



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #9

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: Sophomore Abigail Rogers won the floor exercise with a career-best score of 9.750, as Air Force dropped a 191.600-185.600 decision to visiting Cal-Berkeley on March 18. Rogers' winning mark matched her personal-high score. While Rogers was the only Falcon to finish in the top-three, freshman Kayla Kincade was close, as she picked up a fourth-place finish on the balance beam with a 9.525. Senior Sashonna Iwaniec earned the team's top scores on two events: fifth on the uneven (9.450) and sixth on the vault (9.650). Senior Christine Powers finished within the top half of the field in two events, as she took sixth on the uneven bars and balance beam, with matching scores of 9.300. Air Force remains at the Academy for a rematch with in-state rival Denver on Monday, March 26. The Falcons and Pioneers will face off at 7 p.m., in the Cadet West Gym.

ALASKA ANCHORAGE, 0-11: Senior Rachael Lehmkuhl won the all-around with a career-high score as the Alaska Anchorage fell 189.425-186.600 on Friday at home to Ball State. UAA was led by Lehmkuhl's 37.875, while the Cardinals were paced by all-arounder Kelly Watson's 37.525 score. The visitors outdistanced UAA on all four events. Lehmkuhl, competing in her next-to-last home meet, came through with a 9.575 on vault and a season-high 9.55 on beam, while fellow senior Tiffany Staton delivered a 9.525 on beam and a 9.55 on floor exercise. On Sunday against Ball State Williams scored a personal-best 38.275 in the all-around and sophomore Lauren Agostino performed one of the best beam routines in school history as UAA lost 192.750-190.275 despite producing a team season-high score and the 17th-best in school history. Ball State (4-6), which was led by Kelly Watson's winning 38.600 all-around, also earned a season-high team score. UAA started strong as a team on vault (47.950) and uneven bars (47.625), tying for the 8th- and 7th-best performances on those events, respectively, in program history. Agostino – whose previous career-high on beam was 9.7 – stole the show with a winning 9.825 to tie for the fourth-best beam routine in UAA history. Other top performances for the Seawolves included freshman Meagan Byrne's career-high 9.625 vault, junior Jessica Portlock's runner-up 9.7 on bars, and a 9.675 on floor from senior co-captain Tiffany Staton in the final home routine of her Seawolf career.

SEATTLE PACIFIC, 1-15: Seattle Pacific came up short in its last quadrangular gymnastics meet of the season against Washington, Utah, and host Oregon State Friday night in the Salbasgeon Suites Invitational. Utah took first (196.675) while Oregon State (13-5) claimed second (196.600). Seattle Pacific (1-15) scored 189.750 behind Washington's (4-9) 193.625. Oregon State sophomore Jami Lanz won the all-around (39.475) and received 9.900 on uneven bars, balance beam, and floor exercise, placing her on the podium for three of the four events. A bright spot for the Falcons, although vacant from the podium tonight, was a season-high uneven bars score from Debra Huss (Orangevale, Ca./Bella Vista) of 9.725. Seattle Pacific returns home March 23 for SPU Senior Night against Washington.

UC DAVIS, 8-7: UC Davis did not compete last week. The Aggies will return to action on Friday, March 23, for a home match against Cal, San Jose and Sacramento State at 7 p.m.

GymInfo WOMEN'S REGIONAL RANKING

March 19, 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	196.185	W	195.580	196.975
4	Washington, U. of	194.220	W	193.537	195.800
5	San Jose State	193.295	W	192.647	195.300
6	California	192.995	W	192.456	194.575
7	Sacramento State	192.945	W	192.431	194.900
8	Boise State Univ.	192.335	W	191.491	193.975
9	UC Davis	192.180	W	190.800	192.775
10	Cal State-Fullerton	192.005	W	191.203	193.550
11	Seattle Pacific	190.690	W	190.228	192.050
12	Alaska, U. of	187.645	W	186.386	190.275

North Central Region

9	Air Force Academy	185.165	NC	184.333	186.275
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MPSF GYMNASTS OF THE WEEK

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

March 20 – Abigail Rogers, Air Force (So., Pittsburgh, Pa.) – Won the floor exercise in the Falcons' home meet against Cal on Sunday, March 18 ... matched career-best score of 9.750 to win the event ... only Air Force gymnast to finish within the top three on any event ... also finished eighth on the bars (9.150) and ninth on the vault (9.525).
Also nominated: Ashley Domres, Seattle Pacific

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RECENT MEET RESULTS

Home Team in Caps

Sunday, March 11

- SACRAMENTO STATE 192.625, UC Davis 191.975

Friday, March 16

- Seattle Pacific at OREGON STATE: 4th
- Ball State 189.425, ALASKA ANCHORAGE 186.600

Sunday, March 18

- Ball State 192.75, ALASKA ANCHORAGE 190.275
- California 191.725 AIR FORCE 185.600

UPCOMING MEETS

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.

Saturday, March 30

- MPSF Championships at Seattle Pacific, 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
March 20	Abigail Rogers , Sophomore	Air Force

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	192.180	190.800	192.775 3/2 at Boise State
2. Seattle Pacific	190.690	190.228	192.050 3/2 at Boise State
3. Alaska, U. of	187.645	186.386	190.275 3/18 vs. Ball State
4. Air Force Academy	185.165	184.333	186.275 vs. West. Mich.
VAULT:	RQS	Avg.	High
UC DAVIS	48.700	48.592	48.875
1. Tanya Ho, UC Davis	9.815	9.794	9.850
- Carrie Lujan	9.785	9.755	9.825
3. Michelle Kulovitz, UC Davis	9.775	9.750	9.800
4. Kristin Bryant, Seattle Pacific	9.765	9.744	9.800
5. Lauren Agostino, UAA	9.745	9.655	9.775
- Brandi Forte, UC Davis	9.710	9.675	9.775
UNEVEN BARS:	RQS	Avg.	High
UC DAVIS	47.830	47.395	48.875
1. Brandi Forte, UC Davis	9.685	9.535	9.850
2. Debra Huss, Seattle Pacific	9.680	9.642	9.725
3. Ashley Domres, Seattle Pacific	9.665	9.336	9.750
4. Christie Chinaka, Seattle Pacific	9.620	9.453	9.775
5. Jessica Portlock, UAA	9.615	9.509	9.825
6. Andi Dolinsky, UC Davis	9.615	9.575	9.850
BALANCE BEAM:	RQS	Avg.	High
UC DAVIS	47.565	47.110	48.100
1. Debra Huss, Seattle Pacific	9.720	9.672	9.800
- Sarah Sullivan, Seattle Pacific	9.620	9.503	9.775
3. Lauren Agostino, UAA	9.540	9.428	9.825
- Tanya Ho, UC Davis	9.540	9.378	9.825
5. Michelle Kulovitz, UC Davis	9.500	9.380	9.675
- Courtney Williams, UAA	9.480	9.284	9.575
FLOOR EXERCISE:	Avg.	High	RQS
SEATTLE PACIFIC	48.280	48.044	49.025
1. Debra Huss, Seattle Pacific	9.815	9.711	9.900
2. Andi Dolinsky, UC Davis	9.790	9.725	9.875
3. Sarah Sullivan, Seattle Pacific	9.740	9.666	9.825
4. Kristin Bryant, Seattle Pacific	9.715	9.592	9.825
5. Brianna Schwartz, Seattle Pacific	9.650	9.516	9.825
6. Carolyn Kampf, UC Davis	9.645	9.621	9.850
ALL-AROUND:	RQS	Avg.	High
1. Debra Huss, Seattle Pacific	38.700	38.519	38.950
2. Michelle Kulovitz, UC Davis	38.030	38.086	38.775
3. Tanya Ho, UC Davis	37.945	37.843	38.700
4. Courtney Williams, UAA	37.385	37.147	38.275
5. Rachael Lehmkuhl, UAA	37.315	36.915	37.875
6. SaShonna Iwaniec, Air Force	37.195	36.917	37.775

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