



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #5

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, 0-7: Backed by a trio of top-five finishes, the Air Force posted its best team score of the season (185.575) in a dual-meet rematch at UC-Davis on Feb. 16. Despite its best score of the season the Falcons fell to the host Aggies by a 192.300-185.575 margin. Air Force tallied a season-high of 47.650 on the floor exercise and its scores on the vault (47.125) and uneven bars (45.750) were the second-best combined score to date. Michelle Denise set a career-best 9.600 on the balance beam to take third. Sashonna Iwaniec also picked up a third-place finish with a 9.400 on the uneven bars. Denise tallied a career-best 37.725 in the all-around to finish second and Rogers took third with a 37.650. The Falcons continue on the road next week at Western Michigan on Saturday, Feb. 24 at 1 p.m.

ALASKA ANCHORAGE, 0-8: Lauren Agostino tied for top honors on vault with a 9.725 but UAA fell 193.050-186.750 against host Sacramento State on Friday. Sacramento State sophomore Marina Borisova won the all-around with a 38.725, while UAA freshman Courtney Williams was third of four all-arounders at 37.450. UAA scored well on vault with a 47.150 total, led by Agostino's effort and that of senior Rachael Lehmkuhl (9.575). Williams had the Seawolves' top scores on bars (9.55) and beam (9.575), while senior Tiffany Staton earned the best floor mark at 9.575. On Sunday, Agostino scored a first-place 9.775 vault in a 189.375-181.775 loss to Cal State-Fullerton at Titan Gym. The Seawolves get a much needed week of rest before traveling to Utah State for a dual on Mar. 2.

SEATTLE PACIFIC, 1-6: With a season-high score of 193.625 the San Jose State (4-7) beat the Falcons (1-6), who totaled 190.275. Debra Huss capped the Falcons' night on a high note, winning the floor exercise with her highest count in three years, a 9.875. It ties for No. 7 all-time at SPU. Continuing her comeback from a preseason hand fracture, Seattle Pacific's Sarah Sullivan tied for second on bars (9.725) and was third on floor (9.800). Huss was third in the all-around with 38.600. Seattle Pacific produced team season-highs on vault (48.275) and floor (48.700). SPU competes in a triangular at Washington with Oregon State next Friday.

UC DAVIS, 5-3: Senior Carrie Lujan won the individual all-around at 38.225 to lead UC Davis to a winning team score of 192.300 over visiting Air Force (185.575). Lujan's score also tied with teammate Michelle Kulovitz for first place on vault at 9.800, as the Aggie vaulters broke the school record yet again with a 48.775 score. UC Davis has now hit five of its seven all-time highest vault scores in the 2007 season. UC Davis had the top two spots in all four events. Andi Dolinsky went 9.700 and 9.675 to claim first and second place on balance beam, then shared first place on floor exercise with 9.775 marks. Lujan scored a half-point higher than her nearest competitor in the all-around. The Aggies compete in a triangular meet on Feb. 23 with the San Jose and Sacramento State.

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GymInfo WOMEN'S REGIONAL RANKING

February 19, 2007 – by Total Season Average

West Region

Rank	Team	RQS	Reg	Avg.	High
1	Stanford Univ.	196.530	W	196.361	197.275
2	UCLA	195.930	W	195.650	196.750
3	Oregon State	194.745	W	195.062	196.650
4	Washington, U. of	192.525	W	192.904	194.800
5	Sacramento State	192.005	W	191.753	193.050
6	San Jose State	191.615	W	191.950	193.625
7	Boise State Univ.	191.555	W	191.197	193.975
8	UC Davis	189.325	W	189.892	192.725
9	Alaska, U. of	186.275	W	185.828	189.675

North Central Region

9	Air Force Academy	183.610	NC	183.937	185.575
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MPSF GYMNASTS OF THE WEEK

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

February 20 – Sarah Sullivan, Seattle Pacific (Sr., Salem, Ore.) – In her comeback from a preseason hand fracture, tied for second on vault (9.725) and was third on floor (9.800) in a home loss to San Jose State.
Also nominated: Michelle Denise, Air Force

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

RECENT MEET RESULTS

Home Team in Caps

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

Friday, February 16

- SACRAMENTO STATE 193.050, Alaska Anchorage 186.750
- UC DAVIS 192.300, Air Force 185.575
- San Jose 193.625, SEATTLE PACIFIC 190.275

Sunday, February 18

- CAL STATE FULLERTON 193.050, Alaska Anchorage 186.750

UPCOMING MEETS

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.

Friday, March 2

- Seattle Pacific at BOISE STATE, 6 p.m.
- Alaska Anchorage at UTAH STATE, 4:30 p.m.

Saturday, March 3

- UC Davis at BOISE STATE, 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 Dolinsky, Junior	UC Davis
Feb. 13	Debra Huss, Senior	Seattle Pacific
Feb. 20	Sarah Sullivan, 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 REGIONAL QUALIFYING SCORE

TEAM SCORES:	RQS	Avg.	High
1. UC Davis	189.325	189.892	192.725 2/9 vs. Sacramento
2. Alaska, U. of	186.275	185.828	189.675 2/9 vs. Iowa
3. Air Force Academy	183.610	183.937	185.575 2/16 vs. UCD
4. Seattle Pacific	000.000	189.556	191.550 2/9 vs. Sacramento
VAULT:	RQS	Avg.	High
UC DAVIS	48.620	48.662	48.875
1. Tanya Ho, UCD	9.805	9.812	9.850
2. Carrie Lujan, UCD	9.755	9.767	9.825
3. Lauren Agostino, UAA	9.745	9.734	9.775
4. Michelle Kulovitz, UCD	9.725	9.737	9.800
5. Brandi Forte, UCD	9.665	9.683	9.775
6. Rachael Lehmkuhl, UAA	9.510	9.494	9.575
UNEVEN BARS:	RQS	Avg.	High
UC DAVIS	46.710	46.946	48.125
1. Jessica Portlock, UAA	9.530	9.472	9.825
2. Brandi Forte, UCD	9.525	9.562	9.750
3. Lauren Magiera, UAA	9.490	9.450	9.600
4. Courtney Williams, UAA	9.350	9.289	9.750
5. Michelle Denise, AFA	9.275	9.308	9.475
6. SaShonna Iwaniec, AFA	9.215	9.258	9.475
BALANCE BEAM:	RQS	Avg.	High
UC DAVIS	46.665	46.887	48.000
1. Lauren Agostino, UAA	9.445	9.371	9.625
2. Michelle Kulovitz, UCD	9.355	9.396	9.600
3. Courtney Williams, UAA	9.335	9.262	9.575
4. Tanya Ho, UCD	9.250	9.346	9.825
5. Christine Powers, AFA	9.170	9.246	9.625
6. Rachael Lehmkuhl, UAA	9.135	9.125	9.475
FLOOR EXERCISE:	Avg.	High	RQS
UC DAVIS	47.130	47.396	48.725
1. Andi Dolinsky, UCD	9.680	9.708	9.850
2. Rachael Lehmkuhl, UAA	9.525	9.412	9.700
3. Jessica Portlock, UAA	9.415	9.475	9.775
4. Tiffany Staton, UAA	9.385	9.212	9.650
5. SaShonna Iwaniec, AFA	9.380	9.412	9.575
6. Abigail Rogers, AFA	9.270	9.350	9.750
ALL-AROUND:	RQS	Avg.	High
1. Courtney Williams, UAA	36.970	36.943	38.125
2. Rachael Lehmkuhl, UAA	36.760	36.693	37.450
3. SaShonna Iwaniec, AFA	36.570	36.721	37.475

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