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Contact: Darren Preston

2010 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS CHAMPIONSHIP UPDATE

UCD AND AIR FORCE GYMNASTS FINISH 2010 AT NCAA REGIONALS



UC DAVIS sent three gymnasts to the NCAA Regionals in Los Angeles, CA, hosted by UCLA. MPSF Gymnast of the Year Tanya Ho made her third appearance in the event, competing in the all-around this past Saturday and posting a 16th-place finish (37.475). Her best events were a pair of 9.625's on beam and bars. Freshman Katie Yamamura was 14th all-around (38.375), as her top event resulted in eighth-place on vault (9.85). Lida Gehlen hit a 9.775 routine on bars. UC Davis completes the season with a program-record RQS (193.885).



AIR FORCE sophomore Jenna Dudley placed 16th all-around (38.425) in the Salt Lake City NCAA Regional last Saturday. Her top finish came on floor (9.725), while also performing on beam (9.65), vault (9.675), and bars (9.375). Junior Brittany Dutton placed 19th all-around (36.775), while her highest score was on vault (9.75) followed by floor (9.525). Senior Michelle Denise and junior Lisa Wong were the Falcon event specialists, with the former chipping in a 9.70 on floor and the latter a 9.10 on beam. Air Force wraps up the year at the USA Gymnastics Collegiate National Championships in Denton Texas, Apr. 15-17.



SEATTLE PACIFIC was the host of the 2010 MPSF Championship Meet on Mar. 27, and in their best outing of the year, the Falcons turned in a second-place finish. SPU posted its highest team balance beam score in program history (48.775), and highest floor (48.95) and overall score (192.850) of 2010. Sherah Veron nailed a career-high floor routine (9.90), third best in Falcon history. Laura Willis placed third on floor (9.825), and Samantha Taylor (9.725) and Aditi Kulkarni (9.80) each had fifth-place outcomes on bars and beam respectively. Seattle Pacific heads to the eight-team USAG National Championships in Denton, TX, Apr. 15-17 for the 28th time in the last 29 years.



ALASKA-ANCHORAGE accumulated a season-high 190.725 at the MPSF Meet (14th best in UAA history), backed by a season-best team effort on floor and third-best ever at UAA (48.825). Kaelei Spoor delivered a second-place floor (9.875) and third-place bars (9.825) routine, ranking 10th and 4th respectively in program history. Lauren Agostino turned in a career-beam routine (9.775) and season-high floor (9.75). Shakea Sanders was the runner-up vaulter (9.75).

GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING Apr. 5, 2010- by Regional Qualifying Average West Region

Rank	Team	Average	High	RQS
1	UCLA	196.521	197.875	197.060
2	Stanford	196.277	196.800	196.600
3	Oregon State	196.233	196.925	196.545
4	Boise State	194.930	196.550	195.630
5	Washington	194.707	195.800	195.380
6	San Jose State	193.196	195.075	194.030
7	UC Davis	192.865	194.600	193.885
8	Sac State	192.677	194.650	193.525
11	Alaska U.	187.619	190.725	189.705
12	Seattle Pac.	188.802	192.850	189.365

North Central Region

9	Air Force	188.113	193.300	190.170
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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 Updates Online:

www.mpsports.org

<http://troester.com/gym>

2010 MPSF WOMEN'S GYMNASTICS
CHAMPIONSHIP RESULTS

Saturday, March 27, 2010; 6:00 pm (PT)
Host: Seattle Pacific University
Brougham Pavilion
Seattle, WA.

www.spufalcons.com

TEAM SCORES	
1. UC Davis	194.150
2. Seattle Pacific	192.850
3. Air Force	192.500
4. Alaska-Anchorage	190.725

ALL-AROUND	
1. Kendall McCann (UCD)	38.575
2. Britany Calley (AFA)	38.375
3. Katie Yamamura (UCD)	38.325
4. Tanya Ho (UCD)	38.300
5. Brittany Dutton (AFA)	38.275

VAULT	
1. Jenna Dudley (AFA)	9.80
2. Shakea Sanders (UAA)	9.75
2. Katie Yamamura (UCD)	9.75
4. Marcy Miller (UCD)	9.675
5. Kelsey Fullerton (UAA)	9.65
5. Maria Puricelli (UAA)	9.65
5. Michele Hurlock (UCD)	9.65
5. Tanya Ho (UCD)	9.65

UNEVEN P-BARS	
1. Lida Gehlen (UCD)	9.80
2. Tanya Ho (UCD)	9.775
3. Jessica Rea (UCD)	9.75
3. Marcy Miller (UCD)	9.75
5. Samantha Taylor (SPU)	9.725

BALANCE BEAM	
1. Erika Van Dyke (UCD)	9.90
2. Kendall McCann (UCD)	9.85
3. Stephanie Wagner (SPU)	9.825
3. Kaelei Spoor (UAA)	9.825
5. Aditi Kulkarni (SPU)	9.80

FLOOR EXERCISE	
1. Sherah Veron (SPU)	9.90
2. Kaelei Spoor (UAA)	9.875
3. Laura Willis (SPU)	9.825
3. Brittany Dutton (AFA)	9.825
3. Jenna Dudley (AFA)	9.825
3. Katie Yamamura (UCD)	9.825
3. Erika Van Dyke (UCD)	9.825

MPSF RANKINGS – TOP 6
BY REGIONAL QUALIFYING SCORE

TEAM SCORES:	Avg.	High	RQS
UC Davis	192.865	194.600	193.885
Air Force	188.113	193.300	190.170
Alaska, U.	187.619	190.725	189.705
Seattle Pacific	188.802	192.850	189.365
VAULT:	Avg.	High	RQS
<i>UC Davis</i>	48.369	48.732	48.585
1. Katie Yamamura (UCD)	9.688	9.850	9.775
2. Shakea Sanders (UAA)	9.635	9.800	9.740
3. Michelle Bobonski (UCD)	9.690	9.800	9.715
3. Jenna Dudley (AFA)	9.635	9.800	9.715
5. Marcy Miller (UCD)	9.663	9.750	9.695
6. Michele Hurlock (UCD)	9.652	9.725	9.690
6. Brittany Dutton (AFA)	9.629	9.775	9.690
6. Tanya Ho (UCD)	9.646	9.750	9.690
UNEVEN P-BARS:	Avg.	High	RQS
<i>UC Davis</i>	48.117	48.900	48.635
1. Lida Gehlen (UCD)	9.685	9.875	9.825
2. Tanya Ho (UCD)	9.716	9.800	9.760
3. Marcy Miller (UCD)	9.694	9.775	9.735
4. Kendall McCann (UCD)	9.608	9.800	9.695
5. Courtney Williams (UAA)	9.444	9.725	9.685
6. Samantha Taylor (SPU)	9.230	9.775	9.650
BALANCE BEAM:	Avg.	High	RQS
<i>UC Davis</i>	47.985	48.625	48.450
1. Marcy Miller (UCD)	9.546	9.825	9.760
2. Kendall McCann (UCD)	9.700	9.850	9.755
3. Erika Van Dyke (UCD)	9.579	9.900	9.750
4. Katie Yamamura (UCD)	9.523	9.775	9.710
5. Anissa Madrid (SPU)	9.516	9.750	9.695
6. Lisa Wong (AFA)	9.577	9.725	9.685
FLOOR EXERCISE:	Avg.	High	RQS
<i>UC Davis</i>	48.427	49.000	48.665
1. Erika Van Dyke (UCD)	9.742	9.850	9.820
2. Katie Yamamura (UCD)	9.693	9.850	9.795
3. Shakea Sanders (UAA)	9.617	9.800	9.770
4. Jenna Dudley (AFA)	9.671	9.825	9.750
5. Kelsey Fullerton (UAA)	9.565	9.825	9.745
6. Kaelei Spoor (UAA)	9.460	9.875	9.740
ALL-AROUND:	Avg.	High	RQS
1. Tanya Ho (UCD)	38.480	38.850	38.665
2. Katie Yamamura (UCD)	38.371	39.100	38.615
3. Kendall McCann (UCD)	38.534	38.700	38.595
4. Jenna Dudley (AFA)	38.071	38.850	38.455
5. Anissa Madrid (SPU)	37.659	38.400	37.980
6. Brittany Dutton (AFA)	37.598	38.575	37.870