

**STANFORD ATHLETICS
MEDIA RELATIONS**

641 East Campus Drive
Stanford, CA 94305
(650) 723-4418 phone
(650) 725-2957 fax
www.gostanford.com

**2010
STANFORD
WOMEN'S GYMNASTICS**

Women's Gymnastics Contact: David Kiefer

Email: dkiefer@stanford.edu • Office Phone: (650) 736-7921 • Cell Phone: (650) 759-0258

2010 Schedule and Results

Date	Opponent	Time/Result
JANUARY...		
9 (Sat.)	at Georgia	195.050 (2nd)
17 (Sun.)	Arizona (B)	196.025 (1st)
24 (Sun.)	UCLA (B)	196.425 (1st)
29 (Fri.)	at Oregon State, Seattle Pacific	195.775 (2nd)
FEBRUARY...		
7 (Sun.)	Washington, San Jose State, Sacramento State (B)	196.650 (1st)
14 (Sun.)	at UCLA	195.975 (1st)
19 (Fri.)	at Arizona State	196.675 (1st)
28 (Sun.)	vs. California, North Carolina, Eastern Michigan (M)	196.525 (1st)
MARCH...		
5 (Fri.)	at San Jose State, Cal	196.800 (1st)
21 (Sun.)	at UC Davis	196.600 (1st)
27 (Sat.)	at Pac-10 Champs (1)	196.550 (2nd)
APRIL...		
10 (Sat.)	at NCAA SEast Reg. (2)	196.775 (1st)
22 (Thu.)	at NCAA Team Prelims (3)	4 p.m.
23	at NCAA Super Six Finals (3)	3 p.m.
24	at NCAA Individual Finals (3)	3 p.m.

Times listed are Pacific

(B) Burnham Pavilion

(M) Maples Pavilion

(1) In Tucson, Ariz.

(2) In Morgantown, W.Va.

(3) In Gainesville, Fla.

bold indicates home meet

Stanford Gymnasts Return to NCAA Championships

Cardinal heads to NAAs for eighth time in 10 years

April 22-24 • Gainesville, Fla.

What's Ahead

The Stanford women's gymnastics team returns to the NCAA Championships for the fourth consecutive season and eighth time in the past 10 years. The meet takes place April 22-24 in Gainesville, Fla., and begins with the team preliminaries where Stanford is among 12 remaining teams. Each prelim is broken up into groups of six (Stanford is in the evening session, 4 p.m. PDT), with the top three teams in each advancing to Friday's Super Six finals, which determines the national team champion. The all-around champion, All-American status, and qualifiers for Saturday's Individual Events finals are also determined at the team prelim event. Stanford has reached the Super Six a total of four times, and has finished a school-best third on two occasions.

Follow the Action

Links to a live stats and live streaming video can be found at gostanford.com, or on ncaa.com. The meet will be televised by CBS and aired May 8, from noon-2 p.m. PDT. Tim Brando and Olympic gold medalist Amanda Borden will call the action.

Regional Success

Stanford collected its fifth regional championship April 10 by building two strong scores on its first two rotations (floor and vault) and carried the momentum to the NCAA Southeast Regional title in Morgantown, W.Va. Stanford scored 196.775 points, its second highest of the season, to join Michigan as the region's two qualifying teams. Shelley Alexander won two events, the vault (9.95) and balance beam (9.90), and was among Stanford gymnasts to finish second through fourth in the all-around.

Returning All-Americans

- **Carly Janiga** is a six-time All-American with four first-team selections. Janiga, a senior captain, enters this year's NCAA meet as one of only three returning second-place finishers from 2009 (there are no individual champions back). Janiga became Stanford's highest individual NCAA finisher since 2001 when she finished second on the uneven bars (9.9125) behind only Georgia's Courtney Kupets (9.95), in Lincoln, Neb., last year. She also has top-10 finishes in all-around (fourth, 2007) and on floor (eighth, 2007).
- **Blair Ryland**, a senior, earned second-team All-America honors in 2007 as a freshman. Ryland has grown into a vital leadoff role on the vault, providing solid scores with precision and setting the tone for the rest of the team on meet day.

Top All-America Contenders

- **Shelley Alexander**, a junior captain, won the vault (9.95) and balance beam (9.90) at the NCAA Southeast Regional in Morgantown, W.Va., on April 10. It marked the first time in her collegiate career that Alexander won multiple events in the same meet. Alexander set personal collegiate career bests on the vault and in the all-around (39.500). In the latter, she placed third overall. Last year, Alexander missed first-team All-America recognition, and qualifying for the Individual Event finals, by one place on the vault.
- **Allyse Ishino**, a senior captain, was the 2009 NCAA regional champion on the uneven bars, and is having her best season in 2010. She missed her entire freshman year and the postseason of her sophomore year because of illness and injury, and needed additional time in the fall of her junior year to rehab. Now, she is fully healthy and has added floor and the all-around. She was fourth all-around at regionals.

SWG Facts**General Information**

Location: Stanford, California

Enrollment: 15,140 (6,812 undergraduates)

Founded: 1891

Nickname: Cardinal

Colors: Cardinal and White

Conference: Pacific-10

President: John Hennessy

Athletic Director: Bob Bowlsby

Sport Administrator: Darrin Nelson

Coaching Staff

Head Coach: Kristen Smyth, 9th year

Career Record: 140-38-1

Associate Head Coach: Chris Swircek, 7th year

Assistant Coach: Mike Lorenzen, 5th year

Team Information

Record: 19-3 regular season (24-3 overall)

National ranking: 6

Returning first-team All-American: Carly Janiga

Home gyms: Maples Pavilion (5,488),

Burnham Pavilion (1,200)

NCAA Experience

Stanford is competing in the NCAA Championships for the fourth consecutive year. The following are current Stanford gymnasts with experience in past NCAA Championships.

• **NCAA Championships (7):** Shelley Alexander (2009), Danielle Ikoma (2009), Allyse Ishino (2009), Carly Janiga (2007, 2008, 2009), Nicole Pechanec (2009), Blair Ryland (2007, 2008, 2009), Tenaya West (2009).

• **Super Six (2):** Carly Janiga (2007, 2008), Blair Ryland (2007).

Team Seeding

The following is the seeding for Thursday's evening session (4 p.m. PDT), based on national rankings:

No. 2, Florida; No. 3 Alabama; **No. 6 Stanford**; No. 7 Arkansas; No. 10 Missouri; No. 11, Michigan.

* * *

The following is the seeding for Thursday's afternoon session (10 a.m. PDT), based on national rankings:

No. 1 UCLA; No. 4, Oklahoma; No. 5, Utah; No. 8 Oregon State; No. 9, LSU; No. 12, Nebraska.

The top three teams in each advance to the NCAA Super Six finals Friday at 3 p.m. PDT.

Rotation Schedule

Here is the order for the second session of the team preliminaries, beginning Thursday at 4 p.m. PDT.:

Rot.	Vault	Bye	Bars	Beam	Bye	Floor
1	Ala.	Florida	Ark.	Mich.	Mizzou	Stanford
2	Stanford	Ala.	Florida	Ark.	Mich.	Mizzou
3	Mizzou	Stanford	Ala.	Florida	Ark.	Mich.
4	Mich.	Mizzou	Stanford	Ala.	Florida	Ark.
5	Ark.	Mich.	Mizzou	Stanford	Ala.	Florida
6	Florida	Ark.	Mich.	Mizzou	Stanford	Ala.

Stanford vs. Other NCAA Qualifiers in 2010

The Cardinal is 4-2 against NCAA Championship teams this season, with the following results:

• **Jan. 24 (Stanford):** Stanford 196.425, UCLA 195.825.

• **Jan. 29 (Corvallis, Ore.):** Oregon State 196.225, Stanford 195.775.

• **Feb. 14 (Los Angeles):** Stanford 195.975, UCLA 195.625.

• **March 27 (Pac-10 Championships; Tucson, Ariz.):** UCLA 197.350, Stanford 196.550, Oregon State 195.950.

• **April 10 (NCAA Southeast Regional; Morgantown, W.Va.):** Stanford 196.775, Michigan 195.800.

Stanford's NCAA Championship History

The Cardinal has reached the NCAA Championships 11 times, all since 1992, and has qualified eight of the past 10 years. Stanford has reached the Super Six four times, all since 2002 under current coach Kristen Smyth. Stanford has reached the Super Six two of the past three years. Its best finish has been third, achieved in 2004 and 2008.

Stanford at the 2009 NCAA Championships

Stanford was fourth in Session I of the 2009 team preliminaries, scoring 196.225 points, missing the Super Six by 0.075 behind third-place LSU in Lincoln, Neb., and was eighth overall. Carly Janiga (second) and Nicole Ourada (10th) advanced to the uneven bars finals and were named first-team All-Americans.

Stanford's Most Recent Lineup

This was the lineup Stanford used in winning the NCAA Southeast Regional in Morgantown, W.Va., on April 10:

Vault	Bars	Beam	Floor
Ryland	Alexander	Brown	West
Janiga	Pechanec	Ishino	Ishino
Morgan	Brown	Ikoma	Morgan
Brown	Ishino	Janiga	Pechanec
Ishino	Janiga	West	Janiga
Alexander	Peter	Alexander	Alexander

Best-Ever Record

No Stanford squad has had a better record than the 19-3 mark of this year's team (including dual meets and conference championship). The .864 winning percentage edges the .857 set in 2006 and 2001 during 18-3 seasons. Including NCAA events, no previous Stanford team has gone this far into the season with fewer than three losses. Overall (including the NCAA regional), Stanford is 24-3 and has beaten 21 of its past 22 opponents over a span of eight meets. The Cardinal has a 9-3 record this season against teams in the final GymInfo Top 25.

Last Time: Stanford vs. Other NCAA Competitors

The following are results of Stanford's most recent meetings with teams from Session II:

• **Alabama:** In a dual meet in Tuscaloosa, Ala., the Crimson Tide beat Stanford, 197.150-196.775 on March 6, 2009.

• **Arkansas:** Won the 2009 NCAA South Central Regional on its home floor with 196.300 to second-place Stanford's 196.200, with both advancing to the NCAA Championships.

• **Florida:** The Gators finished second (196.375) to Stanford's fourth (196.225) in Session I of the 2009 NCAA team preliminaries in Lincoln, Neb.

• **Michigan:** Stanford (196.775) and Michigan (195.800) finished 1-2 at the NCAA Southeast Regional on April 10 in Morgantown, W.Va., with Stanford bettering Michigan's team scores on three of the four events.

• **Missouri:** At the 2008 NCAA Central Regional in Baton Rouge, La., Stanford (197.525) finished second to advance, with Missouri (195.100) finishing fourth.

* * *

The following are results of Stanford's most recent meetings with teams from Session I:

• **LSU:** The third-place Tigers (196.300) edged Stanford (196.225) for the final qualifying spot in Session I of the 2009 NCAA team preliminaries in Lincoln, Neb.

• **Nebraska:** On March 7, 2008, Stanford (196.775) was first, Nebraska (196.050) second, and Alabama third in a tri-meet at Stanford's Burnham Pavilion.

• **Oklahoma:** Stanford (196.225) finished fourth to Oklahoma's sixth (195.825) in Session I of the 2009 NCAA team preliminaries in Lincoln, Neb.

• **Oregon State:** Stanford split its 2010 season series with the Beavers, losing in a tri-meet in Corvallis, Ore., on Jan. 29, and finishing just ahead (196.550) of third-place OSU (195.950) at the Pac-10 Championships on March 27 in Tucson, Ariz.

• **UCLA:** Stanford and UCLA faced each other three times this season, with Stanford winning both ends of their home-and-home dual-meet series, and finishing second (196.550) behind the Bruins (197.350) at the Pac-10 Championships March 27 in Tucson, Ariz.

• **Utah:** At the 2008 Super Six in Athens, Ga., Utah (197.125) finished second to Stanford's third (196.750), both behind Georgia.

2010 STANFORD INDIVIDUAL RESULTS

SHELLEY ALEXANDER • Junior • Seguin, Texas

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.800	9.650	9.525	9.725	38.700
Arizona	9.900	9.825	9.675	9.825	39.225
UCLA	9.900	9.775	--	9.900	--
at Oregon St., Sea. Pacific	9.900	9.750	9.675	9.800	39.125
Washington, SJS, Sac. St.	9.700	9.850	9.875	9.875	39.300
at UCLA	9.775	9.750	9.850	9.825	39.200
at Arizona State	9.825	9.825	9.850	9.225	38.725
Cal, N. Carolina, E. Mich.	9.925	9.775	9.025	--	--
at San Jose State, Cal	9.900	9.550	9.925	9.875	39.250
at UC Davis	--	9.825	9.775	9.825	--
Pac-10 Championships	--	8.625	--	--	--
NCAA Southeast Regional	9.950	9.800	9.900	9.850	39.500
NCAA Preliminaries	--	--	--	--	--
Season Best	9.950	9.850	9.925	9.900	39.500
Career Best	9.950	9.850	9.925	9.900	39.500

DANIELLE IKOMA • Junior • Naperville, Ill.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.800	9.525	9.300	--	--
Arizona	9.775	9.725	9.800	--	--
UCLA	9.800	9.175	8.825	--	--
at Oregon St., Sea. Pacific	9.800	--	9.700	--	--
Washington, SJS, Sac. St.	9.750	--	9.875	--	--
at UCLA	--	--	9.600	--	--
at Arizona State	9.725	--	9.875	--	--
Cal, N. Carolina, E. Mich.	--	--	9.775	--	--
at San Jose State, Cal	9.875	--	9.800	--	--
at UC Davis	9.650	--	9.300	--	--
Pac-10 Championships	--	--	9.275	--	--
NCAA Southeast Regional	--	--	9.800	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.875	9.725	9.875	--	--
Career Best	9.875	9.725	9.875	9.875	--

ALYSSA BROWN • Sophomore • Oakville, Ontario, Canada

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	9.700	--	--	--
Arizona	--	9.800	9.800	--	--
UCLA	--	9.900	9.750	--	--
at Oregon St., Sea. Pacific	--	9.775	9.725	--	--
Washington, SJS, Sac. St.	--	9.825	9.175	--	--
at UCLA	--	9.775	9.750	--	--
at Arizona State	--	9.825	9.875	--	--
Cal, N. Carolina, E. Mich.	--	9.875	9.750	--	--
at San Jose State, Cal	--	9.775	9.850	--	--
at UC Davis	9.850	9.900	9.875	--	--
Pac-10 Championships	9.850	9.725	9.800	--	--
NCAA Southeast Regional	9.800	9.875	9.525	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.850	9.900	9.875	--	--
Career Best	9.925	9.900	9.875	--	--

ALLYSE ISHINO • Senior • Santa Ana, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.800	9.825	9.675	--	--
Arizona	9.850	9.350	9.775	--	--
UCLA	9.800	9.900	9.775	--	--
at Oregon St., Sea. Pacific	9.800	9.850	9.850	--	--
Washington, SJS, Sac. St.	9.800	9.925	9.775	--	--
at UCLA	9.800	9.825	9.675	9.800	39.100
at Arizona State	9.850	9.925	9.900	9.350	39.025
Cal, N. Carolina, E. Mich.	9.850	9.875	9.825	9.875	39.425
at San Jose State, Cal	--	9.900	9.900	9.875	--
at UC Davis	9.900	9.825	9.225	9.850	38.800
Pac-10 Championships	9.850	9.800	9.775	9.875	39.300
NCAA Southeast Regional	9.900	9.875	9.700	9.875	39.350
NCAA Preliminaries	--	--	--	--	--
Season Best	9.900	9.925	9.900	9.875	39.425
Career Best	9.900	9.925	9.900	9.875	39.425

STEPHANIE CARTER • Senior • Fair Oaks, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	9.850	--	--	--	--

CARLY JANIGA • Senior • Paradise Valley, Ariz.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.825	9.825	9.800	9.850	39.300
Arizona	9.850	9.850	9.750	9.875	39.325
UCLA	9.775	9.950	9.875	9.950	39.550
at Oregon St., Sea. Pacific	9.800	9.875	9.850	9.625	39.150
Washington, SJS, Sac. St.	9.775	9.925	9.675	9.725	39.100
at UCLA	9.750	9.900	9.775	9.900	39.325
at Arizona State	9.850	9.925	9.950	9.925	39.650
Cal, N. Carolina, E. Mich.	9.800	9.825	9.625	9.725	38.975
at San Jose State, Cal	9.825	9.850	9.950	9.925	38.550
at UC Davis	9.950	9.875	9.925	9.825	39.575
Pac-10 Championships	9.850	9.850	9.875	9.925	39.500
NCAA Southeast Regional	9.875	9.900	9.875	9.875	39.525
NCAA Preliminaries	--	--	--	--	--
Season Best	9.950	9.950	9.950	9.950	39.650
Career Best	9.950	9.950	9.950	9.950	39.650

NICOLE DAYTON • Freshman • Grand Rapids, Mich.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	9.575	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	9.825	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	9.725	--	--	--	--
at San Jose State, Cal	9.725	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	9.800	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.825	9.575	--	--	--
Career Best	9.825	9.575	--	--	--

ASHLEY MORGAN • Freshman • Danville, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.875	--	9.850	9.825	--
Arizona	9.825	--	9.200	9.850	--
UCLA	9.800	--	9.850	9.925	--
at Oregon St., Sea. Pacific	9.850	--	9.275	9.800	--
Washington, SJS, Sac. St.	9.875	9.800	9.875	9.900	39.450
at UCLA	9.800	9.800	9.300	9.875	38.775
at Arizona State	9.875	9.700	--	9.825	--
Cal, N. Carolina, E. Mich.	9.875	--	--	9.925	--
at San Jose State, Cal	9.775	9.000	9.575	--	--
at UC Davis	9.875	--	9.650	9.900	--
Pac-10 Championships	9.750	--	9.800	9.875	--
NCAA Southeast Regional	9.875	--	--	9.850	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.875	9.800	9.875	9.925	39.450
Career Best	9.875	9.800	9.875	9.925	39.450

CATHERINE NGUYEN • Sophomore • Plano, Texas

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	9.200	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	9.200	--	--
Career Best	9.525	--	9.425	--	--

NICOLE PECHANEC • Sophomore • Phillipsburg, N.J.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	9.725	9.425	9.825	--
Arizona	--	9.850	--	9.650	--
UCLA	--	9.800	--	9.950	--
at Oregon St., Sea. Pacific	--	9.825	--	9.850	--
Washington, SJS, Sac. St.	--	9.775	--	9.925	--
at UCLA	--	9.775	--	9.875	--
at Arizona State	--	9.275	9.850	9.900	--
Cal, N. Carolina, E. Mich.	--	9.825	9.650	9.925	--
at San Jose State, Cal	--	9.700	--	9.875	--
at UC Davis	--	9.875	--	9.850	--
Pac-10 Championships	--	9.800	--	9.875	--
NCAA Southeast Regional	--	9.775	--	9.850	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	9.875	9.850	9.950	--
Career Best	--	9.875	9.900	9.950	--

JENNY PETER • Sophomore • Lincoln, Neb.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	9.800	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	9.875	--	--	--
Pac-10 Championships	--	9.775	--	--	--
NCAA Southeast Regional	--	9.825	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	9.875	--	--	--
Career Best	9.800	9.875	--	--	--

BLAIR RYLAND • Senior • Woodbridge, Va.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.825	--	--	9.700	--
Arizona	9.825	--	--	9.725	--
UCLA	9.750	--	--	9.750	--
at Oregon St., Sea. Pacific	9.800	--	--	9.600	--
Washington, SJS, Sac. St.	9.800	--	--	9.750	--
at UCLA	9.775	--	--	--	--
at Arizona State	9.775	--	--	--	--
Cal, N. Carolina, E. Mich.	9.775	--	--	9.875	--
at San Jose State, Cal	9.850	--	--	9.825	--
at UC Davis	9.875	--	--	--	--
Pac-10 Championships	9.775	--	--	9.875	--
NCAA Southeast Regional	9.800	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.875	--	--	9.875	--
Career Best	9.875	--	--	9.875	--

ALEXANDRA SKOLY • Sophomore • East Greenwich, R.I.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

TENAYA WEST • Senior • Davis, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	9.625	--
Arizona	--	--	--	9.150	--
UCLA	--	--	--	9.850	--
at Oregon St., Sea. Pacific	--	--	--	9.675	--
Washington, SJS, Sac. St.	--	--	--	9.800	--
at UCLA	--	--	--	9.775	--
at Arizona State	--	--	--	9.850	--
Cal, N. Carolina, E. Mich.	--	--	--	9.875	--
at San Jose State, Cal	--	--	--	9.825	--
at UC Davis	--	--	--	9.850	--
Pac-10 Championships	--	--	9.800	9.750	--
NCAA Southeast Regional	--	--	9.100	9.825	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	9.800	9.875	--
Career Best	--	--	9.800	9.900	--

MING YA ZHOU • Freshman • Framingham, Mass.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

**2010 STANFORD WOMEN'S GYMNASTICS
TEAM SCHEDULE/RESULTS
(19-3 regular season, 24-3 overall)**

Date	Teams	Vault	Bars	Beam	Floor	Overall	Time/Result
Jan. 9	Dual meet at Georgia						0-1
	STANFORD	49.125	48.725	48.275	48.925	195.050	
	Georgia	49.125	48.850	48.950	48.225	195.150	L
Jan. 17	Dual meet at Stanford (Burnham Pavilion)						1-0
	STANFORD	49.250	49.050	48.800	48.925	196.025	
	Arizona	49.075	48.950	47.850	48.800	194.675	W
Jan. 24	Dual meet at Stanford (Burnham Pavilion)						1-0
	STANFORD	49.075	49.325	48.450	49.575	196.425	
	UCLA	49.300	49.200	49.300	48.025	195.825	W
Jan. 29	Tri meet at Oregon State						1-1
	STANFORD	49.150	49.075	48.800	48.750	195.775	
	Oregon State	49.125	49.400	49.225	48.475	196.225	L
	Seattle Pacific	47.450	47.375	45.950	47.325	188.100	W
Feb. 7	Quad meet at Stanford (Burnham Pavilion)						3-0
	STANFORD	49.000	49.325	49.075	49.250	196.650	
	Washington	48.525	48.700	48.075	48.775	194.075	W
	Sacramento State	48.200	48.550	48.300	48.175	193.225	W
	San Jose State	48.125	48.675	47.175	48.825	192.800	W
Feb. 14	Dual meet at UCLA						1-0
	STANFORD	48.975	49.075	48.650	49.275	195.975	
	UCLA	48.975	49.550	48.550	48.550	195.625	W
Feb. 19	Dual meet at Arizona State						1-0
	STANFORD	49.175	49.200	49.450	48.850	196.675	
	Arizona State	48.950	48.900	48.775	49.275	195.900	W
Feb. 28	Quad meet at Stanford (Maples Pavilion)						3-0
	STANFORD	49.225	49.200	48.625	49.475	196.525	
	North Carolina	48.325	48.450	48.125	48.075	192.975	W
	Eastern Michigan	47.775	47.150	47.175	48.025	190.125	W
	California	47.500	47.175	46.450	47.700	188.825	W
March 5	Tri meet at San Jose State						2-0
	STANFORD	49.225	48.775	49.425	49.375	196.800	
	San Jose State	48.525	48.475	48.775	49.300	195.075	W
	California	47.875	46.825	47.975	48.100	190.775	W
March 21	Dual meet at UC Davis						1-0
	STANFORD	49.450	49.350	48.525	49.275	196.600	
	UC Davis	48.650	48.525	48.550	48.850	194.575	W
March 27	Pacific-10 Conference Championships in Tucson, Ariz.						5-1
	STANFORD	49.125	48.950	49.050	49.425	196.550	
	UCLA	49.350	49.300	49.275	49.425	197.350	L
	Oregon State	48.950	48.675	49.325	49.000	195.950	W
	Arizona	49.050	48.975	48.875	48.975	195.875	W
	Washington	48.825	48.450	47.925	48.625	193.825	W
	California	47.475	48.250	48.375	47.375	191.475	W
	Arizona State	47.500	47.850	47.600	47.725	190.675	W
April 10	NCAA Southeast Regional in Morgantown, W.Va.						5-0
	STANFORD	49.400	48.275	48.800	49.300	196.775	
	Michigan	49.300	49.375	47.975	49.150	195.800	W
	Southern Utah	48.825	48.625	48.825	49.050	195.325	W
	West Virginia	48.800	48.600	48.850	48.850	195.100	W
	Kent State	48.775	48.800	48.550	48.700	194.825	W
	North Carolina State	48.925	48.525	46.800	49.175	193.425	W

INDIVIDUAL SEASON HIGHS

Name	Score	Meet	Date
Vault			
Carly Janiga	9.950	UC Davis	March 21
Shelley Alexander	9.950	NCAA Southeast Regional	April 10
Shelley Alexander	9.925	Cal, UNC, E. Michigan	Feb. 28
Shelley Alexander	9.900	Arizona	Jan. 17
Shelley Alexander	9.900	UCLA	Jan. 24
Shelley Alexander	9.900	Oregon State, Seattle Pacific	Jan. 29
Shelley Alexander	9.900	San Jose State, Cal	March 5
Allyse Ishino	9.900	UC Davis	March 21
Allyse Ishino	9.900	NCAA Southeast Regional	April 10
Uneven Bars			
Carly Janiga	9.950	UCLA	Jan. 24
Allyse Ishino	9.925	Washington, Sac. St., SJSU	Feb. 7
Carly Janiga	9.925	Washington, Sac. St., SJSU	Feb. 7
Allyse Ishino	9.925	Arizona State	Feb. 19
Carly Janiga	9.925	Arizona State	Feb. 19
Alyssa Brown	9.900	UCLA	Jan. 24
Allyse Ishino	9.900	UCLA	Jan. 24
Carly Janiga	9.900	UCLA	Feb. 14
Allyse Ishino	9.900	San Jose State, Cal	March 5
Alyssa Brown	9.900	UC Davis	March 21
Carly Janiga	9.900	NCAA Southeast Regional	April 10
Balance Beam			
Carly Janiga	9.950	Arizona State	Feb. 19
Carly Janiga	9.950	San Jose State, Cal	March 5
Carly Janiga	9.925	UC Davis	March 21
Allyse Ishino	9.900	Arizona State	Feb. 19
Shelley Alexander	9.900	NCAA Southeast Regional	April 10
Carly Janiga	9.875	UCLA	Jan. 24
Shelley Alexander	9.875	Washington, Sac. St., SJSU	Feb. 7
Danielle Ikoma	9.875	Washington, Sac. St., SJSU	Feb. 7
Ashley Morgan	9.875	Washington, Sac. St., SJSU	Feb. 7
Alyssa Brown	9.875	Arizona State	Feb. 19
Danielle Ikoma	9.875	Arizona State	Feb. 19
Alyssa Brown	9.875	UC Davis	March 21
Carly Janiga	9.875	Pac-10 Championships	March 27
Carly Janiga	9.875	NCAA Southeast Regional	April 10
Floor Exercise			
Carly Janiga	9.950	UCLA	Jan. 24
Nicole Pechanec	9.950	UCLA	Jan. 24
Ashley Morgan	9.925	UCLA	Jan. 24
Nicole Pechanec	9.925	Washington, Sac. St., SJSU	Feb. 7
Carly Janiga	9.925	Arizona State	Feb. 19
Ashley Morgan	9.925	Cal, UNC, E. Michigan	Feb. 28
Nicole Pechanec	9.925	Cal, UNC, E. Michigan	Feb. 28
Carly Janiga	9.925	San Jose State, Cal	March 5
Carly Janiga	9.925	Pac-10 Championships	March 27
All-Around			
Carly Janiga	39.650	Arizona State	Feb. 19
Carly Janiga	39.575	UC Davis	March 21
Carly Janiga	39.550	UCLA	Jan. 24
Carly Janiga	39.550	San Jose State, Cal	March 5
Carly Janiga	39.550	NCAA Southeast Regional	April 10
Carly Janiga	39.500	Pac-10 Championships	March 27
Shelley Alexander	39.500	NCAA Southeast Regional	April 10
Ashley Morgan	39.450	Washington, Sac. St., SJSU	Feb. 7
Allyse Ishino	39.425	Cal, UNC, E. Michigan	Feb. 28
Allyse Ishino	39.350	NCAA Southeast Regional	April 10

TEAM SEASON HIGHS

Score	Meet	Date
Vault		
49.450	UC Davis	March 21
49.400	NCAA Southeast Regional	April 10
49.250	Arizona	Jan. 17
49.225	Cal, UNC, E. Michigan	Feb. 28
49.225	San Jose State, Cal	March 5
49.175	Arizona State	Feb. 19
49.150	Oregon State, Seattle Pacific	Jan. 29
Uneven Bars		
49.350	UC Davis	March 21
49.325	UCLA	Jan. 24
49.325	Washington, Sac. St., SJSU	Feb. 7
49.275	NCAA Southeast Regional	April 10
49.200	Arizona State	Feb. 19
49.200	Cal, UNC, E. Michigan	Feb. 28
49.075	Oregon State, Seattle Pacific	Jan. 29
49.075	UCLA	Feb. 14
Balance Beam		
49.450	Arizona State	Feb. 19
49.425	San Jose State, Cal	March 5
49.075	Washington, Sac. St., SJSU	Feb. 7
49.050	Pac-10 Championships	March 27
48.800	Arizona	Jan. 17
48.800	Oregon State, Seattle Pacific	Jan. 29
48.800	NCAA Southeast Regional	April 10
48.650	UCLA	Feb. 14
Floor Exercise		
49.575	UCLA	Jan. 24
49.475	Cal, UNC, E. Michigan	Feb. 28
49.425	Pac-10 Championships	March 27
49.375	San Jose State, Cal	March 5
49.300	NCAA Southeast Regional	April 10
49.275	UCLA	Feb. 14
49.275	UC Davis	March 21
49.250	Washington, Sac. St., SJSU	Feb. 7
Team Score		
196.800	San Jose State, Cal	March 5
196.775	NCAA Southeast Regional	April 10
196.675	Arizona State	Feb. 19
196.650	Washington, Sac. St., SJSU	Feb. 7
196.600	UC Davis	March 21
196.550	Pac-10 Championships	March 27
196.525	Cal, UNC, E. Michigan	Feb. 28
196.425	UCLA	Jan. 24

STANFORD'S INDIVIDUAL FIRST PLACES

<u>Date</u>	<u>Opponent</u>	<u>Name</u>	<u>Event</u>	<u>Score</u>
Jan. 9	Georgia	Carly Janiga	All-around	39.300
Jan. 17	Arizona	Carly Janiga	All-around	39.325
		Shelley Alexander	Vault	9.900
		Carly Janiga	Floor	9.875
Jan. 24	UCLA	Carly Janiga	Bars	9.950
		Carly Janiga	Floor	9.950
		Nicole Pechanec	Floor	9.950
Jan. 29	OSU, Sea. Pac.	Shelley Alexander	Vault	9.900
Feb. 7	UW, Sac, SJSU	Ashley Morgan	All-around	39.450
		Ashley Morgan	Vault	9.875
		Allyse Ishino	Bars	9.925
		Carly Janiga	Bars	9.925
		Shelley Alexander	Beam	9.875
		Danielle Ikoma	Beam	9.875
		Ashley Morgan	Beam	9.875
		Nicole Pechanec	Floor	9.925
Feb. 14	UCLA	Carly Janiga	Floor	9.900
Feb. 19	Arizona State	Carly Janiga	All-Around	39.650
		Allyse Ishino	Bars	9.925
		Carly Janiga	Bars	9.925
		Carly Janiga	Beam	9.950
		Carly Janiga	Floor	9.925
Feb. 28	Cal, UNC, EMU	Allyse Ishino	All-Around	39.425
		Shelley Alexander	Vault	9.925
		Allyse Ishino	Bars	9.875
		Alyssa Brown	Bars	9.875
		Allyse Ishino	Beam	9.825
		Ashley Morgan	Floor	9.925
		Nicole Pechanec	Floor	9.925
March 5	SJSU, Cal	Carly Janiga	All-Around	39.550
		Shelley Alexander	Vault	9.900
		Allyse Ishino	Bars	9.900
		Carly Janiga	Beam	9.950
		Carly Janiga	Floor	9.925
March 21	UC Davis	Carly Janiga	All-Around	38.575
		Carly Janiga	Vault	9.950
		Alyssa Brown	Bars	9.900
		Carly Janiga	Beam	9.925
		Ashley Morgan	Floor	9.900
March 27	Pac-10	Carly Janiga	Floor	9.925
April 10	NCAA SE Reg.	Shelley Alexander	Vault	9.950
		Shelley Alexander	Beam	9.900