

2016 MPSF Women's Gymnastics
News Release # 5
February 9, 2016

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UPCOMING SCHEDULE

Friday, February 12

Air Force at SUNY-CORTLAND	6:30 pm
Alaska-Anchorage at Navy Pier Invitational	7 pm
Sacramento State, BYU at SOUTHERN UTAH	7 pm
UC Davis at SEATTLE PACIFIC	7 pm
Boise State at SAN JOSE STATE	7 pm

Sunday, February 14

Air Force at CORNELL	1 pm
Alaska-Anchorage at ILLINOIS-CHICAGO	2 pm

Friday, February 19

Air Force, Minnesota at IOWA STATE	6:30 pm
Seattle Pacific, Ball State at NORTHERN ILLINOIS	7 pm
UC Davis, Michigan at SOUTHERN UTAH	7 pm
San Jose State at SACRAMENTO STATE	7 pm

Friday, February 26

SE Missouri State at AIR FORCE	6 pm
Alaska-Anchorage, San Jose State at SEATTLE PACIFIC	7 pm

Saturday, February 27

Sacramento State, N.Illinois, Bridgeport at NEBRASKA	6 pm
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Sunday, February 28

Alaska-Anchorage at UC DAVIS	1 pm
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RECENT RESULTS

Saturday, February 6

1. AIR FORCE	191.875
2. Centenary	187.900

1. Byu	195.575
2. ALASKA-ANCHORAGE	191.100

Friday, February 5

1. SACRAMENTO STATE	194.300
2. Seattle Pacific	193.050

1. UC DAVIS	194.375
2. San Jose State	194.225

Saturday, January 30

1. AIR FORCE	188.550
2. UW-Oshkosh	184.200

Friday, January 29

1. SAN JOSE STATE	192.825
2. Texas Woman's	191.275
3. Seattle Pacific	189.875
4. William & Mary	187.650

1. SACRAMENTO STATE	194.250
2. UC Davis	193.100

SCHEDULE/RESULTS NOTES

*Home Team in CAPS
All Times Local to Site*

2016 MPSF WOMEN'S GYMNASTICS

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ALEXIS BROWN OF UC DAVIS MPSF GYMNAST OF THE WEEK

UC Davis sophomore **Alexis Brown** (Huntington Beach, CA) won three titles, placing on top of the beam (9.825), vault (tie, 9.825), and bars (9.90), as the Aggies totaled 194.375 in a home win over San Jose State (Feb. 5). Brown's 9.90 bars score made her just the seventh gymnast in UCD history to reach that mark, which is also tied for 13th in MPSF history. Brown was a three-time MPSF Newcomer of the Week in 2015, while this is her first career gymnast of the week honor. *Others Nominated: Kara Witgen (AFA); M'rcy Matsunami (UAA); Kaitlin Won (SJSU); Lauren Rice (Sac)...*



COURTENEY NG OF SACRAMENTO STATE MPSF NEWCOMER OF THE WEEK

Sacramento State redshirt freshman **Courteney Ng** (Sacramento, CA) set her career-best with 9.775 to place second on uneven bars against Seattle Pacific (Feb. 5), and helping the Hornets to their 10th-straight overall total of at least 194. Ng's previous best was 9.725. She missed all of last season while recovering from knee surgery. This is the first career MPSF honor for Ng. *Others Nominated: Yasmine Yektaparast (UCD); Mariana Murphy (AFA)...*



STEPHANIE STAMATES OF UC DAVIS MPSF SPECIALIST OF THE WEEK

UC Davis senior **Stephanie Stamatés** (Alamo, CA) broke the 9.8 barrier for the fourth straight week on balance beam and the third straight meet on floor exercise (Feb. 5 vs. San Jose State). Stamatés' final routine of the meet went for a first-place 9.85 floor score to help UCD seal the win with a total of 194.375. She also helped the Aggies tie their season-high 48.975 on floor. Her 9.80 on beam was good for second-place, and enters this week tied for sixth in the west region with a 9.825 average. This is the sixth career MPSF Specialist award for Stamatés, setting an all-time high in the conference. *Others Nominated: Jesse Williams (Sac); Erica Matos (SJSU); Casey Bell (AFA)...*



BROWN, STAMATES LEAD AGGIES IN TIGHT MEET

UC DAVIS Stephanie Stamatés delivered a clutch first-place 9.85 floor routine to close the home dual with San Jose State (Feb. 5), putting the Aggies over the top, 194.375-194.225. She added a second-place 9.80 beam, and currently ranks tied for sixth in the west region in that event (9.825 average). Alexis Brown won three titles, placing on top of the beam (9.825), vault (tie, 9.825), and bars (9.90). Brown's 9.90 bars score made her just the seventh gymnast in UCD history to reach that mark (also tied for 13th in MPSF history).

ALASKA-ANCHORAGE M'rcy Matsunami tied the fifth-best all-around in program history (38.975), before the largest crowd to ever watch a gym meet in Anchorage, as the Seawolves hosted BYU (Feb. 6). Her all-around led the Seawolves to a team total of 191.100. Matsunami posted a second-place tying 9.80 on bars, 9.825 on beam (career-high, T-4th in UAA history), and 9.70 on floor. Simone Penker added 37.950 all-around.

SACRAMENTO STATE made it 10-straight meets of at least a 194 total, this time putting up 194.300 at home Friday (Feb. 5) against Seattle Pacific (193.050). Lauren Rice tied her career-high on floor (9.725), and placed first on vault (9.825), bars (9.825), and beam (9.85, career-high) for a 39.225 all-around victory. The Hornet floor squad tallied its second MPSF season-high 49.075 for the year, led by first place 9.875 scores from Jesse Williams (career-best) and Cassie Benning. Courteney Ng posted a career-high on bars (9.775), placing second. Sac State ranks 17th in the nation this week on floor, and 23rd on beam.

SAN JOSE STATE Erica Matos grabbed at least a share of the vault title for the third time this season, going 9.825 and a first-place tie, as the Spartans took UC Davis down to the wire on the road (Feb. 5). Kaitlin Won was the all-around winner (38.825). Maddie Herr was third on floor (9.80) and beam (9.775).

SEATTLE PACIFIC scored 193.050, a season-high by over three full points, in a dual meet at Sacramento State (Feb. 5). The Falcons totaled season-bests in each event, en route to their 21st best overall score in program history. Ariana Harger was second all-around with a career-high 38.625. Maria Hundley tied for second on vault (9.80). Kristi Hayashida was third on beam (9.80) as was Breanna Beltran on bars (9.750) and Lauren Glover on floor (tie, 9.825).

AIR FORCE posted a season-high 191.875 in a home dual win over Centenary (187.900), avenging an earlier loss to the Ladies. Casey Bell registered a career-high 9.800 to win the floor exercise, while Shannen Kelly posted a season-high 9.725 to finish first on the balance beam. Darby Germain and Brittney Reed shared the win on uneven bars with matching 9.625 scores, with Reed claiming a career-high. Sarah Neumann tied for second on beam (9.675), and Kara Witgen went 38.150 for an all-around win.

2016 MPSF WOMEN'S GYMNASTICS

2016 MPSF GYMNASTS OF THE WEEK

Jan. 12.....Lauren Rice, Sacramento State (GOW)
 Ellie Pascoe-Long, San Jose State (NOW)
 Jesse Williams, Sacramento State (SOW)

Jan. 19.....Kalliah McCartney, Sacramento State (GOW)
 Lauren Schmeiss, Sacramento State (NOW)
 Katy Nogaki, UC Davis (SOW)

Jan. 26.....Dani Judal, UC Davis (GOW)
 Kara Jones, UC Davis (NOW)
 Kristi Hayashida, Seattle Pacific (SOW)

Feb. 2..... Kalliah McCartney, Sacramento State (GOW)
 Yasmine Yektaparast, UC Davis (NOW)
 Stephanie Stamates, UC Davis (SOW)

Feb. 9.....Alexis Brown, UC Davis (GOW)
Courteney Ng , Sacramento State (NOW)
Stephanie Stamates, UC Davis (SOW)

Feb. 16.....

Feb. 23.....

Mar. 1.....

Mar. 8.....

Mar. 15.....

2016 MPSF CHAMPIONSHIP MEET



All six teams compete in the 15th Annual MPSF Women's Gymnastics Championship Meet; March 19, 2016 at 6:00 pm (PT). The meet is contested in Hornet Gym on the campus of Sacramento State for the third time.

MPSF WOMEN'S GYMNASTICS CHAMPIONS

<u>Year</u>	<u>Champion</u>	<u>Score</u>	<u>Site</u>
2015	UC Davis	195.300	Alaska
2014	Sacramento State	195.650	UC Davis
2013	UC Davis	194.950	SPU
2012	UC Davis	193.675	UC Davis
2011	UC Davis	192.975	Air Force
2010	UC Davis	194.150	SPU
2009	Alaska-Anchorage	192.825	Air Force
2008	UC Davis	194.700	UC Davis
2007	Seattle Pacific	193.050	SPU
2006	Seattle Pacific	191.700	Air Force
2005	Sacramento State	194.550	Sac State
2004	San Jose State	195.925	San Jose St.
2003	Sacramento State	194.925	Sac State
2002	Sacramento State	194.900	Air Force

2016 NCAA REGIONALS

April 2, 2016

Hosts: Florida, Utah, Alabama, Michigan, Iowa, Minnesota

2016 NCAA CHAMPIONSHIPS

April 15-17, 2016

Host: Texas Woman's University
 Fort Worth Convention Center Arena
 Fort Worth, TX

2016 MPSF WOMEN'S GYMNASTICS

MPSF INDIVIDUAL AND TEAM RANKINGS (2/09/16)

BY: SEASON AVERAGE

<http://roadtonationals.com>

2016 MPSF INDIVIDUAL RANKINGS

ALL-AROUND

Rank	First Name	Last Name (Reg. Rank)	Team	Conference	Ave.	High
1	Kalliah	McCartney (8)	Sacramento State	MPSF	39.056	39.300
2	Lauren	Rice (9)	Sacramento State	MPSF	39.044	39.225
3	Danielle	Judal (12)	UC Davis	MPSF	38.775	39.000
4	Kaitlin	Won (13)	San Jose State	MPSF	38.633	38.825
5	M'rcy	Matsunami (14)	Alaska	MPSF	38.612	38.975
6	Maddie	Herr (17)	San Jose State	MPSF	38.217	38.275

VAULT

Rank	First Name	Last Name	Team	Conference	Ave.	High
1	Kalliah	McCartney (15T)	Sacramento State	MPSF	9.800	9.825
2	Maria	Hundley (21)	Seattle Pacific	MPSF	9.795	9.800
3	Katy	Nogaki (23)	UC Davis	MPSF	9.790	9.825
4	Julia	Konner (25)	Sacramento State	MPSF	9.785	9.875
5	Alexis	Brown	UC Davis	MPSF	9.750	9.825
6	Danielle	Judal	UC Davis	MPSF	9.737	9.775

UNEVEN BARS

Rank	First Name	Last Name	Team	Conference	Ave.	High
1	Rachel	Heinl	San Jose State	MPSF	9.725	9.800
2	Allison	Bellingham	San Jose State	MPSF	9.706	9.775
3	Cassie	Benning	Sacramento State	MPSF	9.700	9.825
4(t)	Yonni	Michovska	UC Davis	MPSF	9.695	9.775
4(t)	Alyssa	Kaschak	San Jose State	MPSF	9.695	9.800
6	Haleigh	Shepard	San Jose State	MPSF	9.690	9.750

BALANCE BEAM

Rank	First Name	Last Name	Team	Conference	Ave.	High
1	Stephanie	Stamates (6T)	UC Davis	MPSF	9.825	9.875
2	Kalliah	McCartney (9)	Sacramento State	MPSF	9.820	9.875
3	M'rcy	Matsunami (15T)	Alaska	MPSF	9.800	9.825
4	Kristi	Hayashida (21T)	Seattle Pacific	MPSF	9.775	9.850
5	Lauren	Rice	Sacramento State	MPSF	9.745	9.850
6	Cassie	Benning	Sacramento State	MPSF	9.700	9.825

FLOOR EXERCISE

Rank	First Name	Last Name	Team	Conference	Ave.	High
1	Kalliah	McCartney (13T)	Sacramento State	MPSF	9.838	9.875
2	Lauren	Rice (16T)	Sacramento State	MPSF	9.831	9.875
3	Cassie	Benning (18)	Sacramento State	MPSF	9.825	9.900
4	Jesse	Williams (20)	Sacramento State	MPSF	9.810	9.875
5	Amanda	Presswood	UC Davis	MPSF	9.785	9.825
6	Kallie	Randolph	Alaska	MPSF	9.775	9.775

2016 MPSF WOMEN'S GYMNASTICS

2016 MPSF TEAM RANKINGS

TOTAL

Rank	Team Name (Reg/Nat'l Rank)	Region	Conference	Division	Ave.	High
1	Sacramento State (7)	W	MPSF	Div I	194.440	194.900
2	UC Davis (8)	W	MPSF	Div I	193.850	194.750
3	San Jose State (9)	W	MPSF	Div I	193.425	194.875
4	Alaska (10)	W	MPSF	Div I	191.300	191.500
5	Seattle Pacific (11)	W	MPSF	Div II	190.000	193.050
6	Air Force (9)	NC	MPSF	Div I	189.345	191.875

VAULT

Rank	Team Name	Region	Conference	Division	Ave.	High
1	Sacramento State (6)	W	MPSF	Div I	48.665	48.875
2	UC Davis (8)	W	MPSF	Div I	48.625	48.875
3	San Jose State (9)	W	MPSF	Div I	48.390	48.700
4	Seattle Pacific (10)	W	MPSF	Div II	48.075	48.375
5	Alaska (11)	W	MPSF	Div I	47.863	47.900
6	Air Force (9)	NC	MPSF	Div I	47.545	47.775

UNEVEN BARS

Rank	Team Name	Region	Conference	Division	Ave.	High
1	San Jose State (7)	W	MPSF	Div I	48.405	48.825
2	Sacramento State (8)	W	MPSF	Div I	48.030	48.350
3	UC Davis (9)	W	MPSF	Div I	47.850	48.775
4	Seattle Pacific (10)	W	MPSF	Div II	47.150	48.000
5	Air Force (9)	NC	MPSF	Div I	46.950	48.225
6	Alaska (11)	W	MPSF	Div I	46.663	46.675

BALANCE BEAM

Rank	Team Name	Region	Conference	Division	Ave.	High
1	Sacramento State (6/23)	W	MPSF	Div I	48.710	48.975
2	UC Davis (8)	W	MPSF	Div I	48.580	49.025
3	Alaska (9)	W	MPSF	Div I	48.238	48.400
4	San Jose State (10)	W	MPSF	Div I	48.050	48.650
5	Seattle Pacific (11)	W	MPSF	Div II	47.385	48.225
6	Air Force (9)	NC	MPSF	Div I	47.050	48.000

FLOOR EXERCISE

Rank	Team Name	Region	Conference	Division	Ave.	High
1	Sacramento State (4/17)	W	MPSF	Div I	49.035	49.125
2	UC Davis (6)	W	MPSF	Div I	48.795	48.975
3	San Jose State (9)	W	MPSF	Div I	48.580	48.950
4	Alaska (10)	W	MPSF	Div I	48.538	48.550
5	Air Force (9)	NC	MPSF	Div I	47.800	48.400
6	Seattle Pacific (11)	W	MPSF	Div II	47.390	48.450