



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #4

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, 0-6: Air Force dropped a 194.975-184.150 decision to No. 20 Ohio State on Saturday, Feb. 10, in Columbus, Ohio. Four different Falcons led the squad in scoring, with senior captain Sashonna Iwaniec taking at least a share of the top marks on two. The Falcons posted a season-best 46.250 in the uneven bars. Freshman Michelle Denise tied with Iwaniec for seventh on the uneven bars, as both scored 9.475, best by an Air Force gymnast this season. Sophomore Abigail Rogers led the Falcons on the floor with a career-best 9.750 (the best score of the season by a Falcon). Iwaniec also posted the top all-around score for the Falcons with a season-best, fifth-place score of 37.475, edging out Rogers' career-high of 37.275. Up next for Air Force is a rematch with UC-Davis at The Pavilion on Feb. 16.

ALASKA ANCHORAGE, 0-6: Lauren Agostino won the all-around and floor exercise Friday, Feb. 9, as UAA team fell 192.125-189.675 to Iowa at home despite posting a season-best team score. Agostino scored a UAA season-high 38.675 all-around, including a career-high 9.825 to win the floor exercise. Junior Jessica Portlock scored a second-place 9.775 on floor. Freshman Courtney Williams scored a personal-best all-around and Portlock posted the team's highest bars score of the year on Sunday, Feb. 11, in a 193.725-188.475 loss to Iowa. Williams posted a 38.125 for the Seawolves and Portlock's bars routine of 9.825 equaled the fifth-best score in school history. Senior Tiffany Staton had her best meet of the year for UAA as the team co-captain scored a team-high 9.65 on beam and a 9.65 on floor. UAA will compete on Friday, Feb. 16 at Sacramento State, and Sunday, Feb. 18 at Cal State-Fullerton.

SEATTLE PACIFIC, 1-5: Debra Huss finished first in two events on her way to winning the all-around competition but Sacramento State prevailed over Seattle Pacific 191.900 to 191.550 on Friday (Feb.9) night at Brougham Pavilion. Huss scored a 9.800 on beam and 9.825 on floor to boost her all-around to 38.900. She swung a 9.675 on bars and began the night with a 9.600 on vault. Teammate Sarah Sullivan negotiated a 9.775 to land second to Huss on beam. Falcon senior Kristin Bryant launched a first place vault score (9.775). Bryant has scored above 9.700 on vault in each meet in 2006. SPU's best event score was it's 48.050 floor total. Sacramento State outscored the Falcons on vault, bars and beam. Seattle Pacific hosts San Jose State next Friday (Feb. 16) at 7 p.m.

UC DAVIS, 4-3: Junior Andi Dolinsky scored two career-best marks while freshman Tanya Ho won a pair of events to lead UC Davis to a season-high 192.725 and a meet win over Cal State Fullerton 191.600. Dolinsky matched her personal record on uneven bars with a 9.575 then popped a PR 9.850 on floor exercise to win that event. Ho tied her career-best 9.825 to win vault (her fifth-straight vault win) and then captured the balance beam. Junior Michelle Kulovitz and senior Carrie Lujan each scored 38.300 in the all-around. Senior Brandi Forte picked up the victory on bars with a 9.750. The Aggies pulled away in the fourth rotation, getting a 48.175 on floor exercise. UC Davis hosts Air Force on Feb. 16.

GymInfo WOMEN'S REGIONAL RANKING

February 12, 2007 – by Total Season Average

West Region

Rank	Team	Avg	Reg	High	RQS
1	Stanford Univ.	196.354	W	197.275	196.170
2	UCLA	195.546	W	196.750	195.615
3	Oregon State	194.745	W	195.825	0.000
4	Washington, U. of	192.525	W	193.925	0.000
5	San Jose State	191.615	W	193.250	0.000
6	Sacramento State	191.568	W	193.000	191.550
7	California	190.900	W	191.875	0.000
8	Boise State Univ.	190.800	W	193.200	191.030
9	Cal State-Fullerton	190.635	W	192.225	0.000
10	Seattle Pacific	189.556	W	191.550	0.000
11	UC Davis	189.410	W	192.725	0.000
12	Alaska, U. of	186.350	W	189.675	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

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

February 13 – Debra Huss, Seattle Pacific (Sr., Orangevale, Calif.) – Won two events, plus the all-around as Falcons hit a season-high score of 191.550. Scored a 9.800 on beam and 9.825 on floor & totaled 38.900 overall. She swung a 9.675 on bars and began the night with a 9.600 on vault.
Also nominated: Tanya Ho, UC Davis

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

RECENT MEET RESULTS

Home Team in Caps

Friday, February 2

- Seattle Pacific 187.575, AIR FORCE 184.3

Sunday, February 4

- UC Davis 185.600, AIR FORCE 185.425

Friday, February 9

- Iowa 192.125, ALASKA ANCHORAGE 189.675
- UC DAVIS 192.775, Cal State Fullerton 191.600
- Sacramento State 191.900, SEATTLE PACIFIC 191.550

Saturday, February 10

- OHIO STATE 194.975, Air Force 184.150

Sunday, February 11

- Iowa 193.725, ALASKA ANCHORAGE 188.475

UPCOMING MEETS

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.

Friday, February 23

- UC Davis at SAN JOSE STATE, 7 p.m.
- Seattle Pacific at WASHINGTON, 7 p.m.

Saturday, February 24

- Air Force at WESTERN MICHIGAN, 1 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 Dolinsky, Junior	UC Davis
Feb. 13	Debra Huss, 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.

MPSF CONFERENCE RANKINGS – Top 6

By TOTAL SEASON AVERAGE

TEAM SCORES:	Avg.	High	
1. Seattle Pacific	189.556	191.550 2/9 vs. Sacramento	
2. UC Davis	189.410	192.725 2/9 vs. Cal Fullerton	
3. Alaska, U. of	186.350	189.675 2/9 vs. Iowa	
4. Air Force Academy	183.475	185.425 2/4 vs. UCD	
VAULT:	Avg.	High	RQS
UC DAVIS	48.640	48.875	0.000
1. Tanya Ho	9.830	9.850	0.000
2. Kristin Bryant	9.762	9.775	0.000
3. Carrie Lujan	9.760	9.825	0.000
4. Lauren Agostino	9.729	9.750	0.000
- Michelle Kulovitz	9.725	9.775	0.000
6. Brandi Forte	9.670	9.775	0.000
UNEVEN BARS:	Avg.	High	RQS
SEATTLE PACIFIC	46.994	48.000	0.000
1. Jessica Portlock	9.592	9.825	0.000
2. Debra Huss	9.587	9.675	0.000
3. Andi Dolinsky	9.575	9.575	0.000
4. Brandi Forte	9.540	9.750	0.000
5. Ashley Domres	9.531	9.750	0.000
6. Lauren Magiera	9.500	9.600	0.000
BALANCE BEAM:	Avg.	High	RQS
SEATTLE PACIFIC	47.031	47.600	0.000
1. Debra Huss	9.687	9.800	0.000
2. Danna Nelson	9.637	9.650	0.000
3. Kayla Kincade	9.592	9.650	0.000
4. Tanya Ho	9.475	9.825	0.000
5. Sarah Sullivan	9.462	9.775	0.000
6. Amber Lundgren	9.425	9.650	0.000
FLOOR EXERCISE:	Avg.	High	RQS
SEATTLE PACIFIC	47.650	48.150	0.000
1. Debra Huss	9.769	9.850	0.000
2. Andi Dolinsky	9.695	9.850	0.000
3. Lauren Agostino	9.610	9.825	0.000
4. Carolyn Kampf	9.600	9.725	0.000
5. Jessica Portlock	9.556	9.775	0.000
6. Sarah Sullivan	9.508	9.725	0.000
ALL-AROUND:	Avg.	High	RQS
1. Debra Huss	38.631	38.900	0.000
2. Michelle Kulovitz	38.008	38.300	0.000
3. Lauren Agostino	37.945	38.675	0.000
4. Carrie Lujan	37.758	38.300	0.000
5. Tanya Ho	37.742	38.700	0.000
6. Brianna Schwartz	37.333	37.450	0.000

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