



# MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION  
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## 2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #2

**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, 0-3:** AIR FORCE competed at Pittsburgh, Jan. 27, in a triangular meet with University of Pittsburgh and New Hampshire. The Falcons had six top-10 finishes and posted a season-best score of 184.925 to take third place. The meet was a homecoming for Pennsylvania natives Abigail Rogers (Pittsburgh) and Sashonna Iwaniec (Ligonier). The duo tied for the team's best finish of the night, as they scored matching 9.575 marks on the floor exercise to tie for sixth. Rogers also posted a team-best 9.525 on the vault to finish eighth, while Iwaniec led the Falcons on the uneven bars behind an 11th-place score of 9.350. Iwaniec won the Air Force all-around with a score of 36.975. Air Force will compete in a pair of home MPSF contests this week against Seattle-Pacific on Friday (Feb. 2) and UC-Davis on Sunday (Feb. 4).

**ALASKA ANCHORAGE, 0-4:** UAA opened the week with a 188.375-185.425 loss at Illinois State on Jan. 26 at Illinois State. Lauren Agostino tied for the top all-around honors with a season-best score of 38.350. She won the balance beam with a 9.625 and placed second on vault (9.75) and third on floor (9.575). Junior Jessica Portlock tied for third on bars with a 9.55. UAA improved on its score against Illinois State with a season-best 186.575 on Jan. 28 against Ball State, which scored a 189.325. Agostino again performed well in the all-around, scoring a 38.250 to take second. Portlock won the bars with a 9.600 and Agostino took second on the vault with a 9.750. As a team, UAA excelled, scoring a season-high a 47.450 on the vault.

**SEATTLE PACIFIC, 0-4:** Kristen Bryant vaulted a 9.725 and Debra Huss earned an identical score on the floor exercise as SEATTLE PACIFIC finished fourth (189.975) behind Utah State (194.225), San Jose State (193.025) and Boise State (190.700) on Jan. 26. The Falcons best event score came on floor exercise where they hit a 48.150 composite. Huss (Sr., Orangevale, Calif.) was fourth in the all-around (38.525). Bryant's (Sr., Anchorage, Ak.) vault score earned her a sixth-place tie with Utah State's Meagan Lewis. Seattle Pacific continues its road swing next week as it faces Air Force in MPSF competition in Colorado Springs on Friday (Feb. 2). Official start time is scheduled for 6 p.m.

**UC DAVIS, 2-3:** Freshman Tanya Ho posted her third vault win in as many weeks to lead UC Davis to a team total of 48.650 in that event and 189.675 overall at Cal State Fullerton on Jan. 26. The host Titans won the four-team meet with a 192.225, while Southern Utah was second at 190.575. The Aggies were third, less than a point behind the Thunderbirds. Hamline finished fourth with a 181.375 total. Ho landed a 9.850 on vault to cap her team's six-for-six performance in the final rotation. Freshman Linda Gehlen took third-place with a 9.750 on bars and Andi Dolinsky's 9.750 on balance beam secured a tie for third on that apparatus. With a 141.025 total through three events, UC Davis finished the meet on a strong note with the 48.650 on vault, which ranks tied for third in school history. UC Davis returns to action on Feb. 4 for a road dual against MPSF foe Air Force.

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### GymInfo WOMEN'S REGIONAL RANKING January 29, 2007 – by Total Season Average

#### West Region

| Rank | Team                   | Avg            | Reg      | High           | RQS          |
|------|------------------------|----------------|----------|----------------|--------------|
| 1    | Stanford Univ.         | 196.194        | W        | 197.125        | 0.000        |
| 2    | UCLA                   | 195.671        | W        | 196.750        | 195.455      |
| 3    | Oregon State           | 194.600        | W        | 195.400        | 0.000        |
| 4    | Washington, U. of      | 192.175        | W        | 193.850        | 0.000        |
| 5    | California             | 191.875        | W        | 191.875        | 0.000        |
| 6    | Sacramento State       | 191.670        | W        | 193.000        | 0.000        |
| 7    | San Jose State         | 190.550        | W        | 193.025        | 0.000        |
| 8    | Cal State-Fullerton    | 190.033        | W        | 192.225        | 0.000        |
| 9    | Boise State Univ.      | 189.912        | W        | 191.125        | 0.000        |
| 10   | <b>UC Davis</b>        | <b>189.575</b> | <b>W</b> | <b>191.175</b> | <b>0.000</b> |
| 11   | <b>Seattle Pacific</b> | <b>189.550</b> | <b>W</b> | <b>189.875</b> | <b>0.000</b> |
| 12   | <b>Alaska, U. of</b>   | <b>184.987</b> | <b>W</b> | <b>186.575</b> | <b>0.000</b> |

#### North Central Region

|   |                   |         |    |         |       |
|---|-------------------|---------|----|---------|-------|
| 9 | Air Force Academy | 182.087 | NC | 184.925 | 0.000 |
|---|-------------------|---------|----|---------|-------|

### MPSF GYMNASTS OF THE WEEK

**January 22 – Debra Huss**, Seattle Pacific (Sr., Orangevale, Calif.) – Huss won the floor exercise (9.850) and finished tied for second on beam (9.625) en route to an all-around victory (38.725) Friday night in a loss to UC Davis. Both Huss' all-around win, and her floor exercise score were the best marks in respective events among USAG athletes in 2007.

*Also nominated: Tanya Ho, UC Davis*

**January 29 – Tanya Ho**, UC Davis (Fr., Elk Grove, Calif.) – Tied season-high 9.850 to win individual vault in four-way meet at Cal State Fullerton Friday. Anchored vault squad to meet-best 48.650. Ho has now won vault outright in all three Aggie meets this season.

*Also nominated: Abigail Rogers, Air Force; Kristin Bryant, Seattle Pacific*

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

### RECENT MEET RESULTS

*Home Team in Caps*

#### Friday, January 19

- Sacramento State 190.225, ALASKA ANCHORAGE 183.800
- UC Davis 191.175, SEATTLE PACIFIC 189.225

#### Sunday, January 21

- Sacramento State 192.150, ALASKA ANCHORAGE 184.150

#### Friday, January 26

- ILLINOIS STATE 188.375, Alaska Anchorage 185.425
- CAL STATE FULLERTON 192.225, UC Davis 189.675
- SAN JOSE STATE 194.225, Seattle Pacific 189.875

#### Saturday, January 27

- PITTSBURGH 192.775, Air Force 184.925

#### Sunday, January 28

- BALL STATE 189.325, Alaska Anchorage 186.575

### UPCOMING MEETS

#### Friday, February 2

- Seattle Pacific at AIR FORCE, 7 p.m.

#### Sunday, February 4

- UC Davis at AIR FORCE, 2 p.m.

#### Friday, February 9

- Iowa at ALASKA ANCHORAGE, 7 p.m.
- UC DAVIS vs. Cal State Fullerton, 7 p.m.
- Sacramento State at SEATTLE PACIFIC, 7 p.m.

#### Saturday, February 10

- Air Force at Ohio State, 7 p.m.

#### Sunday, February 11

- Iowa at ALASKA ANCHORAGE, 2 p.m.

### 2007 MPSF GYMNASTS OF THE WEEK

| Week    | Gymnast                   | School          |
|---------|---------------------------|-----------------|
| Jan. 15 | Michelle Denise, Freshman | Air Force       |
| Jan. 22 | Debra Huss, Senior        | Seattle Pacific |
| Jan. 29 | Tanya Ho, Freshman        | UC Davis        |

### 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 TOTAL SEASON AVERAGE

| TEAM SCORES:           | Avg.    | High    |              |
|------------------------|---------|---------|--------------|
| UC Davis               | 189.575 | 191.175 | 1/19 at SPU  |
| Seattle Pacific        | 189.550 | 189.875 | 1/26 at SJS  |
| Alaska Anchorage       | 184.987 | 186.575 | 1/28 at BSU  |
| Air Force Academy      | 182.087 | 184.925 | 1/27 at PITT |
| VAULT:                 | Avg.    | High    | RQS          |
| <b>UC DAVIS</b>        | 48.742  | 48.875  | n/a          |
| 1. Tanya Ho            | 9.842   | 9.850   | 0.000        |
| 2. Carrie Lujan        | 9.775   | 9.825   | 0.000        |
| 3. Kristin Bryant      | 9.750   | 9.775   | 0.000        |
| 4. Brandi Forte        | 9.733   | 9.775   | 0.000        |
| 5. Lauren Agostino     | 9.731   | 9.750   | 0.000        |
| 6. Michelle Kulovitz   | 9.717   | 9.750   | 0.000        |
| UNEVEN P-BARS:         | Avg.    | High    | RQS          |
| <b>UC DAVIS</b>        | 47.233  | 47.625  | n/a          |
| 1. Lida Gehlen         | 9.717   | 9.750   | 0.000        |
| - Debra Huss           | 9.625   | 9.675   | 0.000        |
| 3. Brandi Forte        | 9.517   | 9.700   | 0.000        |
| 4. Jessica Portlock    | 9.506   | 9.600   | 0.000        |
| 5. Lauren Magiera      | 9.487   | 9.600   | 0.000        |
| 6. Christie Chinaka    | 9.475   | 9.550   | 0.000        |
| - Carolyn Kampf        | 9.475   | 9.500   | 0.000        |
| BALANCE BEAM:          | Avg.    | High    | RQS          |
| <b>SEATTLE PACIFIC</b> | 46.850  | 47.125  | n/a          |
| 1. Debra Huss          | 9.662   | 9.700   | 0.000        |
| - Kayla Kincade        | 9.650   | 9.650   | 0.000        |
| 3. Danna Nelson        | 9.637   | 9.650   | 0.000        |
| 4. Tanya Ho            | 9.508   | 9.700   | 0.000        |
| 5. Michelle Kulovitz   | 9.492   | 9.600   | 0.000        |
| 6. Julia Richards      | 9.342   | 9.650   | 0.000        |
| FLOOR EXERCISE:        | Avg.    | High    | RQS          |
| <b>SEATTLE PACIFIC</b> | 47.650  | 48.150  | n/a          |
| 1. Debra Huss          | 9.787   | 9.850   | 0.000        |
| 2. Andi Dolinski       | 9.650   | 9.800   | 0.000        |
| 3. Lauren Agostino     | 9.556   | 9.600   | 0.000        |
| 4. Sarah Sullivan      | 9.525   | 9.525   | 0.000        |
| 5. Amber Lundgren      | 9.512   | 9.550   | 0.000        |
| 6. Ashley Domres       | 9.450   | 9.450   | 0.000        |
| ALL-AROUND:            | Avg.    | High    | RQS          |
| 1. Debra Huss          | 38.625  | 38.725  | 0.000        |
| 2. Michelle Kulovitz   | 37.862  | 37.975  | 0.000        |
| 3. Lauren Agostino     | 37.762  | 38.350  | 0.000        |
| 4. Amber Lundgren      | 37.700  | 37.700  | 0.000        |
| 5. Tanya Ho            | 37.587  | 38.700  | 0.000        |
| 6. Carrie Lujan        | 37.487  | 38.200  | 0.000        |

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