



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #3

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, 0-5: AIR FORCE finished second to Seattle-Pacific in its first home meet of the season on Friday, Feb. 2, falling 187.575-184.300. Senior Sashonna Iwaniec finished second on the vault with a 9.675, a new season-best score, and Kayla Kincade tied for second on the balance beam (9.625). Emily Darone captured the Falcons' best all-around score of the season, leading with a third-place total of 37.200. On Sunday, Feb. 4, the Falcons fell 185.600-185.425 to visiting UC Davis. As a team, the Falcons collected top honors on the uneven bars (45.375-45.050) and balance beam (46.175-45.100). Kincade was the Falcons' lone event winner, scoring a 9.500 on the balance beam. Iwaniec also earned the team's top finish on the vault and floor exercise, with matching scores of 9.550 to finish fourth and second, respectively, overall. The Falcons will compete at Ohio State on Saturday, Feb. 10, at 7 p.m.

ALASKA ANCHORAGE, 0-4: Alaska Anchorage did not compete last week. The Seawolves will be back in action this weekend with two meets against Iowa at home on Friday, Feb. 9, and Sunday, Feb. 11.

SEATTLE PACIFIC, 1-4: Kristin Bryant won the vault as Seattle Pacific University swept top finishes on all four rotations in winning a dual contest against Air Force 187.575 to 184.300 Friday night on the road. The meet served as Seattle Pacific's first win of the season (1-4) while Air Force dropped to 0-5. Bryant, a senior, won first on vault with a 9.775 and placed second in the floor exercise (9.600) behind SPU's Debra Huss. Huss, the winner of the all-around with a total of 38.375, scored a 9.675 on the floor mats. Sophomore Brianna Schwartz finished off the Falcon top three on floor exercise, finishing with a 9.450 alongside Air Force's Emily Darone. Ashley Domres came in first on uneven bars (9.500) while Schwartz (9.475) and Huss (9.425) finished in second and third. The beam was another strong note for the Falcons as Sarah Sullivan won the event with a 9.675. Seattle Pacific hosts Sacramento State Feb. 9 in the first installment of a two-meet home stand. Official start time is 7 p.m.

UC DAVIS, 3-3: Junior Andi Dolinsky posted event wins on uneven bars and floor exercise to lead UC Davis to a 185.600 team score, just ahead of host Air Force's 185.425, in an MPSF match on Sunday. Dolinsky led a 1-2-3 UC Davis sweep with a 9.575 on uneven bars in the first rotation, then scored a 9.675 to claim the individual title on floor. Her floor mark helped the Aggies break the 47-point barrier in that event. Freshman Tanya Ho picked up her fourth-straight vault win in the second rotation, scoring a 9.800 to win that apparatus. UC Davis claimed the top four individual places on vault en route to a team score of 48.375. Senior Mari Inouye also picked up an event win, scoring 9.500 to earn a share for first place with the Falcons' Kayla Kincade. The Aggies will host Cal State Fullerton on Friday, Feb. 9, at 7 p.m.

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GymInfo WOMEN'S REGIONAL RANKING

February 5, 2007 – by Total Season Average

West Region

Rank	Team	Avg	Reg	High	RQS
1	Stanford Univ.	196.170	W	197.125	0.000
2	UCLA	195.671	W	196.750	195.455
3	Oregon State	194.906	W	195.825	0.000
4	Washington, U. of	192.175	W	193.850	0.000
5	Sacramento State	191.512	W	193.000	191.215
6	San Jose State	191.225	W	193.250	0.000
7	California	190.900	W	191.875	0.000
8	Boise State Univ.	190.400	W	191.650	190.150
9	Cal State-Fullerton	190.394	W	192.225	0.000
10	Seattle Pacific	188.892	W	189.875	0.000
11	UC Davis	188.581	W	191.175	0.000
12	Alaska, U. of	184.987	W	186.575	0.000

North Central Region

9	Air Force Academy	183.475	NC	185.425	0.000
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MPSF GYMNASTS OF THE WEEK

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

February 6 – Andi Dolinsky, UC Davis (Jr., Grand Terrace, Calif.) – Dolinsky scored wins on the uneven bars (9.575) and floor exercise (9.675) to help UC Davis escape with a 185.600-185.425 win at Air Force on Sunday.

Also nominated: Kristin Bryant, UAA; Kayla Kincade, Air Force

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

RECENT MEET RESULTS

Home Team in Caps

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

Friday, February 2

- Seattle Pacific 187.575, AIR FORCE 184.3

Sunday, February 4

- UC Davis 185.600, AIR FORCE 185.425

UPCOMING MEETS

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.

Friday, February 16

- Alaska Anchorage at SACRAMENTO STATE, 7 p.m.
- Air Force at UC DAVIS, 7 p.m.
- San Jose at SEATTLE PACIFIC, 7 p.m.

Sunday, February 18

- Alaska Anchorage at CAL STATE FULLERTON, 7 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
Feb. 6	Andi Dolinski , Junior	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.

MPSF CONFERENCE RANKINGS – Top 6

By TOTAL SEASON AVERAGE

TEAM SCORES:	Avg.	High	
UC Davis	188.581	191.175	1/19 at SPU
Seattle Pacific	188.892	189.875	1/26 at SJS
Alaska Anchorage	184.987	186.575	1/28 at BSU
Air Force Academy	183.475	185.425	2/4 vs. UCD
VAULT:			
	Avg.	High	RQS
UC DAVIS	48.650	48.875	0.000
1. Tanya Ho	9.831	9.850	0.000
2. Carrie Lujan	9.756	9.825	0.000
3. Kristin Bryant	9.750	9.775	0.000
4. Lauren Agostino	9.731	9.750	0.000
- Michelle Kulovitz	9.712	9.750	0.000
6. Forte Brandi	9.687	9.775	0.000
UNEVEN BARS:			
	Avg.	High	RQS
UC DAVIS	46.687	47.625	0.000
1. Andi Dolinski	9.575	9.575	0.000
2. Debra Huss	9.558	9.675	0.000
3. Jessica Portlock	9.506	9.600	0.000
4. Forte Brandi	9.487	9.700	0.000
- Lauren Magiera	9.487	9.600	0.000
6. Carolyn Kampf	9.475	9.500	0.000
BALANCE BEAM:			
	Avg.	High	RQS
SEATTLE PACIFIC	46.842	47.125	0.000
1. Debra Huss	9.650	9.700	0.000
2. Danna Nelson	9.637	9.650	0.000
3. Kayla Kincade	9.592	9.650	0.000
4. Michelle Kulovitz	9.425	9.600	0.000
5. Tanya Ho	9.387	9.700	0.000
6. Sarah Sullivan	9.358	9.675	0.000
FLOOR EXERCISE:			
	Avg.	High	RQS
SEATTLE PACIFIC	47.517	48.150	0.000
1. Debra Huss	9.750	9.850	0.000
2. Andi Dolinski	9.656	9.800	0.000
3. Lauren Agostino	9.556	9.600	0.000
4. Amber Lundgren	9.512	9.550	0.000
5. Carolyn Kampf	9.475	9.475	0.000
6. Danna Nelson	9.437	9.625	0.000
ALL-AROUND:			
	Avg.	High	RQS
1. Debra Huss	38.542	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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