	9.800	9.730
3. Kendall McCann (UCD)	9.607	9.800	9.695
4. Courtney Williams (UAA)	9.423	9.725	9.675
5. Marcy Miller (UCD)	9.686	9.775	9.670
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>	47.948	48.625	48.390
1. Marcy Miller (UCD)	9.527	9.825	9.740
2. Kendall McCann (UCD)	9.683	9.800	9.715
3. Katie Yamamura (UCD)	9.560	9.775	9.710
4. Anissa Madrid (SPU)	9.543	9.750	9.695
5. Erika Van Dyke (UCD)	9.550	9.850	9.690
6. Lisa Wong (AFA)	9.563	9.725	9.655
<b>FLOOR EXERCISE:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC Davis</i>	48.400	49.000	48.540
1. Erika Van Dyke (UCD)	9.734	9.850	9.785
2. Katie Yamamura (UCD)	9.680	9.850	9.760
3. Jenna Dudley (AFA)	9.657	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
6. Sherah Veron (SPU)	9.603	9.800	9.705
6. Kendall McCann (UCD)	9.675	9.825	9.705
6. Brittany Dutton (AFA)	9.582	9.800	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. Katie Yamamura (UCD)	38.375	39.100	38.505
3. Kendall McCann (UCD)	38.529	38.700	38.500
4. Jenna Dudley (AFA)	38.105	38.850	38.455
5. Anissa Madrid (SPU)	37.653	38.400	37.940
6. Brittany Dutton (AFA)	37.522	38.575	37.725