



SPORTS UPDATE

For Immediate Release: March 30, 2010

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

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

LAST WEEK'S RESULTS

Fri, Mar. 26

AIR FORCE 342.35, William & Mary 335.15, Springfield 329.35, Navy 327.45
 (USAG Championships at Air Force)
 Stanford 360.000, ILLINOIS-CHICAGO 342.600

NCAA NATIONAL RANKINGS

TEAM SCORES: Three Score Avg.

1. Stanford	359.367
2. Oklahoma	359.317
8. California	345.433
11. Nebraska	342.567
12. Air Force	342.083

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)	85.800
9. Kyle Shanahan (Neb)	85.250

Floor Exercise: Avg.

1. Oklahoma	62.217
2. Stanford	61.050
10. Nebraska	57.417

1. Steven Legendre (Okla)	16.033
2. Jake Dalton (Okla)	15.817
3. Eddie Penev (Stan)	15.650
4. Bobby Shortle (Okla)	15.450
T10. Josh Dixon (Stan)	15.150

Pommel Horse: Avg.

4. Oklahoma	57.683
5. Stanford	56.933
6. California	56.767
T9. Air Force	55.400

4. Alex Naddour (Okla)	15.200
10. Glen Ishino (Cal)	14.733
Still Rings: Avg.	
2. Stanford	59.983
4. Oklahoma	58.950
7. Air Force	58.117
10. Nebraska	57.683
2. Tim Gentry (Stan)	15.617
5. James Fosco (Stan)	15.083
8. Devin Menefee (AFA)	14.983
Vault: Avg.	
1. Oklahoma	64.083
2. Stanford	63.850
8. Nebraska	62.433
9. Air Force	62.217
10. California	62.017
1. Eddie Penev (Stan)	16.167
1. Jake Dalton (Okla)	16.167
3. Tim Gentry (Stan)	16.100
4. Steven Legendre (Okla)	16.050
5. 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	58.917
3. California	58.550
4. Oklahoma	58.317
10. Nebraska	56.383
1. Kyle Bunthuwong (Cal)	15.250
1. Nicholas Noone (Stan)	15.250
5. Steven Legendre (Okla)	14.850
6. Jake Dalton (Okla)	14.833
T9. Glen Ishino (Cal)	14.717
High Bar: Avg.	
2. Stanford	58.667
4. Oklahoma	58.117
7. California	56.867
8. Nebraska	56.683
3. Alex Buscaglia (Stan)	15.117
6. Abhinav Ramani (Stan)	14.850
8. Kyle Bunthuwong (Cal)	14.817

OKLAHOMA HOSTS MPSF CHAMPIONSHIPS



#2 OKLAHOMA looks for its 10th conference championship in the last 12 years on Saturday (April 3), serving as the host for the first time since 2005. Last time out on Mar. 20, the Sooners recorded their eighth win of the year over the top-10, at No. 8 Penn State (359.250-354.450). Freshman Alex Naddour earned his first career all-around title (87.6), as OU continued 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).



#1 STANFORD completed an undefeated dual season with a 360-342.6 win at No. 11 Illinois-Chicago last Friday. Eddie Penev won vault (16.3). The Cardinal recorded its best floor score of the year (61.7), led by Penev and Alex Buscaglia's top routine (15.7). Tim Gentry posted a top rings score (15.5), Josh Dixon led the way on horse (14.45), Ryan Lieberman hit the No. 1 parallel bars (15.2), and Abhinav Ramani had the top high bar (15.0). Stanford looks to repeat as MPSF Champion on Saturday.



#12 AIR FORCE won its first-ever USAG national title in the 23-year history of the event at home last Friday (342.35), highlighted by junior Nash Mills' all-around win (85.45). The team score was the fourth highest in Academy history. Mills won the rings (14.65), p-bars (14.45), and high bar (13.95), and took fourth on vault (15.45). Chase Nobles hit an Air Force record on horse (14.8). Individually at the USAG Championships Saturday, sophomore Devin Menefee won the vault with an Academy record (15.95), while Mills won the p-bars (14.5) and took USAG All-American honors on rings (13.65) and vault (15.4).



#8 CALIFORNIA upset No. 6 Penn State at home in its last meet 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 all 2010-bests. Ishino is a two-time MPSF Gymnast of the Week this year.



#11 NEBRASKA 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 parallel bars title (14.65).

NASH MILLS MPSF GYMNAST OF THE WEEK



Air Force junior Nash Mills (Coto De Caza, CA) repeats this honor by virtue of claiming USAG national titles last weekend, leading the Falcons to their first ever title in 23 years of the USAG Meet. In Friday's team competition, he won the all-around (85.45), rings (14.65), p-bars (14.45), and high bar (13.95). Saturday, Mills won the individual title on p-bars (14.5), while taking home All-American honors on rings (13.65) and vault (15.4).

MPSF GYMNASTICS ONLINE

MPSF Gymnastics updates are available on the conference website:

<http://www.mpsports.org>

GymInfo
MEN'S GYMNASTICS
<http://www.troester.com/gym>
National Rankings
March 29, 2010

Rank	Team	Three Score Average
1	Stanford	359.367
2	Oklahoma	359.317
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	Illinois-Chicago	342.783
11	Nebraska	342.567
12	Air Force	342.083
13	Temple	337.667
14	William & Mary	335.933
15	Springfield	334.233

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. 30	Nash Mills	Air Force
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