



# MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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## 2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #10

MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP - March 30, 2007 at 7 p.m. at Seattle Pacific University in Seattle, Washington. For more info, see the Falcons' website at <http://www.spu.edu/depts/athletics/>

**AIR FORCE ACADEMY, 0-10:** Air Force closed out the 2007 regular season posting its best overall score of the year, 187.250. Denver, ranked 14th in the nation, tallied a 196.525 for the win. The Falcons set a season-high 46.4000 on the uneven bars while tying a season high on the balance beam with a 46.650. Senior Sashonna Iwaniec led the Falcons on three events, while picking up a team-best third-place mark (37.625) in the all-around. Iwaniec's best event finish of the night was a fifth-place finish on the uneven bars (9.5525). Christine Powers picked up the Falcons' highest score of the night as she recorded a season-best matching 9.700 on the balance beam to finish seventh. Junior Kelly Lewis scored a 9.525 on the vault to finish seventh. The Falcons will return to action on March 31 for the Mountain Pacific Sports Federation Championships at Seattle Pacific.

**ALASKA ANCHORAGE, 0-11:** Alaska Anchorage did not compete last week. The Seawolves will return to action on March 31 for the Mountain Pacific Sports Federation Championships at Seattle Pacific.

**SEATTLE PACIFIC, 1-16:** Washington beat Seattle Pacific 194.475 to 193.725 Friday night at Brougham Pavilion. The Falcons' team total was a season high, rated No. 4 all-time and was the best team composite since 2003. Debra Huss (38.850) and Sarah Sullivan (38.825) took second and third, respectively, in the all-around. Seniors Sullivan, Huss and Kristin Bryant did not disappoint in their last regular season meet. Sullivan turned in a pair of performances that landed her among the university's top ten all-time marks – a 9.875 on floor exercise and a 9.850 on balance beam. Bryant did the same on vault where she landed a 9.850 second-place tie. The mark matched Bryant's career-high set in 2005, and rates No. 4 all-time. Seattle Pacific's Ashley Domres tied for second on bars (9.700). The Falcons host the MPSF Championships on March 30. Official start time is 7 PM. The USA Gymnastics Women's Collegiate Championships are slated for Apr. 19-21 on Brougham's mats.

**UC DAVIS, 8-10:** Sophomore Jessica Kelley won the individual all-around at 39.450 to lead California to a winning team score of 196.500 in a four-team women's collegiate gymnastics meet at the Pavilion Friday evening. Sacramento State finished second at 195.150 while San Jose State was third at 194.500. Meet host UC Davis finished fourth with a season-best score of 193.150. Junior Carrie Lujan was the top finisher for UC Davis, tying for second on vault with a 9.800 score. Carolyn Kampf, one of four Aggie seniors competing in her final home meet, finished in a four-way tie for fourth on floor exercise at 9.825. Kampf, Julia Richards, Brandi Forte and Mari Inouye each were honored in a post-meet ceremony. UC Davis broke the 48-point barrier on three events. Lujan led the vault squad to another solid team total of 48.650. Freshman Lida Gehlen hit a season-best 9.800 on uneven bars to help the Aggies hit 48.625 in the second rotation. The Aggies return to action on March 31 for the Mountain Pacific Sports Federation Championships at Seattle Pacific.

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### GymInfo WOMEN'S REGIONAL RANKING

March 26, 2007 – by Total Season Average

#### West Region

Rank	Team	RQS	Reg	Avg.	High
1	Stanford Univ.	196.680	W	196.362	197.275
2	UCLA	196.420	W	195.944	197.150
3	Oregon State	196.415	W	195.718	197.100
4	Washington, U. of	194.345	W	193.623	195.800
5	San Jose State	193.560	W	192.816	195.300
6	Sacramento State	193.545	W	192.640	195.150
7	California	193.535	W	192.860	196.500
8	Boise State Univ.	192.535	W	191.594	193.975
9	UC Davis	192.275	W	191.014	193.150
10	Cal State-Fullerton	192.250	W	191.352	193.550
11	Seattle Pacific	191.125	W	190.577	193.725
12	Alaska, U. of	187.645	W	186.386	190.275

#### North Central Region

9	Air Force Academy	185.165	NC	184.333	186.275
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### MPSF GYMNASTS OF THE WEEK

**March 20 – Abigail Rogers, Air Force (So., Pittsburgh, Pa.)** – Won the floor exercise in the Falcons' home meet against Cal on Sunday, March 18 ... matched career-best score of 9.750 to win the event ... only Air Force gymnast to finish within the top three on any event ... also finished eighth on the bars (9.150) and ninth on the vault (9.525).  
*Also nominated: Ashley Domres, Seattle Pacific*

**March 27 – Sarah Sullivan, Seattle Pacific (Sr., Salem, Ore.)** – Led SPU to a 193.725 team total, the fourth highest score in school history, with two scores (9.875 floor, 9.850 beam) that rate among the school's all-time top ten marks. Sullivan finished in third (38.825) in the all-around.  
*Also nominated: Carrie Lujan, UC Davis*

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## The MPSF... Celebrating 15 Years of NCAA Championship Competition

### RECENT MEET RESULTS

*Home Team in Caps*

#### Sunday, March 11

- SACRAMENTO STATE 192.625, UC Davis 191.975

#### Friday, March 16

- Seattle Pacific at OREGON STATE: 4th
- Ball State 189.425, ALASKA ANCHORAGE 186.600

#### Sunday, March 18

- Ball State 192.75, ALASKA ANCHORAGE 190.275
- California 191.725 AIR FORCE 185.600

#### Saturday, March 23

- Washington 194.475, SEATTLE PACIFIC 193.725
- UC DAVIS vs. Cal, Sac. St., San Jose: 4th, 193.150

#### Monday, March 26

- Denver 196.525, AIR FORCE 187.250

### UPCOMING MEETS

#### Saturday, March 30

- MPSF Championships at Seattle Pacific, 7 p.m.

### 2007 MPSF GYMNASTS OF THE WEEK

Week	Gymnast	School
Jan. 15	<b>Michelle Denise</b> , Freshman	Air Force
Jan. 22	<b>Debra Huss</b> , Senior	Seattle Pacific
Jan. 29	<b>Tanya Ho</b> , Freshman	UC Davis
Feb. 6	<b>Andi Dolinsky</b> , Junior	UC Davis
Feb. 13	<b>Debra Huss</b> , Senior	Seattle Pacific
Feb. 20	<b>Sarah Sullivan</b> , Senior	Seattle Pacific
Feb. 27	<b>Michelle Kulovitz</b> , Junior	UC Davis
March 6	<b>Andi Dolinsky</b> , Junior	UC Davis
March 13	<b>Debra Huss</b> , Senior	Seattle Pacific
March 20	<b>Abigail Rogers</b> , Sophomore	Air Force
March 27	<b>Sarah Sullivan</b> , Senior	Seattle Pacific

### 2007 MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP MEET

Seattle Pacific University – Friday, March 30, 2007, 7 p.m.  
In Seattle, Washington

Check out the Falcons' website at <http://www.spu.edu/depts/athletics/> for more details.

### MPSF GYMNASTICS ON THE WEB

Midweek sports updates are available on the MPSF website at [www.mpsports.org](http://www.mpsports.org).

### MPSF CONFERENCE RANKINGS – Top 6

By REGIONAL QUALIFYING SCORE

TEAM SCORES:	RQS	Avg.	High
1. UC Davis	192.275	191.014	193.150, 3/23 Quad Meet
2. Seattle Pacific	191.125	190.577	193.725, 3/23 vs. Wash.
3. Alaska, U. of	187.645	186.386	190.275, 3/18 vs. Ball State
4. Air Force Academy	185.165	184.333	187.250, 3/26 vs. Denver
VAULT:	RQS	Avg.	High
<b>UC DAVIS</b>	48.710	48.598	48.875
1. Tanya Ho, UCD	9.815	9.792	9.850
2. Carrie Lujan, UCD	9.790	9.759	9.825
3. Kristin Bryant, SPU	9.780	9.755	9.850
- Michelle Kulovitz, UCD	9.780	9.752	9.800
5. Lauren Agostino, UAA	9.745	9.655	9.775
6. Brandi Forte, UCD	9.715	9.677	9.775
UNEVEN BARS:	RQS	Avg.	High
<b>UC DAVIS</b>	48.040	47.507	48.875
1. Lida Gehlen, UCD	9.690	8.893	9.800
2. Brandi Forte, UCD	9.685	9.548	9.850
3. Debra Huss, SPU	9.680	9.635	9.725
4. Ashley Domres, SPU	9.670	9.372	9.750
5. Andi Dolinsky, UCD	9.665	9.606	9.850
6. Carolyn Kampf, UCD	9.620	9.580	9.775
BALANCE BEAM:	RQS	Avg.	High
<b>UC DAVIS</b>	47.665	47.175	48.100
1. Debra Huss, SPU	9.745	9.680	9.800
2. Sarah Sullivan, SPU	9.670	9.530	9.775
3. Tanya Ho, UCD	9.595	9.412	9.825
4. Julia Richards, UCD	9.560	9.536	9.825
5. Lauren Agostino, UAA	9.540	9.428	9.825
6. Michelle Kulovitz, UCD	9.500	9.380	9.675
FLOOR EXERCISE:	Avg.	High	RQS
<b>SEATTLE PACIFIC</b>	48.425	48.117	49.025
1. Debra Huss, SPU	9.815	9.722	9.900
2. Andi Dolinsky, UCD	9.790	9.730	9.875
3. Sarah Sullivan, SPU	9.775	9.689	9.875
4. Kristin Bryant, SPU	9.740	9.607	9.825
5. Brianna Schwartz, SPU	9.715	9.544	9.825
6. Carrie Lujan, UCD	9.680	9.453	9.800
ALL-AROUND:	RQS	Avg.	High
1. Debra Huss, SPU	38.750	38.552	38.950
2. Tanya Ho, UCD	38.195	37.866	38.700
3. Michelle Kulovitz, UCD	38.030	38.086	38.775
4. Courtney Williams, UAA	37.385	37.147	38.275
5. Rachael Lehmkuhl, UAA	37.315	36.915	37.875
6. SaShonna Iwaniec, AFA	37.195	36.917	37.775

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