



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

PO Box 850 • Woodland, CA 95776-0850
530.669.7600 • Fax 540.261.8434 • kylechilton@gmail.com

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Contact: Kyle Chilton

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, 0-10: With a score of 183.500, Air Force finished third in a tri-meet with Cal and Penn in Berkeley, Calif., on Friday, March 9. The host Bears won with a score of 194.575, while Penn as second at 191.225. Senior Christine Powers placed seventh on the balance beam with a score of 9.600. Shonna Iwaniec and Abigail Rogers picked up eighth-place finishes to lead the squad on the uneven bars and vault, with a 9.450 and a 9.600 respectively. Junior Katie Donnell led the team with a 9.575 on the floor – the second-best individual score on the team – but finished in 11th. Rogers led the Falcons with a fifth-place finish in the all-around with a total of 36.975. Air Force will host Cal on March 18 at 1 p.m.

ALASKA ANCHORAGE, 0-9: Alaska Anchorage did not compete last week. The Seawolves will return to action on Friday, March 16, for a home match vs. Ball State at 7 p.m.

SEATTLE PACIFIC, 1-12: Debra Huss won two events and took the all-around, but it wasn't enough as the Falcons fell to UC Davis in an MPSF match. Seattle Pacific was defeated by UC Davis for the third time this season, with team scores totaling 192.450 to 191.700. Huss won beam (9.880) and topped her career-high on floor exercise with 9.900, leading to a strong 38.950 on all-around, her best of the season. Senior Sarah Sullivan got second on beam (9.725) and also was second in all-around, beating her previous all-around score with a final 38.750. UC Davis' Tanya Ho and Carrie Lujan and SPU sophomore Melissa Daniels tied for first on vault, scoring 9.750. Seattle Pacific bounced back on floor, scoring a season-high 49.025. Four Falcons beat season highs, and three (Schwartz, Sullivan, Bryant) tied for fourth with 9.825. SPU faces OSU, Utah and Washington at Oregon State Mar. 16 and return home to host Washington Mar. 23.

UC DAVIS, 8-7: Andi Dolinsky scored career-high marks on uneven bars and floor exercise to lead UC Davis to a winning score of 192.450 against Seattle Pacific. The visiting Falcons scored 191.700. Dolinsky recorded a career-high 9.875 to help UC Davis salvage a 47.850 on floor. In the second rotation, Dolinsky's career-high score on bars tied senior Brandi Forte for first-place honors in that apparatus as UC Davis crafted a 48.875 team total. That mark is tied for second in school history among team bars scores. Meanwhile, Carolyn Kampf's career-best 9.850 and Dolinsky's second-place 9.875 on balance beam sealed the victory for the Aggies. Mari Inouye scored a career-high 9.775 on balance beam and a team-best 9.625 on floor exercise to lead UC Davis to a final score of 191.975 at Sacramento State, which won the meet with a 192.625. Inouye's score helped UC Davis finish. Her score was good for second place overall, behind Hornet Marina Borisova, who posted a 9.800. Freshman Tanya Ho went 9.725 in the fourth slot of the lineup to place third in the meet, then freshman Christine Tao added a 9.625 and senior Julia Richards went 9.700 as the Aggies compiled a season-high 48.100 on that apparatus. The Aggies outscored their hosts on vault, assembling a total of 48.425 in the second rotation. Junior Michelle Kulovitz won the event with a 9.775 score, while freshman Tanya Ho (9.750) and junior Carrie Lujan (9.725) helped complete a 1-2-3 UC Davis sweep in the event.

GymInfo WOMEN'S REGIONAL RANKING

March 12, 2007 – by Total Season Average

West Region

Rank	Team	RQS	Reg	Avg.	High
1	Stanford Univ.	196.610	W	196.311	197.275
2	UCLA	196.380	W	195.916	197.150
3	Oregon State	195.945	W	195.467	196.975
4	Washington, U. of	194.220	W	193.528	195.800
5	San Jose State	193.180	W	192.353	193.625
6	Sacramento State	192.760	W	192.165	193.925
7	California	192.400	W	192.357	194.575
8	UC Davis	192.020	W	190.669	192.775
9	Boise State Univ.	192.010	W	191.365	193.975
10	Cal State-Fullerton	192.005	W	191.203	193.550
11	Seattle Pacific	190.690	W	190.287	192.050
12	Alaska, U. of	186.795	W	185.931	189.675

North Central Region

9	Air Force Academy	184.875	NC	184.175	186.275
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MPSF GYMNASTS OF THE WEEK

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

March 13 – Debra Huss, Seattle Pacific (Sr., Orangevale, Calif.) – Won two events and posted a season-best all-around total (38.950) as Seattle Pacific fell to UC Davis 192.450 to 191.700 ... Huss negotiated a 9.800 on balance beam and danced a 9.900 on floor exercise. She is the current MPSF leader in the all-around.

Also nominated: Andi Dolinsky, UC Davis

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

RECENT MEET RESULTS

Home Team in Caps

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

Friday, March 9

- UC DAVIS 192.450, Seattle Pacific 191.700
- Air Force 183.500 (3rd) at CALIFORNIA, 7:30 p.m.

Sunday, March 11

- SACRAMENTO STATE 192.625, UC Davis 191.975

UPCOMING MEETS

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.

Saturday, March 23

- SEATTLE PACIFIC vs. Washington, 7 p.m.
- UC DAVIS vs. Cal, Sac. St., San Jose, 7 p.m.

Monday, March 26

- AIR FORCE vs. Denver, 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
Feb. 27	Michelle Kulovitz , Junior	UC Davis
March 6	Andi Dolinsky , Junior	UC Davis
March. 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 REGIONAL QUALIFYING SCORE

TEAM SCORES:	RQS	Avg.	High
1. UC Davis	192.020	190.669	192.775
2. Seattle Pacific	190.690	190.287	192.050
3. Alaska, U. of	186.795	185.931	189.675
4. Air Force Academy	184.875	184.175	186.275
VAULT:	RQS	Avg.	High
UC DAVIS	48.700	48.611	48.875
1. Tanya Ho, UC Davis	9.815	9.800	9.850
2. Carrie Lujan, UC Davis	9.780	9.758	9.825
3. Michelle Kulovitz, UC Davis	9.765	9.747	9.800
4. Kristin Bryant, Seattle Pacific	9.765	9.756	9.800
5. Lauren Agostino, UAA	9.745	9.734	9.775
6. Brandi Forte, UC Davis	9.705	9.675	9.775
UNEVEN BARS:	RQS	Avg.	High
UC DAVIS	47.765	47.375	48.875
1. Brandi Forte, UC Davis	9.685	9.575	9.850
2. Debra Huss, Seattle Pacific	9.665	9.631	9.725
3. Carolyn Kampf, UC Davis	9.600	9.587	9.775
4. Jessica Portlock, UAA	9.585	9.478	9.825
5. Christie Chinaka, Seattle Pacific	9.555	9.419	9.775
6. Ashley Domres, Seattle Pacific	9.550	9.284	9.750
BALANCE BEAM:	RQS	Avg.	High
UC DAVIS	47.365	47.000	48.000
1. Debra Huss, Seattle Pacific	9.720	9.678	9.800
2. Sarah Sullivan, Seattle Pacific	9.620	9.500	9.775
3. Michelle Kulovitz, UC Davis	9.500	9.411	9.675
- Carrie Lujan, UC Davis	9.465	9.372	9.650
- Lauren Agostino, UAA	9.445	9.371	9.625
6. Courtney Williams, UAA	9.430	9.292	9.575
FLOOR EXERCISE:	Avg.	High	RQS
UC DAVIS	48.220	47.683	48.725
1. Debra Huss, Seattle Pacific	9.790	9.700	9.900
2. Andi Dolinsky, UC Davis	9.790	9.739	9.875
3. Sarah Sullivan, Seattle Pacific	9.695	9.654	9.825
4. Kristin Bryant, Seattle Pacific	9.685	9.572	9.825
5. Carrie Lujan, UC Davis	9.625	9.409	9.750
6. Carolyn Kampf, UC Davis	9.580	9.625	9.850
ALL-AROUND:	RQS	Avg.	High
1. Debra Huss	38.650	38.491	38.950
2. Michelle Kulovitz	37.975	38.108	38.775
3. Tanya Ho	37.585	37.771	38.700
4. Abigail Rogers	37.040	36.939	37.650
5. Rachael Lehmkuhl	37.010	36.734	37.450
6. Courtney Williams	36.970	36.943	38.125

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