



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #7

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: Air Force did not compete last week. The Falcons will return to action on Friday, March 9, at California at 7:30 p.m.

ALASKA ANCHORAGE, 0-9: Senior Rachael Lehmkuhl scored a 37.025 all-around and junior Lauren Magiera had a 36.900 in her first career all-around performance Friday as the Alaska Anchorage gymnasts lost 194.525-186.750 to host Utah State at the Dee Glen Smith Spectrum. The Seawolves (0-9) posted a respectable team score in light of the fact that their top all-arounder – sophomore Lauren Agostino (37.945 avg.) – missed the meet due to lingering injuries, and freshman all-arounder Courtney Williams competed on only two events because of bronchitis. Williams scored 9.525 on beam and 9.425 on bars, while senior Tiffany Staton earned a season-high 9.4 on bars. The Seawolves return home for their final two regular-season meets Mar. 16 (7 p.m.) and 18 (2 p.m.) at the Wells Fargo Sports Complex when they host Ball State.

SEATTLE PACIFIC, 1-11: The Falcons (1-11) hit a season-high team total of 192.050, but it wasn't enough as Oregon State (9-4) took first with 196.475, followed by UC Davis (7-6) with 192.775 and Boise State (6-9) with 192.350. Senior Kristin Bryant vaulted a season-high 9.800, beating her previous 9.775 set at the first meet of the season. Sarah Sullivan also collected a season-high on vault with a 9.750, leading her to a strong 38.550 in all-around. Amber Lundgren received 9.725 on floor exercise, leading the Falcons on the event and beating her season high. Together, the Falcons managed to out-do their season-high scores on vault (48.375), bars (48.350) and balance beam (47.750). SPU faces UC Davis on the road next Friday before their second quadrangular meet held at Oregon State Mar. 16.

UC DAVIS, 7-6: Junior Carrie Lujan hit 9.825 on vault while junior Andi Dolinsky matched that score on floor exercise to lead UC Davis to a season-high 192.775 in a quadrangular meet at Boise State's Taco Bell Arena Friday evening. The Aggies' score was strong enough to claim an upset over the host Broncos, who finished third at 192.350. Dolinsky was the highest Aggie event finisher, placing fourth on floor behind three Oregon State gymnasts. Lujan's score on vault capped another strong performance for UC Davis in that event. Junior Michelle Kulovitz scored 9.800, freshman Tanya Ho added a 9.775, senior Brandi Forte carded a 9.700 and senior Julia Richards hit 9.675 in the leadoff slot as the Aggies compiled a 48.775 in the event. That mark is tied for second in school history, matching the score set against Air Force three weeks prior. Dolinsky's mark on floor exercise ended a 6-for-6 rotation for UC Davis, which posted a 48.700 in the event. Ho hit 9.775 and Lujan added a 9.750 for the Aggies, which narrowly missed a season-best mark on floor. The Aggies return home to host SPU on Friday, March 9.

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GymInfo WOMEN'S REGIONAL RANKING

March 5, 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	196.280	W	195.860	197.150
3	Oregon State	195.790	W	195.478	196.975
4	Washington, U. of	194.140	W	193.459	195.800
5	San Jose State	193.150	W	192.250	193.625
6	Sacramento State	192.760	W	192.165	193.925
7	Boise State Univ.	191.885	W	191.325	193.975
8	California	191.635	W	191.987	193.750
9	Cal State-Fullerton	191.530	W	190.909	192.800
10	UC Davis	191.465	W	190.447	192.775
11	Seattle Pacific	190.195	W	190.086	192.050
12	Alaska, U. of	186.795	W	185.931	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 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

March 6 – Andi Dolinsky, UC Davis (Jr., Grand Terrace, Calif.) – Had UC Davis' highest event finish, placing 4th on floor (9.825) and scored a career-best 9.725 on bars ... sparked the Aggies to a season-best 192.775, an upset win over Boise State (192.350) and a victory over MPSF rival Seattle Pacific (192.050).

Also nominated: 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, 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

Friday, March 2

- UTAH STATE 194.525, Alaska Anchorage 186.750
- UC Davis 192.775 (2nd) at BOISE STATE
- Seattle Pacific 192.050 (4th) at BOISE STATE

UPCOMING MEETS

Friday, March 9

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

Sunday, March 11

- UC Davis at SACRAMENTO STATE, 6 p.m.

Friday, March 16

- Seattle Pacific at OREGON STATE, 7 p.m.
- Ball State at ALASKA ANCHORAGE, 7 p.m.

Sunday, March 18

- Ball State at ALASKA ANCHORAGE, 7 p.m.
- California at AIR FORCE, 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
Feb. 20	Sarah Sullivan , Senior	Seattle Pacific
Feb. 27	Michelle Kulovitz , Junior	UC Davis
March 6	Andi Dolinsky , 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	191.465	190.447	192.775 3/2 at Boise State
2. Seattle Pacific	190.195	190.086	192.050 3/2 at Boise State
3. Alaska, U. of	186.795	185.931	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	48.700	48.637	48.875
1. Tanya Ho, UCD	9.815	9.807	9.850
2. Carrie Lujan, UCD	9.780	9.759	9.825
3. Kristin Bryant, SPU	9.765	9.761	9.800
4. Michelle Kulovitz, UCD	9.760	9.750	9.800
5. Lauren Agostino, UAA	9.745	9.734	9.775
6. Brandi Forte, UCD	9.705	9.681	9.775
UNEVEN BARS:			
	RQS	Avg.	High
UC DAVIS	47.505	47.187	48.125
1. Debra Huss, SPU	9.645	9.618	9.675
2. Brandi Forte, UCD	9.615	9.541	9.750
3. Jessica Portlock, UAA	9.585	9.478	9.825
4. Carolyn Kampf, UCD	9.560	9.561	9.675
5. Ashley Domres, SPU	9.550	9.421	9.750
6. Lauren Magiera, UAA	9.530	9.464	9.600
BALANCE BEAM:			
	RQS	Avg.	High
UC DAVIS	47.250	46.959	48.000
1. Debra Huss, SPU	9.685	9.661	9.800
- Sarah Sullivan, SPU	9.530	9.468	9.775
3. Michelle Kulovitz, UCD	9.500	9.450	9.675
4. Lauren Agostino, UAA	9.445	9.371	9.625
- Carrie Lujan, UCD	9.435	9.396	9.650
6. Courtney Williams, UAA	9.430	9.292	9.575
FLOOR EXERCISE:			
	Avg.	High	RQS
UC DAVIS	48.065	47.662	48.725
1. Andy Dolinsky, UCD	9.755	9.722	9.850
2. Debra Huss, SPU	9.725	9.671	9.875
3. Carrie Lujan, UCD	9.625	9.550	9.750
4. Kristin Bryant, SPU	9.590	9.536	9.750
- Sarah Sullivan, SPU	9.590	9.625	9.800
6. Rachael Lehmkuhl, UAA	9.570	9.442	9.700
ALL-AROUND:			
	RQS	Avg.	High
1. Debra Huss, SPU	38.545	38.425	38.900
2. Rachael Lehmkuhl, UAA	37.010	36.734	37.450
3. Courtney Williams, UAA	36.970	36.943	38.125
4. SaShonna Iwaniec, AFA	36.940	36.871	37.775
5. Abigail Rogers, AFA	36.790	36.933	37.650
6. Emily Darone, AFA	35.750	35.992	37.200

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