



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2006 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #8

MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP - March 24, 5:00pm at the United States Air Force Academy in Colorado Springs. For more info, see the Falcons' website at <http://www.airforcesports.com/>

AIR FORCE ACADEMY, 2-16:

AIR FORCE hosted Alaska Anchorage in a dual meet losing 183.975 to 191.375. On Monday both teams joined Denver for a tri-meet with Denver taking the meet with a score of 195.850 followed by Alaska Anchorage with 195.850 and the host Falcons following up with 182.950.

SEATTLE PACIFIC, 5-14:

SEATTLE PACIFIC went up against the top teams in the region in a five way meet at Oregon State placing fifth behind OREGON ST. 196.550, Kentucky 196.100, Boise State 194.550, Washington 193.675 with a score of 190.750. Jaynie Reynolds led the Falcons with a career-high score of 38.825 to finish sixth in the meet.

UC DAVIS, 2-11:

UC DAVIS hosted former MPSF member Sacramento State in a dual meet where they scored their season best score of 193.075 but could not top the Hornets and their season best of 195.325. Coach Ray Goldbar's team performed their best for their coach in his final regular season meet before he retires at the end of the season. The Hornets won all four events and the all-around. Sophia Chaban and Julia Richards each hit career-best scores to highlight the Aggies on beam and Richards followed up with a 9.825 on the floor for her season best score and third place.

ALASKA ANCHORAGE, 5-9:

ALASKA ANCHORAGE traveled to the Air Force Academy for a dual meet with the Falcons and met again on Monday for tri-meet with Denver. In the first go round Jessica Portlock led Seattle Pacific to victory winning the all-around with a impressive 38.725. The team posted its second-best score of the season with a 191.375 to Air Force's 183.975. Portlock also won the vault 9.775, bars 9.675 and beam 9.725 while Jamie Burton took the title in the floor exercise with a 9.7. On Monday Alaska Anchorage returned to the gym to face Air Force and Denver in a tri meet where they came out second behind Denver 195.850 with a score of 195.850 and ahead of host Air Force who scored 182.950. Jessica Portlock and Lauren Agostino recorded two of the top all-around scores in school history. As a team, UAA had another strong night on vault as well, recording the second-best score in program history on that event with 48.300 points.

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GymInfo WOMEN'S REGIONAL RANKING

March 20, 2006 – by Total
Season Average

West Region

Rank	Team	Avg	Reg	High	RQS
1	Stanford	195.540	W	196.875	196.085
2	UCLA	195.331	W	196.675	196.005
3	Oregon State	194.523	W	195.550	195.235
4	Boise State	192.569	W	194.775	193.995
5	Sacramento State	192.702	W	195.325	193.880
6	San Jose State	192.317	W	193.625	193.305
7	Washington	191.833	W	193.675	193.170
8	California	191.473	W	194.275	192.170
9	Cal State Fullerton	191.257	W	193.025	191.950
10	UC Davis	189.645	W	193.075	190.665
11	Seattle Pacific	190.027	W	191.850	190.490
12	Alaska Anchorage	188.443	W	191.850	189.185

North Central Region

10	Air Force	176.564	NC	183.975	179.564
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MPSF GYMNAST OF THE WEEK

March 21 – Jaynie Reynolds (Sr., Seattle Pacific) and Jessica Portlock (So., Alaska Anchorage) are co-MPSF Gymnasts of the Week. Reynolds accumulated a career-high 38.825 points at a five way meet at Oregon State scoring 9.700 on vault, 9.675 on bars, 9.750 on beam and 9.700 on floor to tie for sixth in the all-around. Portlock won the all-around at Air Force and placed second in Monday's tri-meet with Air Force and Denver. On Saturday, she had a career-high vault of 9.775 and won all-around with a 38.725. On Monday, she topped that with a 38.825, with a 9.775 vault, a 9.725 on bars and a 9.7 on floor.

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RECENT MEET RESULTS

Home Team in Caps

Friday, March 17

- Sacramento State 195.325, UC DAVIS 193.075
- OREGON ST. 196.550, Kentucky 196.100, Boise State 194.550, Washington 193.675, Seattle Pacific 190.750

Saturday, March 18

- Alaska Anchorage 191.375, AIR FORCE 183.975

Monday, March 20

- Denver 195.850, Alaska Anchorage 195.850, AIRFORCE 182.950

UPCOMING MEETS

Friday, March 24

- MPSF Women's Gymnastics Championship Meet 5 pm
at the Air Force Academy

2006 MPSF GYMNASTS OF THE WEEK

<i>Week</i>	<i>Gymnast</i>	<i>School</i>
Jan. 15	Lauren Agostino, Freshman	Alaska Anchorage
Jan. 22	Debra Huss, Junior	Seattle Pacific
Jan. 29	Sarah Sullivan, Junior	Seattle Pacific
Feb. 5	Sarah Sullivan, Junior	Seattle Pacific
Feb. 13	Lauren Robinson, Senior	Air Force Academy
Feb. 21	Jessica Portlock, Sophomore	Alaska Anchorage
Feb. 28	Jessica Portlock, Sophomore	Alaska Anchorage
Mar. 7	Hanna Anderson, Senior	UC Davis
Mar. 14	Jaynie Reynolds, Senior	Seattle Pacific
Mar. 21	Jaynie Reynolds, Senior	Seattle Pacific
Mar. 21	Jessica Portlock, Sophomore	Alaska Anchorage

2006 MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP MEET

*U.S. AIR FORCE ACADEMY – Friday, March 24, 2006, 5:00pm
In Colorado Springs, Colorado*

Visit the Falcons' website at www.airforcesports.com/ for more details.

MPSF GYMNASTICS ON THE WEB

Midweek sports updates are available on the MPSF website at www.mpsports.org.

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MPSF CONFERENCE RANKINGS – Top 6

By TOTAL SEASON AVERAGE

TEAM SCORES:	Avg.	High	
Seattle Pacific	190.027	191.850	1/20 vs. UAA
UC Davis	189.645	193.075	3/17 vs. Sac St.
Alaska Anchorage	188.443	191.850	2/26 at W. Michigan
Air Force Academy	176.564	183.975	
VAULT:	Avg.	High	RQS
<i>UC DAVIS</i>	48.050	48.650	48.205
1. Lauren Agostino (Fr, UAA)	9.657	9.850	9.750
2. Kristin Bryant (Jr, SPU)	9.686	9.750	9.720
3. Dominique Ingram (Jr, UAA)	9.622	9.800	9.715
4. Jaynie Reynolds (Sr, SPU)	9.555	9.750	9.705
5. Carrie Lujan (Jr, UCD)	9.652	9.850	9.705
6. Brandi Forte' (Sr, UCD)	9.642	9.750	9.685
UNEVEN BARS:	Avg.	High	RQS
<i>UC DAVIS</i>	47.832	48.775	48.310
1. Brandi Forte' (Sr, UCD)	9.635	9.850	9.745
2. Sarah Sullivan (Jr., SPU)	9.486	9.700	9.665
3. Jaynie Reynolds (Sr, SPU)	9.430	9.725	9.660
6. Mei Ling Clark (Sr, UCD)	9.569	9.825	9.645
4. Jessica Portlock (So, UAA)	9.418	9.775	9.625
5. Arianne Furman (Sr, UCD)	9.320	9.675	9.620
BALANCE BEAM:	Avg.	High	RQS
<i>SEATTLE PACIFIC</i>	47.339	48.150	47.720
1. Sarah Sullivan (Jr, SPU)	9.655	9.800	9.735
2. Lauren Agostino (Fr, UAA)	9.600	9.675	9.660
3. Jessica Portlock (So, SPU)	9.489	9.725	9.645
4. Jaynie Reynolds (Sr, SPU)	9.489	9.750	9.610
5. Julia Richards (Jr, UCD)	9.458	9.825	9.585
6. Ashley Domres (So, SPU)	9.430	9.725	9.570
FLOOR EXERCISE:	Avg.	High	RQS
<i>ALASKA ANCHORAGE</i>	47.550	48.375	48.010
1. Jessica Portlock (So, UAA)	9.665	9.825	9.715
2. Jaynie Reynolds (Sr, SPU)	9.564	9.750	9.680
3. Dominique Ingram (Jr, UAA)	9.629	9.800	9.670
3. Sarah Sullivan (Jr, SPU)	9.436	9.825	9.670
5. Lauren Agostino (Fr, UAA)	9.543	9.750	9.660
6. Kristin Bryant (Jr, SPU)	9.545	9.750	9.640
ALL-AROUND:	Avg.	High	RQS
<i>UC DAVIS</i>	189.645	193.075	190.665
1. Jessica Portlock (So, UAA)	38.060	38.925	38.405
4. Jaynie Reynolds (Sr, SPU)	38.036	38.825	38.375
3. Sarah Sullivan (Jr, SPU)	38.139	38.700	38.300
2. Lauren Agostino (Fr, UAA)	37.857	38.675	38.235
5. Lauren Robison (Sr, AFA)	37.336	38.100	37.685
6. Brianna Schwartz (Fr, SPU)	36.931	38.150	37.335

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