



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #6

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, 0-8: For the second-straight week, the Air Force improved its team season-best with a 186.275 in a loss at Western Michigan as the Broncos tallied 193.375 to remain perfect at University Arena on Feb. 24. Senior Christine Powers paced the Falcons with a second-place finish on the balance beam with a season-best score of 9.700. Sashonna Iwaniec picked up a pair of third-place finishes for Air Force, while leading the team on another individual event. Iwaniec, who set a season-best 37.775 in the all-around to finish third, also topped the Falcons' squad with a third-place score of 9.675 on the vault. Sophomore Abigail Rogers scored a team-best 9.650 on the floor exercise to finish fifth. The Falcons next compete in a tri-meet with Cal-Berkeley and Penn on March 9 in California.

ALASKA ANCHORAGE, 0-8: The Seawolves did not compete last week. They will return to competition on Friday, March 2 at Utah State at 4:30 p.m.

SEATTLE PACIFIC, 1-8: The Falcons (1-8) posted their third team score in a row above 190.000, while finishing behind Washington and Oregon State. SPU's Debra Huss (Sr., Orangevale, Ca./Bella Vista) received a 9.800 on beam, tying her season high and tying for 5th overall. Floor exercise was particularly strong for the Falcons as Sarah Sullivan (Sr., Salem, Or./Sprague) collected a 9.775 while senior Kristin Bryant (Sr., Anchorage, Ak./West Anchorage) tied her career-high on floor with a 9.750. Brianna Schwartz (So., Bonney Lake, Wa./Sumner) was a strong all-around competitor for Seattle Pacific as she received a career-high 9.750 on floor and a season-high 38.375 in all-around. The Falcons next travel to Boise State on Mar. 2 where they will meet Oregon State, UC Davis and Boise State.

UC DAVIS, 5-5: Junior Michelle Kulovitz tied for first place on vault and scored a career-high 38.775 in the individual all-around at San Jose State as UC Davis compiled a team total of 191.450 against Sacramento State (193.700) and San Jose State (193.050). Kulovitz tied with two other gymnasts for the win on vault, scoring a 9.775. She led the vaulters to a 48.350 overall, the seventh straight 48-plus score for the Aggies this season. Kulovitz also led her team on balance beam scoring a 9.675; and tied with teammate Andi Dolinsky on floor exercise at 9.700. UC Davis tied its season high on bars with a 48.125. The Aggies also scored their third straight 48-plus mark on floor exercise as Dolinsky's hit in the No. 6 slot secured a 48.225 total. UC Davis returns to action on March 3 for a dual meet at Boise State.

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GymInfo WOMEN'S REGIONAL RANKING

February 26, 2007 – by Total Season Average

West Region

Rank	Team	RQS	Reg	Avg.	High
1	Stanford Univ.	196.530	W	196.291	197.275
2	UCLA	196.075	W	195.717	196.750
3	Oregon State	195.315	W	195.336	196.975
4	Washington, U. of	192.885	W	193.318	195.800
5	San Jose State	192.390	W	192.107	193.625
6	Sacramento State	192.340	W	191.969	193.700
7	Boise State Univ.	191.555	W	191.197	193.975
8	Cal State-Fullerton	190.575	W	190.639	192.225
9	UC Davis	190.495	W	190.114	192.725
10	Seattle Pacific	189.400	W	189.758	191.550
11	Alaska, U. of	186.275	W	185.828	189.675

North Central Region

9	Air Force Academy	184.875	NC	184.271	186.275
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MPSF GYMNASTS OF THE WEEK

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

February 27 – Michelle Kulovitz, UC Davis (Jr., Anaheim Hills, Calif.) – Finished 2nd in the all-around in a meet with San Jose State and Sacramento State, scoring a personal and team season-best 38.775 ... also tied for first place on vault with a 9.775.

Also nominated: Brianna Schwartz, Seattle Pacific

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

RECENT MEET RESULTS

Home Team in Caps

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

Friday, February 23

- SAN JOSE STATE 193.700, UC Davis 191.450
- Oregon State 196.975, Seattle Pacific 190.050

Saturday, February 24

- WESTERN MICHIGAN 193.375, Air Force 186.275

UPCOMING MEETS

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.

Friday, March 9

- Seattle Pacific at UC DAVIS, 7 p.m.
- Air Force at CAL, 7:30 p.m.

Sunday, March 11

- UC Davis at SACRAMENTO STATE, 6 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
Feb. 27	Michelle Kulovitz , 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 REGIONAL QUALIFYING SCORE

TEAM SCORES:	RQS	Avg.	High
1. UC Davis	190.495	190.114	192.725 2/9 vs. Sacramento
2. Seattle Pacific	189.400	189.758	191.550 2/9 vs. Sacramento
3. Alaska, U. of	186.275	185.828	189.675 2/9 vs. Iowa
4. Air Force Academy	184.875	184.271	186.275 2/24 vs. West. Mich.
VAULT:	RQS	Avg.	High
UC DAVIS	48.620	48.618	48.875
1. Tanya Ho, UCD	9.805	9.812	9.850
2. Carrie Lujan, UCD	9.755	9.750	9.825
3. Kristin Bryant, SPU	9.750	9.754	9.775
4. Lauren Agostino, UAA	9.745	9.734	9.775
5. Michelle Kulovitz, UCD	9.740	9.743	9.800
6. Brandi Forte, UCD	9.685	9.679	9.775
- Adee Schoffman, UCD	9.670	9.571	9.750
UNEVEN BARS:	RQS	Avg.	High
UC DAVIS	47.325	47.114	48.125
1. Brandi Forte, UCD	9.615	9.575	9.750
2. Debra Huss, SPU	9.600	9.612	9.675
3. Jessica Portlock, UAA	9.530	9.472	9.825
4. Carolyn Kampf, UCD	9.520	9.542	9.650
5. Lauren Magiera, UAA	9.490	9.450	9.600
6. Brianna Schwartz, SPU	9.485	9.525	9.725
BALANCE BEAM:	RQS	Avg.	High
UC DAVIS	46.995	46.868	48.000
1. Debra Huss, SPU	9.630	9.658	9.800
2. Lauren Agostino, UAA	9.445	9.371	9.625
3. Michelle Kulovitz, UCD	9.435	9.436	9.675
4. Sarah Sullivan, SPU	9.395	9.458	9.775
5. Courtney Williams, UAA	9.335	9.262	9.575
6. Christine Powers, AFA	9.320	9.311	9.700
FLOOR EXERCISE:	Avg.	High	RQS
SEATTLE PACIFIC	47.735	47.896	48.700
1. Andi Dolinsky, UCD	9.710	9.707	9.850
2. Debra Huss, SPU	9.655	9.692	9.875
3. Kristin Bryant, SPU	9.545	9.579	9.750
4. Abigail Rogers, AFA	9.535	9.393	9.750
5. Rachael Lehmkuhl, UAA	9.525	9.412	9.700
6. Carrie Lujan, UCD	9.470	9.517	9.750
ALL-AROUND:	RQS	Avg.	High
1. Debra Huss, SPU	38.315	38.412	38.900
2. Courtney Williams, UAA	36.970	36.943	38.125
3. SaShonna Iwaniec, AFA	36.940	36.871	37.775
4. Abigail Rogers, AFA	36.790	36.933	37.650
5. Rachael Lehmkuhl, UAA	36.760	36.693	37.450
6. Emily Darone, AFA	35.750	35.992	37.200

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