

Amanda Spinner



Ashley Morgan



Ivana Hong



Samantha Shapiro



Shona Morgan



STANFORD

2013

WOMEN'S GYMNASTICS POSTSEASON MEDIA GUIDE





**STANFORD ATHLETICS
MEDIA RELATIONS**
641 E. Campus Dr.
Stanford, CA 94305
(650) 723-4418 phone
GoStanford.com

2013 Stanford Women's Gymnastics

Women's Gymnastics Contact: Greg Marsh
Email: gbmars@stanford.edu * Office Phone: (650) 736-7635 * Cell Phone: (510) 449-1485



2013 Stanford Schedule/Results (15-7, 19-8)

Date	Opponent	Time/Result
Jan. 4	NorCal Quad San Jose State, UC Davis, Sacramento State	195.425 (3-0)
Jan. 12	Arizona Quad Meet Arizona, Illinois, SJSU	196.025 (3-0)
Jan. 21	Georgia	195.400 (0-1)
Jan. 26	California	196.450 (1-0)
Feb. 2	UCLA	196.200 (0-1)
Feb. 15	Arizona St.	197.275 (1-0)
Feb. 23	Utah	197.075 (0-1)
March 1	Oregon State, Cal	197.200 (2-0)
March 10	Oklahoma North Carolina	196.000 (1-1)
March 23	Pac-12 Championships	196.625 (4-3)
April 6	NCAA Regional	196.800 (4-1)
April 19	NCAA Semifinals	12 p.m.
April 20	NCAA Super Six	4 p.m.
April 21	NCAA Individual Finals	1 p.m.

Times listed are Pacific

Bold indicates home meet

*Home meets in Burnham Pavilion
and Maples Pavilion*

Pac-12 Championships in Corvallis, Ore.

NCAA Regional in Norman, Okla.

Stanford Returns to NCAA Championships

Cardinal back for sixth time in seven years

At Pauley Pavilion * Los Angeles

Cardinal Update

The Stanford women's gymnastics team will compete at the NCAA Championships for the sixth time in seven years, and 13th time overall, as it heads to Los Angeles on April 19-21. Stanford is ranked ninth in the 12-team field and will compete in the first of two six-team semifinal groups on Friday at noon (PT), in Pauley Pavilion at UCLA. The top three teams from each semifinal advance to the Super Six team finals on Saturday at 4 p.m. The top four individual finishers (including ties) will qualify for the individual event finals on Sunday at 1 p.m. Stanford is seeking its seventh Super Six berth, all since 2002.

What: No. 9-seeded Stanford (15-7 regular season, 19-8 overall) at the NCAA Championships

When: April 19-21

Where: Pauley Pavilion, Los Angeles

NCAA Championships Schedule

Semifinals: Friday, noon PT (session I); 6 p.m. PT (session II)

Super Six: Saturday, 4 p.m. PT

Individual Event finals: Sunday, 1 p.m. PT

Broadcast Information

Friday: Semifinals, ncaa.com webcast

Saturday: Super Six, ESPN3.com

Sunday: Individual Event finals, ESPN3.com

Tuesday: Super Six tape delay broadcast, ESPNU, 5 p.m. PT

Follow the Action

- Live updates will be posted on Twitter @StanfordWGym
- Live stats and updated scores will be available via www.GoStanford.com.

STANFORD WOMEN'S GYMNASTICS ROSTER

Name	Ht.	Yr.	Events	Hometown	High School	Club
Alex Archer	5-7	So.	V, UB	Newport Beach, Calif.	Newport Harbor	Precision Gymnastics
Melissa Chuang	5-1	Fr.	V, FX	Cupertino, Calif.	Monta Vista	Airborne Gymnastics
Nicole Dayton	5-4	Sr.	V, UB, FX	Grand Rapids, Mich.	East Grand Rapids	Twistars
Jenna Frowein	5-6	Fr.	BB, FX	Kaneohe, Hawaii	Punahou School	Hawaii island Twisters
Pauline Hanset	5-4	So.	V, BB, FX	Knoxville, Tenn.	West	Premier Athletics
Ivana Hong	5-1	So.	AA	Allen, Texas	Lovejoy	World Olympic Gymnastics
Lucy Meyer	4-11	Jr.	V	St. Paul, Minn.	St. Paul Academy	Twin City Twisters
Ashley Morgan	5-1	Sr.	AA	Danville, Calif.	Carondelet	Bay Aerials Gymnastics
Shona Morgan	5-3	Jr.	UB, BB, FX	Melbourne, Australia	Distance Ed. Centre	Waverley Gymnastics Centre
Taylor Rice	5-0	Fr.	V, BB, FX	Las Vegas, Nev.	Pine Creek Colorado	Aerials Gymnastics
Samantha Shapiro	5-0	So.	UB, FX	Los Angeles, Calif.	Windward School	All-Olympia Gymnastics
Amanda Spinner	5-3	Jr.	UB, BB	Danville, Calif.	Monte Vista	Bay Aerials Gymnastics
Maggie Teets	5-3	Fr.	BB, FX	Colorado Springs, Colo.	Pine Creek Colorado	Aerials Gymnastics
Kristina Vaculik	5-1	So.	AA	Whitby, Ontario, Canada	Sinclair Secondary	Gemini Gymnastics
Rebecca Wing	5-5	So.	UB, BB, FX	Farnborough, England	Farn. Sixth Form Coll.	Heathrow Gymnastics

Coaching Staff

Head Coach: Kristen Smyth (California '93), 12th season

Associate Head Coach: Chris Swircek (San Jose State '93), 10th season

Assistant Coach: Tabitha Yim (Stanford '08), third season

Pronunciation Guide

Kristen Smyth (Smith)

Melissa Chuang (sh-WONG)

Jenna Frowein (FROW-en)

Ivana Hong (EE-vah-nuh)

Shona Morgan (SHOW-nuh)

Kristina Vaculik (vah-COOL-ick)

Chris Swircek (SWAR-zek)

SWG Facts

General Information

Location: Stanford, Calif.

Enrollment: 15,870 (6,999 undergrad)

Nickname: Cardinal

Colors: Cardinal and White

Conference: Pacific-12

President: Dr. John L. Hennessy

Athletic Director: Bernard Muir

Sport Administrator: Brian Talbott

Athletics Website: gostanford.com

Women's Gymnastics Staff

Head Coach: Kristen Smyth (California, '93), 12th year

Record at Stanford: 189-53-1

Associate Head Coach: Chris Swircek (San Jose St. '93), 10th year

Assistant Coach: Tabitha Yim (Stanford '08), third year

Team Information

2013 Record: 15-7, 19-8

2013 Pac-12 Finish: Fourth

2013 Regional Finish: Second

Home Gyms: Maples Pavilion (5,488),

Burnham Pavilion (1,200)

NCAA Super Six: 2002, 2004, 2007, 2008, 2010, 2012

Pac-12 titles: 1998, 2001, 2004, 2006, 2008

Letterwinners Ret/Lost: 11/3

Newcomers: 4

2013 NCAA Seed: No. 9

2013 High Scores: 197.275

Vault: 49.425

Bars: 49.400

Beam: 49.475

Floor: 49.500

2013 Season Averages (through Pac-12 meet):

Team: 196.368

Vault: 49.208

Bars: 49.073

Beam: 49.085

Floor: 49.003

Individual Information

2013 High Scores

All-Around: Ivana Hong, 39.575

Vault: Nicole Dayton, 9.950

Ivana Hong, 9.950

Bars: Samantha Shapiro, 9.950

Beam: Amanda Spinner, 9.950

Floor: Ashley Morgan, 9.950

2013 High Averages (through Pac-12 meet)

All-Around: Ashley Morgan, 39.286

Vault: Nicole Dayton, 9.887

Bars: Kristina Vaculik, 9.778

Beam: Amanda Spinner, 9.875

Floor: Ashley Morgan, 9.892

Stanford Program Highlights

- Six NCAA Super Six appearances (most recent in 2012)
- Six NCAA Championships appearances in seven years
- Four top-four NCAA finishes (most recent, fourth in 2012)
- Nine top-10 NCAA finishes
- 73 All-America honors since 2002
- Eight conference championship teams
- 30 consecutive NCAA regional appearances

Stanford Storylines:

- **Peaking at the Right Time:** Stanford returns to the NCAA Championships for the sixth time in seven years and will pursue its seventh Super Six appearance in program history. The Cardinal is one of only four schools to have four top-four finishes since 2008. Head coach Kristen Smyth and her coaching staff continue to implement a game plan that focuses training through the Pac-12 Championships and maximizing its score at the NCAA Championships. Last year, the team was seeded 10th and finished fourth with its highest score ever in NCAA competition. The Cardinal also recorded its highest NCAA Championships team scores in program history on vault (49.550), bars (49.350) and beam (49.375). Stanford's score on vault was the second-highest in program history at any competition.
- **Senior Strong:** Ashley Morgan has had an outstanding senior season, adding to an already stellar career. Morgan claimed her third consecutive Pac-12 floor title and earned her first regional title two weeks later at the Norman Regional on floor. Morgan has competed in 43 of 44 possible events in 11 meets this season. She is the daughter of Baseball Hall of Famer Joe Morgan, and has a twin sister, Kelly, who played soccer at USC.
- **Something Special:** Amanda Spinner was named the inaugural Pac-12 Specialist of the Year for her tremendous season on balance beam. Spinner hit 100 percent of her routines and scored a 9.800 or higher in 10 of 11 meets. She claimed five individual victories on beam this season, including her first Pac-12 title. It was Spinner's first full season of competition after battling through injuries that sidelined her in her first two years.
- **Olympic Flavor:** Though each gymnast competed for Stanford for at least one season prior to 2013, this season marked the first time the team's three Olympians – Shona Morgan, Kristina Vaculik and Becky Wing – competed together. Morgan (Australia) and Wing (Great Britain) competed in the 2008 Beijing Olympics, while Vaculik (Canada) traveled to the 2012 London Olympics. Morgan and Vaculik joined the team in 2011, while Wing arrived in 2012. However, Vaculik did not compete with Stanford in 2012, as she was preparing for London. Wing has competed in just a few competitions due to an injury.
- **Elite Champion:** Ivana Hong captured two U.S. senior elite national titles at the 2009 USA Visa Championships in Dallas - winning the balance beam and vault, and finishing second in the all-around. She is having a terrific sophomore campaign, including seven individual victories. She won her second consecutive regional title on vault and her first on beam at the Norman Regional.
- **Consistency Counts:** Shona Morgan has been a model of consistency for Stanford, competing in all 11 meets on bars and beam, and 10 of 11 meets on floor – hitting 100 percent of her routines. Morgan has scored a 9.800 or higher in 25 of 32 events she has competed in this season.

NCAA Norman Regional Review

Stanford tied its season-best team score on vault (49.425) in the final rotation to finish second overall and earn a bid to the NCAA Championships. Stanford recorded a team score of 196.800 to place ahead of Washington for the final qualifying spot, and behind No. 2 Oklahoma, which posted a 197.375.

Ivana Hong claimed titles on vault (9.950, season best) and beam (9.900), and Ashley Morgan earned a regional title on floor (9.900).

Most Recent Lineup

The following was Stanford's regional lineup.

Vault: A. Morgan, Rice, Archer, Hong, Dayton, Vaculik

Bars: S. Morgan, A. Morgan, Hong, Vaculik, Shapiro, Archer

Beam: S. Morgan, A. Morgan, Hong, Spinner, Rice, Vaculik

Floor: Dayton, Rice, S. Morgan, Hong, A. Morgan, Shapiro

Rotation Schedule

Here is the rotation order for the first session of the NCAA semifinals on Friday.

Rot.	Vault	Bye	Bars	Beam	Bye	Floor
1	Illinois	Georgia	Minnesota	LSU	Stanford	Florida
2	Florida	Illinois	Georgia	Minnesota	LSU	Stanford
3	Stanford	Florida	Illinois	Georgia	Minnesota	LSU
4	LSU	Stanford	Florida	Illinois	Georgia	Minnesota
5	Minnesota	LSU	Stanford	Florida	Illinois	Georgia
6	Georgia	Minnesota	LSU	Stanford	Florida	Illinois

Athletes and Honors

Here is a listing of collegiate titles and honors for current Stanford gymnasts.

Nicole Dayton, sr.:

2013 All-Pac-12 second team (vault)

Ivana Hong, so.:

2013 Norman Regional champion (beam)

2013 Norman Regional champion (vault)

2013 All-Pac-12 first team (beam)

2012 All-America first team (beam)

2012 All-America second team (vault)

2012 Pac-12 champion (vault)

2012 All-Pac-12 second team (vault)

Ashley Morgan, sr.:

2013 Norman Regional champion (floor)

2013 Pac-12 champion (floor)

2013 All-Pac-12 first team (all-around)

2012 All-America second team (floor)

2012 Pac-12 champion (floor)

2012 All-Pac-12 first team (floor)

2012 All-Pac-12 first team (bars)

2011 Pac-10 champion (floor)

2011 All-Pac-10 first team (floor)

2010 All-Pac-10 second team (floor)

Shona Morgan, jr.:

2012 All-America second team (bars)

2012 All-Pac-12 second team (beam)

Samantha Shapiro, so.:

2012 All-America first team (bars)

Amanda Spinner, jr.:

2013 Pac-12 champion (beam)

2013 Pac-12 Specialist of the Year

2013 All-Pac-12 first team (beam)

2012 All-America first team (beam)

2012 NCAA Champaign Regional champion (beam)

Super Six Experience

Stanford has eight gymnasts who were part of the lineups that competed in the 2012 NCAA Super Six finals in Duluth, Ga., on the Cardinal's fourth-place team. They are: **Ashley Morgan, Pauline Hanset, Ivana Hong, Nicole Dayton, Shona Morgan, Samantha Shapiro, Becky Wing and Amanda Spinner.** Ashley Morgan was also a member of Stanford's 2010 NCAA Super Six vault, beam and floor lineups.

Stanford NCAA Championships Facts

- Team is competing in its 13th NCAA Championship meet.
- Has reached the Super Six six times.
- Most recent Super Six appearance was 2012 (fourth place).
- All of team's Super Six appearances have come since 2002.
- The program's highest finish has been third in 2004 and 2008.
- Team's highest NCAA score was 197.500 in 2012 Super Six (fourth place).
- There have been two individual NCAA champions from Stanford.
- Larissa Fontaine tied for first on vault in 1998 (9.8625).
- Carly Janiga won the bars in 2010 in Gainesville, Fla.
- Her score of 9.9375 is the program's highest on the event in NCAA competition.
- Program has 19 first-team All-Americans in its history.
- Those individuals totaled 51 first-team All-America honors.
- Current assistant coach Tabitha Yim has the most first-team All-America honors in school history, with 13 from 2005-08.
- The highest all-around finish was Carly Janiga's third in 2010 (39.525).

Stanford vs. Other NCAA Championships Opponents:

Here are the results from Stanford's most recent matchup against each opponent in Session I.

- Florida: April 21, 2012 (Duluth, Ga.), NCAA Super Six: Florida (second place) 197.775, Stanford (fourth place) 197.500.
- Georgia: Jan. 21, 2013 (Athens, Ga.) dual meet: Georgia (first place) 197.000, Stanford (second place) 195.400.
- LSU: April 20, 2012 (Duluth Ga.), NCAA Team Semifinals: Stanford (third place) 197.125, LSU (sixth place) 196.550.
- Minnesota: April 2, 2011 (Ann Arbor), NCAA Ann Arbor Regional: Stanford (t-fourth place) 195.225, Minnesota (t-fourth place) 195.225.
- Illinois: Jan. 12, 2013 (Tucson, Ariz.), quad-meet: Stanford (first place) 196.025, Illinois (third place) 193.750.

2013 Record against Session I opponents: 1-1

Here is how Stanford did in its past competition against teams in Session II.

- Oklahoma: April 6, 2013 (Norman, Okla.), NCAA Norman Regional: Oklahoma (first place) 197.375, Stanford (second place) 196.800.
- Alabama: April 21, 2012 (Duluth, Ga.) NCAA Super Six: Alabama (first place) 197.850, Stanford (fourth place) 197.500.
- UCLA: March 23, 2013 (Corvallis, Ore.), Pac-12 Championships: UCLA (second place) 197.375, Stanford (fourth place) 196.625.
- Michigan: April 2, 2011 (Ann Arbor), NCAA Ann Arbor Regional: Michigan (first place) 197.075, Stanford (t-fourth place) 195.225.
- Utah: March 23, 2013 (Corvallis, Ore.), Pac-12 Championships: Utah (third place) 197.075, Stanford (fourth place) 196.625.
- Arkansas: April 21, 2012 (Duluth, Ga.), NCAA Super Six: Stanford (fourth place) 197.500, Arkansas (sixth place) 196.300.

International Experience

Stanford's roster includes six gymnasts with senior national team experience.

The list includes three Olympians, one Olympic alternate, two U.S. senior national team competitors, and four World Championships veterans.

- Sophomore Ivana Hong, a national champion on vault and beam in 2009, was a 2008 U.S. Olympic team alternate. She was a bronze medalist on the beam at the 2009 World Championships and a team gold medalist at the 2007 worlds. Hong also earned a 2007 Pan Am Games bronze in the all-around.
- Sophomore Pauline Hanset represented Belgium, the country of her birth, in a four-nation meet in Germany in 2011.
- Junior Shona Morgan competed for Australia in the 2008 Olympics, finishing 15th in the all-around. She was a five-time national champion and competed in three World Championships.
- Sophomore Samantha Shapiro competed for the U.S. senior national team from 2009-11, winning several international meet titles. Earlier, she won three U.S. junior national championships.
- Sophomore Becky Wing competed for Great Britain in the 2008 Olympics. She also competed in two World Championships and two European Championships.
- Redshirt sophomore Kristina Vaculik competed for Canada at the 2012 Olympics, helping the team to a fifth-place finish – its highest-ever team finish. She has won nine Canadian national championships, including three all-around titles (2007, 2010, 2012). She is a three-time competitor at the World Championships.

**2013 Season in Review
(15-7 regular season, 19-8 overall, 9-5 Pac-12)**

Date	Teams	Overall	Result
Jan. 4	NorCal Quad Meet at San Jose State		3-0
	STANFORD	195.425	
	San Jose State	192.875	
	UC Davis	191.400	
	Sacramento State	191.100	
Jan. 12	Quad meet at Arizona (Arizona, Illinois, San Jose State)		3-0
	STANFORD	196.025	
	Arizona	195.850	
	Illinois	193.750	
	San Jose State	192.550	
Jan. 21	Dual meet at Georgia		0-1
	Georgia	197.000	
	STANFORD	195.400	
Jan. 26	Dual meet at California		1-0
	STANFORD	196.450	
	California	195.775	
Feb. 2	Dual meet vs. UCLA (Burnham Pavilion)		0-1
	UCLA	196.925	
	STANFORD	196.200	
Feb. 15	Dual Meet vs. Arizona State (Maples Pavilion)		1-0
	STANFORD	197.275	
	Arizona State	195.250	
Feb. 23	Dual meet at Utah		0-1
	Utah	197.300	
	STANFORD	197.075	
March 1	Tri-meet at Stanford (Burnham Pavilion)		2-0
	STANFORD	197.200	
	Oregon State	197.175	
	California	195.000	
March 10	Tri-meet at Oklahoma		1-1
	Oklahoma	197.525	
	STANFORD	196.000	
	North Carolina	195.300	
March 23	Pacific-12 Conference Championships at Oregon State		4-3
	Oregon State	197.850	
	UCLA	197.375	
	Utah	197.075	
	STANFORD	196.625	
	Washington	195.875	
	Arizona	195.525	
	California	195.075	
	Arizona State	193.425	
April 6	NCAA Norman (Okla.) Regional at Oklahoma		4-1
	Oklahoma	197.375	
	STANFORD	196.800	
	Washington	195.925	
	Penn State	195.875	
	Southern Utah	194.850	
	Iowa	194.475	
April 19	NCAA Team Semifinals at Los Angeles		0-0

NorCal quad meet

SAN JOSE, Calif. -- Stanford opened the season with a first-place finish at San Jose State. At least two gymnasts finished in the top three in every event. Nicole Dayton tied her career best on vault with a 9.950.

Arizona quad meet

TUCSON, Ariz. -- Stanford delivered the meet's highest scores on bars, beam and vault to pick up its second tri-meet victory on the season. Kristina Vaculik scored a 9.925 on bars and Nicole Dayton claimed her second vault victory with a 9.875.

Georgia dual meet

ATHENS, Ga. -- Stanford dropped its first meet of the season despite a handful of standout individual performances. Amanda Spinner delivered a 9.925 on beam to claim her first individual victory on the season, while Dayton earned her third consecutive vault win with a 9.925.

California dual meet

BERKELEY, Calif. -- Stanford swept the individual victories against California, led by Ashley Morgan's first-place finishes on vault (9.925), floor (9.925) and the all-around (39.225). Samantha Shapiro scored a career-best 9.950 on uneven bars.

UCLA dual meet

STANFORD -- Stanford suffered its second loss of the season, despite a great individual performance from Ivana Hong. The sophomore finished first on bars (9.875), and second on beam (9.900), vault (9.900) and floor (9.875). Ashley Morgan also had a strong meet with second-place finishes on floor (9.875) and beam (9.900).

Arizona State dual meet

STANFORD -- Stanford put together its best team performance of the season, recording a 197.275 while four gymnasts recorded individual victories. However, the night belonged to Ashley Morgan who earned a career-high 39.550 in the all-around. Morgan scored a 9.950 on floor, 9.900 on beam and 9.875 on bars.

Utah dual meet

SALT LAKE CITY -- Ashley Morgan earned her fourth all-around title on the season and Amanda Spinner earned a career-best 9.950 on beam, as Stanford fell at Utah. The Cardinal had strong performances on vault (49.325) and beam (49.475).

Oregon State and California tri meet

STANFORD -- Trailing Oregon State by .050 of a point entering the final rotation, Stanford put together a season-best floor performance to claim the tri-meet victory. Ashley Morgan and Shona Morgan led the way in the event, both recording a 9.925.

Oklahoma and North Carolina tri meet

NORMAN, Okla. -- Stanford finished second to host Oklahoma and Ashley Morgan earned her fifth all-around victory on the season. Nicole Dayton scored a 9.900 on vault.

Pac-12 Championships

CORVALLIS, Ore. -- Amanda Spinner and Ashley Morgan claimed individual titles on beam and floor, respectfully. Spinner was named the inaugural Pac-12 Specialist of the Year. Ivana Hong had a great meet and finished second in the all-around with a career-best 39.575.

NCAA Norman Regional

NORMAN, Okla. -- Stanford tied its season-best vault score in the final rotation to finish second and earn its berth to the NCAA Championships. Ivana Hong claimed regional titles on vault and beam, while Ashley Morgan earned a regional title on floor.

Coaching Staff



Kristen Smyth

Head Coach
12th Season
California '93

Kristen Smyth has coached the Stanford women's gymnastics team to unprecedented success during her 12 seasons.

- Of Stanford's 94 All-America honors, 73 have come in Smyth's tenure.
- There have been 74 Scholastic All-American honors in that span.
- Smyth has coached the Cardinal into the NCAA Super Six finals six times -- Stanford had never advanced that far before -- and finished among the top-four four times.
- Of Stanford's nine NCAA top-10 finishes, Smyth has coached the team to eight of them.
- Smyth, in her 12th year, is the longest tenured and winningest coach in the history of the 36-year-old program.
- Smyth has a 189-53-1 record at Stanford and, this year, coached the team to a 15-7 record.
- Smyth's gymnasts have won 30 individual regional titles, 26 Pac-12 titles, four team regional championships and three conference titles.

In 2013, the Cardinal qualified for the NCAA regionals for the 30th consecutive season and earned its sixth NCAA Championships berth in seven years. It marks Stanford's ninth national-championship appearance under Smyth. No other Stanford coach had reached the NCAA's more than twice.

Smyth has coached a national champion -- Carly Janiga on bars in 2010. In fact, Stanford's six most decorated gymnasts, according to All-America honors, were all coached by Smyth, a four-time conference Coach of the Year.

Among them was 2008 Pacific-10 Gymnast of the Year Tabitha Yim, who completed her career with 13 first-team All-America honors.

Stanford had seven All-Americans in 2012, the most in program history. Current All-Americans include: Ivana Hong, Ashley Morgan, Shona Morgan, Samantha Shapiro and Amanda Spinner.

Team Accomplishments Under Smyth:

- Career record: 189-53-1
- Nine NCAA Championship berths
- Six Super Six appearances
- Four regional championships
- Three Pac-12 championships

Coaching Awards:

- 2004 National Coach of the Year
- 2004, 2009 Regional Coach of the Year
- Four-time Pac-12 Coach of Year



Chris Swircek

Associate Head Coach
10th Season
San Jose State '93

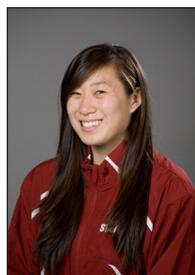
Chris Swircek is in his 10th season and fourth as associate head coach. His primary coaching responsibilities are vault and uneven bars. Swircek also coordinates team travel, oversees the club and summer camp programs, and assists with recruiting.

The uneven bars have been a strength for Stanford under Swircek, with six Pac-12 champions, seven NCAA Regional champs, 15 All-America honors, and one national champion -- 2010 winner Carly Janiga.

In addition, Stanford has had nine All-Americans and six regional champions on vault in that span.

Swircek has helped coach Stanford athletes to 26 All-America honors (17 first team) in bars and on vault, and coached Ivana Hong to the 2013 regional vault title.

Stanford had two All-Americans on vault and two on bars in 2013.



Tabitha Yim

Assistant Coach
Third Season
Stanford '08

Tabitha Yim, the most decorated gymnast in Stanford history, is in her third season as a Cardinal assistant coach.

Yim was a 14-time All-American at Stanford from 2005-08, earning the most All-America honors in school history, including 13 first-team selections. She placed among the top 10 in the NCAA all-around competition all four years and twice won Pacific-10 Conference and NCAA regional all-around titles. No one in Stanford history has more NCAA top-10 finishes than Yim, who had 11.

Yim's versatility was her strength. She won two regional titles and one Pac-10 championship on the balance beam, was a two-time regional uneven bars champion, and twice placed third in floor exercise at the NCAA Championships.

A native of Irvine, Calif., Yim competed for the United States national team that placed third at the 2001 World Championships. During her collegiate career, she led Stanford to two Pac-10 titles, one regional championship, and two NCAA Super Six appearances.

Before returning to Stanford, Yim was involved in Teach for America, and taught ninth-grade science at Animo Ralph Bunche Charter High School in south Los Angeles.

Gymnast Profiles



Alex Archer

Sophomore, 5-7
Newport Beach, Calif.
Precision Gymnastics

2013 Season: Competed in six of 11 meets on bars and the final two meets of the season on vault ... earned a career best of 9.875 on bars at Utah and tied her score in the next meet against Oregon State and California ... set a career high of 9.775 on vault at the NCAA Norman Regional.

Earlier Stanford: Immediately helped stabilize the vault lineup that was thinned by injuries early in the season ... competed in four of the first five meets in that event.

Background: Two-time Junior Olympic nationals qualifier ... sister McKenna is a gymnast at Cornell University ... a 4.0 student at Newport Harbor High School in Newport Beach, Calif.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.688	9.775	--	--	--
Season Bests	9.775	9.825	--	--	--
Career Bests	9.775	9.825	--	--	--



Nicole Dayton

Senior, 5-4
Grand Rapids, Mich.
Twistars

2013 Season: Team co-captain ... All-Pac-12 second team on vault ... a regular in the vault and floor lineups ... claimed four vault victories on the season, which is double her amount from 2012 (two) ... has six 9.900 scores or higher on vault this season.

Earlier Stanford: Member of the vault group that recorded the highest vault score in NCAA Championships competition (49.550) ... won the team's Most Improved Award in 2011 ... a regular in the vault lineup as a sophomore.

Background: Three-time Junior Olympic vault champ ... five-time Junior Olympic nationals qualifier ... trained at Geddert's Twistars in Diamondale, Mich.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.887	9.417	--	9.647	--
Season Bests	9.950	9.775	--	9.875	--
Career Bests	9.950	9.800	--	9.875	--



Melissa Chuang

Freshman, 5-1
Cupertino, Calif.
Airborne Gymnastics

2013 Season: Competed in the first five meets on vault and floor before being limited by injury ... recorded season-bests of 9.850 on vault and 9.825 on floor.

Background: A 2012 graduate of Monta Vista High School in nearby Cupertino, Calif. ... a three-time Junior Olympic qualifier out of Santa Clara's Airborne Gymnastics ... placed 15th all-around and 10th on the beam at the Level 10 nationals in 2011 ... coached at Airborne by Liz Crandall and Justin Howell.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.805	--	--	9.765	--
Season Bests	9.850	--	--	9.825	--
Career Bests	9.850	--	--	9.825	--



Jenna Frowein

Senior, 5-6
Kaneohe, Hawaii
Hawaii Island Twistars

2013 Season: Did not compete.

Background: A 2012 graduate of Punahou School in Honolulu, Hawaii ... a four-time Junior Olympic national qualifier and the 2011 J.O. balance beam champion ... won 16 state club titles, including the 2012 all-around championship ... won 2012 Region 2 titles on bars and all-around ... She trained with the Hawaii Island Twistars under coach Joe Rapp.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	--	--	--	--
Season Bests	--	--	--	--	--
Career Bests	--	--	--	--	--

Gymnast Profiles



Pauline Hanset

Sophomore, 5-4
Knoxville, Tenn.
Premier Athletics

2013 Season: Competed in all nine regular season meets and was a staple on vault and floor before being sidelined by an injury ... had an outstanding tri-meet against Oregon State and California, recording career-bests of 9.925 on vault, 9.900 on floor and 9.800 on beam ... competed in six beam lineups.

Earlier Stanford: Winner of the team's Most Improved award in 2012 ... a member of the lineup that scored 49.550 on vault at the NCAA Super Six ... earned her first collegiate victory on Feb. 12, 2012 at Cal, with a 9.850 on floor

Background: Second in the all-around at the 2011 Belgium national championships ... a two-time Junior Olympic nationals qualifier with regional titles on floor and beam.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.814	--	9.533	9.789	--
Season Bests	9.925	--	9.800	9.900	--
Career Bests	9.925	--	9.800	9.900	--



Lucy Meyer

Junior, 4-11
St. Paul, Minn.
Twin City Twisters

2013 Season: Did not compete.

Background: Made collegiate debut in 2012 NorCal Quad Meet season-opener, scoring 9.650 on vault ... high score was 9.825 at UCLA dual meet (Feb. 5). ... represented the United States in the 2009 Maccabiah Games in Tel Aviv, Israel ... was a three-time Junior Olympic national qualifier, placing eighth all-around in 2006 and 2009, the latter with a score of 37.375 ... tied for sixth on vault ... four-time Minnesota state champion, including two titles in all-around and one each on vault and beam ... two-time Region 4 champ on vault, once in all-around.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	--	--	--	--
Season Bests	--	--	--	--	--
Career Bests	9.825	--	--	--	--



Ivana Hong

Sophomore, 5-1
Allen, Texas
World Olympic Gymnastics

2013 Season: NCAA Norman Regional champion on beam and vault ... All-Pac-12 first team on beam ... claimed victories on beam (four), vault (two) and bars (one) ... finished second in the all-around at the Pac-12 Championships with a career-best 39.575.

Earlier Stanford: Earned two All-America honors as a freshman ... was a first-team All-American on the balance beam and second-team on the vault ... won a share of the 2012 Pac-12 vault title with a 9.950 ... received All-Pac-12 second-team honors on vault.

Background: Captured two U.S. senior elite national titles at the 2009 USA Visa Championships in Dallas - winning the beam and vault, and finishing second in the all-around ... a 2008 U.S. Olympic team alternate... won international team gold medals while competing for the U.S. at the 2007 World Championships in Stuttgart, Germany, and 2007 Pan Am Games in Rio de Janeiro, Brazil.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.872	9.797	9.825	9.742	39.400
Season Bests	9.950	9.925	9.925	9.875	39.575
Career Bests	9.975	9.925	9.925	9.875	39.575

Gymnast Profiles



Ashley Morgan

Senior, 5-1
Danville, Calif.
Bay Aerials Gymnastics

2013 Season: Team co-captain ... NCAA Norman Regional floor champion ... Pac-12 floor champion (third consecutive) ... All-Pac-12 first team in the all-around ... claimed victories in the all-around (five), floor (four), vault (one) and bars (one) ... competed in 43 of 44 possible events ... earned a career-best 30.550 in the all-around against Arizona State (Feb. 15) ... either tied or set new career-bests in every event.

Earlier Stanford: Earned second-team All-America honors on floor exercise ... member of the NCAA Super Six vault lineup that scored 49.550, the team's season-best in any event and the second-highest vault score in school history.

Background: Is as the daughter of Baseball Hall of Fame second baseman Joe Morgan ... has a twin sister, Kelly ... third all-around at the 2007 Junior Olympic nationals.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.805	9.860	9.725	9.892	39.286
Season Bests	9.925	9.925	9.900	9.950	39.550
Career Bests	9.925	9.925	9.900	9.950	39.550



Taylor Rice

Freshman, 5-0
Las Vegas, Nev.
Colorado Aerials Gymnastics

2013 Season: Made an immediate impact competing in 10 meets on vault, nine on floor and six on beam ... scored a career-best 9.900 on vault twice, including at the NCAA Norman Regional ... recorded three scores of 9.875 on floor.

Background: A 2012 graduate of Green Valley High School in Henderson, Nev. ... a four-time Junior Olympic national qualifier ... a two-time Nevada and Region 1 all-around Level 10 champion ... had two top-10 national all-around finishes - seventh in 2009 and sixth in 2010.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.800	--	9.508	9.606	--
Season Bests	9.900	--	9.825	9.875	--
Career Bests	9.900	--	9.825	9.875	--



Shona Morgan

Junior, 5-3
Melbourne, Australia
Waverley Gymnastics Centre

2013 Season: Competed in all 11 meets on bars and beam, and 10 of 11 meets on floor ... hit 100 percent of her routines ... scored a 9.800 or higher in 25 of 32 events she has competed in this season ... tied her career-best of 9.925 twice.

Earlier Stanford: Earned second-team All-America honors on the uneven bars ... earned All-Pac-12 second-team honors on the balance beam ... scored a 9.925 on floor in her collegiate debut, against San Jose State.

Background: A 2008 Olympian for Australia ... qualified for the individual all-around final at the 2008 Beijing Olympics, placing 15th ... also represented Australia in three World Championships: 2006 in Aarhus, Denmark; 2007 in Stuttgart, Germany; and 2009 in London, England ... a 2010 Australian national champion on bars and vault.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	9.808	9.820	9.753	--
Season Bests	--	9.850	9.900	9.925	--
Career Bests	--	9.875	9.925	9.925	--



Samantha Shapiro

Sophomore, 5-0
Los Angeles, Calif.
All-Olympia Gymnastics

2013 Season: A regular on bars, competing in 10 of 11 competitions ... earned her career best on bars (9.950) against California (Jan. 26) ... made five floor lineups at tied her career-best (9.875) at the NCAA Norman Regionals.

Earlier Stanford: 2012 NCAA uneven bars runner-up, with a score of 9.900, tying her season best ... earned first-team All-America honors on bars ... second Stanford gymnast ever to finish among the top two on bars at the NCAA Championships.

Background: Member of the U.S. national team from 2006-11 ... won bars title at the 2009 World Cup in Montreal for the U.S. ... won three U.S. junior national titles, twice on beam and once on bars.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	9.694	--	9.540	--
Season Bests	--	9.950	--	9.875	--
Career Bests	--	9.950	--	9.875	--

Gymnast Profiles



Amanda Spinner

Junior, 5-3
Danville, Calif.
Bay Aerials Gymnastics

2013 Season: Team co-captain ... Pac-12 Champion on beam and named the inaugural Pac-12 Specialist of the Year ... All-Pac-12 first team on beam ... hit 100 percent of her routines and scored a 9.800 or higher in 10 of 11 meets on beam ... earned a career-best 9.950 at Utah (Feb. 23).

Earlier Stanford: Earned first-team All-America honors on the balance beam in 2012 ... placed fourth in the 2012 NCAA Championships on beam with a score of 9.875 ... captured the 2012 NCAA Champaign Regional title on beam ... won the team's Most Inspirational award ... returned from severe injury that kept her from competing for two years.

Background: A three-time Junior Olympics national qualifier ... trained with teammate Ashley Morgan at Bay Aerials Gymnastics in Fremont, Calif.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	9.738	9.875	--	--
Season Bests	--	9.925	9.900	--	--
Career Bests	--	9.925	9.900	--	--



Kristina Vaculik

RS Sophomore, 5-1
Whitby, Ontario, Canada
Gemini Gymnastics

2013 Season: Competed in all 11 meets on bars and beam, and made eight vault lineups and five floor lineups ... scored a career-best 9.900 on beam, 9.900 on vault and a 9.925 on bars twice ... claimed two bars victories.

Earlier Stanford: Took 2012 season off to prepare for London Olympics ... Competed in all four events during her freshman season, achieving scores of 9.825 in each.

Background: Competed in the 2012 Olympic Games in London, helping Canada to fifth place, its highest-ever team finish ... has won nine Canadian national championships, including three all-around titles (2007, 2010, 2012).

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	9.789	9.788	9.742	9.445	38.833
Season Bests	9.900	9.925	9.900	9.800	39.300
Career Bests	9.900	9.925	9.900	9.825	39.300



Maggie Teets

Freshman, 5-3
Colorado Springs, Colo.
Colorado Aerials Gymnastics

2013 Season: Competed in her first collegiate meet at the San Jose State quad meet (Jan. 4).

Background: A former junior elite gymnast and a Junior Olympic national qualifier ... won the beam and was second all-around, and on bars and the floor exercise at this year's Colorado state meet ... in 2011, was the state and regional uneven bars champion ... also won titles at the Battle in Seattle and Alamo Classic ... She trained with Colorado Aerials Gymnastics under coaches Kathy Vigil and Jason Baits.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	--	--	--	--
Season Bests	--	9.100	8.950	--	--
Career Bests	--	9.100	8.950	--	--



Becky Wing

Sophomore, 5-5
Farnborough, England
Heathrow Gymnastics Club

2013 Season: Limited at the beginning of the season due to injury ... competed in two meets on bars ... tied her career-best on bars in her return with a 9.900 against Oregon State and California (March 1).

Earlier Stanford: Competed in her first Super Six on beam, scoring a 9.850 ... made collegiate debut in 2012 by competing in three events at the season-opening meet, leading off on the uneven bars and balance beam ... earned first collegiate victory a week later, scoring 9.900 on bars against Washington (Jan. 22)

Background: A 2008 Olympian for Great Britain ... competed on every event except floor exercise in the British team's ninth-place effort at the Beijing 2008 Olympic Games ... competed in two World Championships (Stuttgart in 2007 and London in 2009) and two European Championships (2006 and 2009).

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2013 Average	--	9.525	--	--	--
Season Bests	--	9.900	--	--	--
Career Bests	--	9.900	9.900	9.775	--

2013 STANFORD INDIVIDUAL RESULTS

ALEX ARCHER • Sophomore • Newport Beach, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	--	--	--	--	--
at Arizona, Illinois, SJSU	--	--	--	--	--
at Georgia	--	--	--	--	--
at California	--	9.750	--	--	--
UCLA	--	--	--	--	--
Arizona State	--	9.825	--	--	--
at Utah	--	9.825	--	--	--
California, Oregon State	--	--	--	--	--
at Okla., North Carolina	--	9.825	--	--	--
Pac-12 Championships	9.600	9.675	--	--	--
NCAA Regionals	9.775	9.750	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.775	9.825	--	--	--
Career Best	9.775	9.825	--	--	--

MELISSA CHUANG • Freshman • Cupertino, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	9.850	--	--	9.775	--
at Arizona, Illinois, SJSU	9.775	--	--	9.750	--
at Georgia	9.825	--	--	9.825	--
at California	9.825	--	--	9.775	--
UCLA	9.750	--	--	9.700	--
Arizona State	--	--	--	--	--
at Utah	--	--	--	--	--
California, Oregon State	--	--	--	--	--
at Okla., North Carolina	--	--	--	--	--
Pac-12 Championships	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.850	--	--	9.825	--
Career Best	9.850	--	--	9.825	--

NICOLE DAYTON • Senior • Grand Rapids, Mich.

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	9.950	--	--	9.625	--
at Arizona, Illinois, SJSU	9.875	9.775	--	9.700	--
at Georgia	9.925	9.200	--	--	--
at California	9.800	--	--	9.750	--
UCLA	9.825	9.275	--	--	--
Arizona State	9.875	--	--	9.000	--
at Utah	9.950	--	--	9.825	--
California, Oregon State	9.875	--	--	9.875	--
at Okla., North Carolina	9.900	--	--	9.725	--
Pac-12 Championships	9.900	--	--	9.675	--
NCAA Regionals	9.900	--	--	9.700	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.950	9.775	--	9.875	--
Career Best	9.950	9.800	--	9.875	--

JENNA FROWEIN • Freshman • Kaneohe, Hawaii

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	--	--	--	--	--
at Arizona, Illinois, SJSU	--	--	--	--	--
at Georgia	--	--	--	--	--
at California	--	--	--	--	--
UCLA	--	--	--	--	--
Arizona State	--	--	--	--	--
at Utah	--	--	--	--	--
California, Oregon State	--	--	--	--	--
at Okla., North Carolina	--	--	--	--	--
Pac-12 Championships	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

PAULINE HANSET • Sophomore • Knoxville, Tenn.

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	9.775	--	9.700	9.725	--
at Arizona, Illinois, SJSU	9.725	--	9.050	9.775	--
at Georgia	9.800	--	9.750	9.875	--
at California	9.825	--	--	9.775	--
UCLA	9.875	--	--	9.875	--
Arizona State	9.800	--	9.800	9.775	--
at Utah	9.875	--	--	9.750	--
California, Oregon State	9.925	--	9.800	9.900	--
at Okla., North Carolina	9.725	--	9.100	9.650	--
Pac-12 Championships	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.925	--	9.800	9.900	--
Career Best	9.925	--	9.800	9.900	--

IVANA HONG • Sophomore • Allen, Texas

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	9.900	9.525	9.875	--	--
at Arizona, Illinois, SJSU	9.825	9.900	9.850	--	--
at Georgia	--	--	--	--	--
at California	--	--	9.925	--	--
UCLA	9.900	9.875	9.900	9.875	39.550
Arizona State	9.900	9.850	9.325	--	--
at Utah	9.825	9.725	9.900	--	--
California, Oregon State	9.875	9.700	9.925	--	--
at Okla., North Carolina	9.825	9.875	9.875	--	--
Pac-12 Championships	9.925	9.925	9.850	9.875	39.575
NCAA Regionals	9.950	9.750	9.900	9.475	39.075
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.950	9.925	9.925	9.875	39.575
Career Best	9.975	9.925	9.925	9.875	39.575

LUCY MEYER • Junior • St. Paul, Minn.

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	--	--	--	--	--
at Arizona, Illinois, SJSU	--	--	--	--	--
at Georgia	--	--	--	--	--
at California	--	--	--	--	--
UCLA	--	--	--	--	--
Arizona State	--	--	--	--	--
at Utah	--	--	--	--	--
California, Oregon State	--	--	--	--	--
at Okla., North Carolina	--	--	--	--	--
Pac-12 Championships	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	9.825	--	--	--	--

ASHLEY MORGAN • Senior • Danville, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at NorCal Quad Meet	9.775	9.800	9.775	--	--
at Arizona, Illinois, SJSU	9.750	9.850	9.725	9.800	39.125
at Georgia	9.725	9.850	9.800	9.850	39.225
at California	9.925	9.850	9.525	9.925	39.225
UCLA	9.825	9.825	9.900	9.875	39.425
Arizona State	9.825	9.875	9.900	9.950	39.550
at Utah	9.875	9.875	9.850	9.850	39.450
California, Oregon State	9.850	9.925	9.350	9.925	39.050
at Okla., North Carolina	9.850	9.850	9.725	9.900	39.325
Pac-12 Championships	9.650	9.900	9.700	9.950	39.200
NCAA Regionals	9.850	9.800	9.800	9.900	39.350
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.925	9.925	9.900	9.950	39.550
Career Best	9.925	9.925	9.900	9.950	39.550

SHONA MORGAN • Junior • Melbourne, Australia

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	9.775	9.825	9.775	--
at Arizona, Illinois, SJSU	--	9.825	9.875	--	--
at Georgia	--	9.750	9.675	9.000	--
at California	--	9.850	9.800	9.875	--
UCLA	--	9.800	9.825	9.725	--
Arizona State	--	9.800	9.825	9.925	--
at Utah	--	9.800	9.875	9.900	--
California, Oregon State	--	9.850	9.900	9.925	--
at Okla., North Carolina	--	9.800	9.775	9.800	--
Pac-12 Championships	--	9.825	9.825	9.850	--
NCAA Regionals	--	9.800	9.875	9.825	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	9.850	9.900	9.925	--
Career Best	--	9.875	9.925	9.925	--

TAYLOR RICE • Freshman • Las Vegas, Nev.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	--	--	--	--
at Arizona, Illinois, SJSU	9.775	--	--	9.650	--
at Georgia	9.775	--	9.775	9.025	--
at California	9.900	--	9.275	--	--
UCLA	9.775	--	9.725	8.950	--
Arizona State	9.725	--	--	9.875	--
at Utah	9.800	--	9.825	9.850	--
California, Oregon State	9.775	--	--	9.875	--
at Okla., North Carolina	9.825	--	--	9.800	--
Pac-12 Championships	9.850	--	9.200	9.825	--
NCAA Regionals	9.900	--	9.250	9.875	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.900	--	9.825	9.875	--
Career Best	9.900	--	9.825	9.875	--

SAMANTHA SHAPIRO • Sophomore • Los Angeles, Calif.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	9.525	--	--	--
at Arizona, Illinois, SJSU	--	9.825	--	--	--
at Georgia	--	9.850	--	9.800	--
at California	--	9.950	--	9.025	--
UCLA	--	9.175	--	--	--
Arizona State	--	9.900	--	9.875	--
at Utah	--	9.275	--	--	--
California, Oregon State	--	9.825	--	--	--
at Okla., North Carolina	--	--	--	--	--
Pac-12 Championships	--	9.925	--	9.125	--
NCAA Regionals	--	9.775	--	9.875	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	9.950	--	9.875	--
Career Best	--	9.950	--	9.875	--

AMANDA SPINNER • Junior • Danville, Calif.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	--	9.875	--	--
at Arizona, Illinois, SJSU	--	--	9.750	--	--
at Georgia	--	9.725	9.925	--	--
at California	--	9.750	9.825	--	--
UCLA	--	--	9.875	--	--
Arizona State	--	--	9.925	--	--
at Utah	--	--	9.950	--	--
California, Oregon State	--	--	9.900	--	--
at Okla., North Carolina	--	--	9.800	--	--
Pac-12 Championships	--	--	9.925	--	--
NCAA Regionals	--	--	9.825	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	9.750	9.950	--	--
Career Best	--	9.750	9.950	--	--

MAGGIE TEETS • Freshman • Colorado Springs, Colo.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	9.100	--	8.950	--
at Arizona, Illinois, SJSU	--	--	--	--	--
at Georgia	--	--	--	--	--
at California	--	--	--	--	--
UCLA	--	--	--	--	--
Arizona State	--	--	--	--	--
at Utah	--	--	--	--	--
California, Oregon State	--	--	--	--	--
at Okla., North Carolina	--	--	--	--	--
Pac-12 Championships	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

KRISTINA VACULIK • Sophomore • Whitby, Ontario, Canada

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	9.775	9.775	9.750	--
at Arizona, Illinois, SJSU	--	9.925	9.825	8.800	--
at Georgia	9.800	9.675	9.800	--	--
at California	9.700	9.900	9.700	--	--
UCLA	--	9.850	9.825	--	--
Arizona State	9.825	9.925	9.825	--	--
at Utah	9.775	9.825	9.900	9.800	39.300
California, Oregon State	9.900	9.900	9.325	9.275	38.400
at Okla., North Carolina	9.800	9.800	9.600	9.600	38.800
Pac-12 Championships	9.725	9.300	9.850	--	--
NCAA Regionals	9.825	9.850	9.825	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	9.900	9.925	9.900	9.800	39.300
Career Best	9.900	9.925	9.900	9.825	39.300

REBECCA WING • Sophomore • Farnborough, England

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at NorCal Quad Meet	--	--	--	--	--
at Arizona, Illinois, SJSU	--	--	--	--	--
at Georgia	--	--	--	--	--
at California	--	--	--	--	--
UCLA	--	--	--	--	--
Arizona State	--	--	--	--	--
at Utah	--	--	--	--	--
California, Oregon State	--	9.900	--	--	--
at Okla., North Carolina	--	9.150	--	--	--
Pac-12 Championships	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Team Preliminaries	--	--	--	--	--
NCAA Super Six Finals	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	9.900	9.900	9.775	--

**2013 STANFORD WOMEN'S GYMNASTICS
TEAM SCHEDULE/RESULTS
(15-7 regular season, 19-8 overall, 9-5 Pac-12)**

Date	Teams	Vault	Bars	Beam	Floor	Overall	Time/Result
Jan. 4	NorCal Quad Meet at San Jose State						3-0
	STANFORD	49.250	48.400	49.125	48.650	195.425	
	San Jose State	48.475	47.675	48.575	48.150	192.875	
	UC Davis	48.475	47.425	47.075	48.425	191.400	
	Sacramento State	48.700	47.925	46.875	47.600	191.100	
Jan. 12	Quad meet at Arizona (Arizona, Illinois, San Jose State)						3-0
	STANFORD	49.000	49.325	49.025	48.675	196.025	
	Arizona	48.650	49.100	48.700	49.400	195.850	
	Illinois	48.400	48.500	48.250	48.600	193.750	
	San Jose State	48.375	48.600	47.675	47.900	192.550	
Jan. 21	Dual meet at Georgia						0-1
	Georgia	49.400	49.400	48.825	49.375	197.000	
	STANFORD	49.125	48.850	49.050	48.375	195.400	
Jan. 26	Dual meet at California						1-0
	STANFORD	49.275	49.300	48.775	49.100	196.450	
	California	48.900	49.000	48.550	49.325	195.775	
Feb. 2	Dual meet vs. UCLA (Burnham Pavilion)						0-1
	UCLA	49.300	49.075	49.225	49.325	196.925	
	STANFORD	49.200	48.625	49.325	49.050	196.200	
Feb. 15	Dual Meet vs. Arizona State (Maples Pavilion)						1-0
	STANFORD	49.225	49.375	49.275	49.400	197.275	
	Arizona State	48.800	48.550	49.025	48.875	195.250	
Feb. 23	Dual meet at Utah						0-1
	Utah	49.500	49.250	49.025	49.525	197.300	
	STANFORD	49.325	49.050	49.475	49.225	197.075	
March 1	Tri-meet at Stanford (Burnham Pavilion)						2-0
	STANFORD	49.425	49.400	48.875	49.500	197.200	
	Oregon State	49.425	49.450	48.975	49.325	197.175	
	California	49.200	48.050	48.550	49.200	195.000	
March 10	Tri-meet at Oklahoma						1-1
	Oklahoma	49.400	49.475	49.275	49.375	197.525	
	STANFORD	49.200	49.150	48.775	48.875	196.000	
	North Carolina	48.650	49.150	48.625	48.875	195.300	
March 23	Pacific-12 Conference Championships at Oregon State						4-3
	Oregon State	49.450	49.675	49.275	49.450	197.850	
	UCLA	49.500	49.450	48.975	49.450	197.375	
	Utah	49.475	49.375	48.825	49.400	197.075	
	STANFORD	49.050	49.250	49.150	49.175	196.625	
	Washington	48.675	48.850	49.175	49.175	195.875	
	Arizona	49.200	48.450	49.075	48.800	195.525	
	California	49.150	48.875	48.150	48.900	195.075	
	Arizona State	48.000	48.950	47.875	48.600	193.425	
April 6	NCAA Norman (Okla.) Regional at Oklahoma						4-1
	Oklahoma	49.375	49.400	49.175	49.425	197.375	
	STANFORD	49.425	48.975	49.225	49.175	196.800	
	Washington	48.950	49.200	48.975	48.800	195.925	
	Penn State	49.175	49.000	48.625	49.075	195.875	
	Southern Utah	48.825	48.975	48.475	48.575	194.850	
	Iowa	48.950	48.250	48.275	49.000	194.475	
April 19	NCAA Team Semifinals at Los Angeles						

INDIVIDUAL SEASON HIGHS (Top 10)

Name	Score	Meet	Date
Vault			
Ivana Hong	9.950	at NCAA Regionals	April 6
Nicole Dayton	9.950	at Utah	Feb. 23
Nicole Dayton	9.950	at NorCal Quad	Jan. 4
Ivana Hong	9.925	Pac-12 Championships	March 23
Pauline Hanset	9.925	Oregon State, Cal	March 1
Nicole Dayton	9.925	at Georgia	Jan. 21
Ashley Morgan	9.925	at California	Jan. 26
Taylor Rice	9.900	at NCAA Regionals	April 6
Nicole Dayton	9.900	at NCAA Regionals	April 6
Nicole Dayton	9.900	Pac-12 Championships	March 23
Nicole Dayton	9.900	at Oklahoma, North Carolina	March 10
Kristina Vaculik	9.900	Oregon State, Cal	March 1
Ivana Hong	9.900	Arizona State	Feb. 15
Ivana Hong	9.900	UCLA	Feb. 2
Taylor Rice	9.900	at California	Jan. 26
Ivana Hong	9.900	at NorCal Quad	Jan. 4
Uneven Bars			
Samantha Shapiro	9.950	at California	Jan. 26
Ivana Hong	9.925	Pac-12 Championships	March 23
Samantha Shapiro	9.925	Pac-12 Championships	March 23
Ashley Morgan	9.925	Oregon State, Cal	March 1
Kristina Vaculik	9.925	Arizona State	Feb. 15
Kristina Vaculik	9.925	at Arizona, Illinois, SJSU	Jan. 12
Ashley Morgan	9.900	Pac-12 Championships	March 23
Rebecca Wing	9.900	Oregon State, Cal	March 1
Kristina Vaculik	9.900	Oregon State, Cal	March 1
Samantha Shapiro	9.900	Arizona State	Feb. 15
Kristina Vaculik	9.900	at California	Jan. 26
Ivana Hong	9.900	at Arizona, Illinois, SJSU	Jan. 12
Ivana Hong	9.875	at Oklahoma, North Carolina	March 10
Balance Beam			
Amanda Spinner	9.950	at Utah	Feb. 23
Amanda Spinner	9.925	Pac-12 Championships	March 23
Ivana Hong	9.925	Oregon State, Cal	March 1
Amanda Spinner	9.925	Arizona State	Feb. 15
Amanda Spinner	9.925	at Georgia	Jan. 21
Ivana Hong	9.925	at California	Jan. 26
Ivana Hong	9.900	at NCAA Regionals	April 6
Shona Morgan	9.900	Oregon State, Cal	March 1
Amanda Spinner	9.900	Oregon State, Cal	March 1
Ivana Hong	9.900	at Utah	Feb. 23
Kristina Vaculik	9.900	at Utah	Feb. 23
Ashley Morgan	9.900	Arizona State	Feb. 15
Ashley Morgan	9.900	UCLA	Feb. 2
Ivana Hong	9.900	UCLA	Feb. 2
Floor Exercise			
Ashley Morgan	9.950	Pac-12 Championships	March 23
Ashley Morgan	9.950	Arizona State	Feb. 15
Shona Morgan	9.925	Oregon State, Cal	March 1
Ashley Morgan	9.925	Oregon State, Cal	March 1
Shona Morgan	9.925	Arizona State	Feb. 15
Ashley Morgan	9.925	at California	Jan. 26
Ashley Morgan	9.900	at NCAA Regionals	April 6
Ashley Morgan	9.900	at Oklahoma, North Carolina	March 10
Pauline Hanset	9.900	Oregon State, Cal	March 1
Shona Morgan	9.900	at Utah	Feb. 23
All-Around			
Ivana Hong	39.575	Pac-12 Championships	March 23
Ashley Morgan	39.550	Arizona State	Feb. 15
Ivana Hong	39.550	UCLA	Feb. 2
Ashley Morgan	39.450	at Utah	Feb. 23
Ashley Morgan	39.425	UCLA	Feb. 2
Ashley Morgan	39.350	at NCAA Regionals	April 6
Ashley Morgan	39.325	at Oklahoma, North Carolina	March 10
Kristina Vaculik	39.300	at Utah	Feb. 23
Ashley Morgan	39.225	at California	Jan. 26
Ashley Morgan	39.225	at Georgia	Jan. 21

TEAM SEASON HIGHS (Top 3)

Score	Meet	Date
Vault		
49.425	at NCAA Regionals	April 6
49.425	Oregon State, Cal	March 1
49.325	at Utah	Feb. 23
49.275	at California	Jan. 26
Uneven Bars		
49.400	Oregon State, Cal	March 1
49.375	Arizona State	Feb. 15
49.325	at Arizona, Illinois, SJSU	Jan. 12
Balance Beam		
49.475	at Utah	Feb. 23
49.325	UCLA	Feb. 2
49.275	Arizona State	Feb. 15
Floor Exercise		
49.500	Oregon State, Cal	March 1
49.400	Arizona State	Feb. 15
49.225	at Utah	Feb. 23
Team Score		
197.275	Arizona State	Feb. 15
197.200	Oregon State, Cal	March 1
197.075	at Utah	Feb. 23

STANFORD'S INDIVIDUAL FIRST PLACES

<u>Date</u>	<u>Opponent</u>	<u>Name</u>	<u>Event</u>	<u>Score</u>
Jan. 4	at NorCal Quad	Nicole Dayton	Vault	9.950
		Ashley Morgan	Bars	9.800
		Ivana Hong	Beam	9.875
		Amanda Spinner	Beam	9.875
Jan. 12	at Arizona	Nicole Dayton	Vault	9.875
		Kristina Vaculik	Bars	9.925
Jan. 21	at Georgia	Nicole Dayton	Vault	9.925
		Amanda Spinner	Beam	9.925
		Ashley Morgan	All-Around	39.225
Jan. 26	at Cal	Ashley Morgan	Vault	9.925
		Samantha Shapiro	Bars	9.950
		Ivana Hong	Beam	9.925
		Ashley Morgan	Floor	9.925
		Ashley Morgan	All-Around	39.225
Feb. 2	vs. UCLA	Ivana Hong	Bars	9.875
Feb. 15	Arizona State	Ivana Hong	Vault	9.900
		Kristina Vaculik	Bars	9.925
		Amanda Spinner	Beam	9.925
		Ashley Morgan	Floor	9.950
		Ashley Morgan	All-Around	39.550
Feb. 23	at Utah	Nicole Dayton	Vault	9.950
		Amanda Spinner	Beam	9.950
		Ashley Morgan	All-Around	39.450
March 1	Cal, Oregon St.	Ivana Hong	Beam	9.925
March 10	at Oklahoma, UNC	Ashley Morgan	All-Around	39.325
March 23	Pac-12 Champs.	Amanda Spinner	Beam	9.925
		Ashley Morgan	Floor	9.950
April 6	NCAA Regional	Ivana Hong	Vault	9.950
		Ivana Hong	Beam	9.900
		Ashley Morgan	Floor	9.900

STANFORD LINEUPS

VAULT

<u>Jan. 14, NorCal</u>	<u>Jan. 12, Ariz.</u>	<u>Jan. 21, Georgia</u>	<u>Jan. 26, Cal</u>	<u>Feb. 2, UCLA</u>	<u>Feb. 15, ASU</u>	<u>Feb. 23, Utah</u>	<u>March 1, OSU, Cal</u>
Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan
Pauline Hanset	Pauline Hanset	Taylor Rice	Taylor Rice	Taylor Rice	Taylor Rice	Taylor Rice	Taylor Rice
Melissa Chuang	Melissa Chuang	Melissa Chuang	Melissa Chuang	Melissa Chuang	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik
Ivana Hong	Ivana Hong	Kristina Vaculik	Kristina Vaculik	Ivana Hong	Ivana Hong	Ivana Hong	Ivana Hong
Nicole Dayton	Nicole Dayton	Nicole Dayton	Nicole Dayton	Nicole Dayton	Nicole Dayton	Nicole Dayton	Nicole Dayton
	Taylor Rice	Pauline Hanset	Pauline Hanset	Pauline Hanset	Pauline Hanset	Pauline Hanset	Pauline Hanset

March 10, Okla. March 23, Pac-12 April 6, Reg.

Ashley Morgan	Ashley Morgan	Ashley Morgan
Taylor Rice	Taylor Rice	Taylor Rice
Kristina Vaculik	Kristina Vaculik	Alex Archer
Ivana Hong	Ivana Hong	Ivana Hong
Nicole Dayton	Nicole Dayton	Nicole Dayton
Pauline Hanset	Alex Archer	Kristina Vaculik

BARS

<u>Jan. 14, NorCal</u>	<u>Jan. 12, Ariz.</u>	<u>Jan. 21, Georgia</u>	<u>Jan. 26, Cal</u>	<u>Feb. 2, UCLA</u>	<u>Feb. 15, ASU</u>	<u>Feb. 23, Utah</u>	<u>March 1, OSU, Cal</u>
Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan
Ashley Morgan	Nicole Dayton	Nicole Dayton	Amanda Spinner	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan
Maggie Teets	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ivana Hong	Ivana Hong	Ivana Hong	Rebecca Wing
Kristina Vaculik	Ivana Hong	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik	Ivana Hong
Samantha Shapiro	Kristina Vaculik	Samantha Shapiro	Samantha Shapiro	Samantha Shapiro	Samantha Shapiro	Samantha Shapiro	Kristina Vaculik
Ivana Hong	Samantha Shapiro	Amanda Spinner	Alex Archer	Nicole Dayton	Alex Archer	Alex Archer	Samantha Shapiro

March 10, Okla. March 23, Pac-12 April 6, Reg.

Shona Morgan	Shona Morgan	Shona Morgan
Ashley Morgan	Ashley Morgan	Ashley Morgan
Rebecca Wing	Ivana Hong	Ivana Hong
Ivana Hong	Alex Archer	Kristina Vaculik
Kristina Vaculik	Kristina Vaculik	Samantha Shapiro
Alex Archer	Samantha Shapiro	Alex Archer

BEAM

<u>Jan. 14, NorCal</u>	<u>Jan. 12, Ariz.</u>	<u>Jan. 21, Georgia</u>	<u>Jan. 26, Cal</u>	<u>Feb. 2, UCLA</u>	<u>Feb. 15, ASU</u>	<u>Feb. 23, Utah</u>	<u>March 1, OSU, Cal</u>
Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan	Shona Morgan
Kristina Vaculik	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan
Ashley Morgan	Ashley Morgan	Ashley Morgan	Ashley Morgan	Ivana Hong	Ivana Hong	Ivana Hong	Ivana Hong
Amanda Spinner	Amanda Spinner	Amanda Spinner	Amanda Spinner	Amanda Spinner	Amanda Spinner	Amanda Spinner	Amanda Spinner
Ivana Hong	Ivana Hong	Pauline Hanset	Ivana Hong	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik	Kristina Vaculik
Pauline Hanset	Pauline Hanset	Taylor Rice	Taylor Rice	Taylor Rice	Pauline Hanset	Taylor Rice	Pauline Hanset

March 10, Okla. March 23, Pac-12 April 6, Reg.

Shona Morgan	Shona Morgan	Shona Morgan
Ashley Morgan	Ashley Morgan	Ashley Morgan
Ivana Hong	Ivana Hong	Ivana Hong
Amanda Spinner	Amanda Spinner	Amanda Spinner
Kristina Vaculik	Taylor Rice	Taylor Rice
Pauline Hanset	Kristina Vaculik	Kristina Vaculik

FLOOR

<u>Jan. 14, NorCal</u>	<u>Jan. 12, Ariz.</u>	<u>Jan. 21, Georgia</u>	<u>Jan. 26, Cal</u>	<u>Feb. 2, UCLA</u>	<u>Feb. 15, ASU</u>	<u>Feb. 23, Utah</u>	<u>March 1, OSU, Cal</u>
Nicole Dayton	Nicole Dayton	Shona Morgan	Melissa Chuang	Melissa Chuang	Nicole Dayton	Nicole Dayton	Nicole Dayton
Maggie Teets	Melissa Chuang	Taylor Rice	Nicole Dayton	Ivana Hong	Samantha Shapiro	Taylor Rice	Taylor Rice
Kristina Vaculik	Kristina Vaculik	Samantha Shapiro	Samantha Shapiro	Taylor Rice	Shona Morgan	Shona Morgan	Shona Morgan
Melissa Chuang	Pauline Hanset	Pauline Hanset	Shona Morgan	Shona Morgan	Pauline Hanset	Pauline Hanset	Pauline Hanset
Pauline Hanset	Ashley Morgan	Ashley Morgan	Pauline Hanset	Pauline Hanset	Ashley Morgan	Ashley Morgan	Ashley Morgan
Shona Morgan	Taylor Rice	Melissa Chuang	Ashley Morgan	Ashley Morgan	Taylor Rice	Kristina Vaculik	Kristina Vaculik

March 10, Okla. March 23, Pac-12 April 6, Reg.

Nicole Dayton	Nicole Dayton	Nicole Dayton
Taylor Rice	Taylor Rice	Taylor Rice
Shona Morgan	Shona Morgan	Shona Morgan
Pauline Hanset	Samantha Shapiro	Ivana Hong
Ashley Morgan	Ivana Hong	Ashley Morgan
Kristina Vaculik	Ashley Morgan	Samantha Shapiro

National Championships History

Stanford All-Americans

2012	Alyssa Brown (vault, 2nd) Ivana Hong (beam, 1st; vault, 2nd) Ashley Morgan (floor, 2nd) Shona Morgan (bars, 2nd) Nicole Pechanec (all-around, 2nd; floor, 2nd) Samantha Shapiro (bars, 1st) Amanda Spinner (beam, 1st)	2006	Natalie Foley (vault, 2nd; bars, 2nd) Tabitha Yim (all-around, 1st; bars, 1st; floor, 1st)	2000	Jennifer Exaltacion (all-around, 2nd; beam, 2nd) Katy Herbert (beam, 1st)
2010	Carly Janiga (all-around, 1st; bars, 1st; beam, 1st) Blair Ryland (vault, 1st)	2005	Tabitha Yim (all-around, 1st; bars, 1st; beam, 1st; floor, 1st)	1999	Larissa Fontaine (vault, 1st) Sarah Harding (floor, 1st) Kathy Jensen (bars, 2nd) Amy Murakami (bars, 2nd; floor, 2nd)
2009	Carly Janiga (beam, 1st; all-around, 2nd) Nicole Ourada (bars, 1st; floor, 2nd)	2004	Caroline Fluhrer (bars, 1st; floor, 1st) Natalie Foley (all-around, 1st; vault, 1st; bars, 1st; floor, 1st; beam, 2nd) Lise Leveille (all-around, 1st; vault, 2nd; bars, 2nd; beam, 2nd; floor, 2nd) Lindsay Wing (beam, 1st; all-around, 2nd; bars, 2nd)	1998	Larissa Fontaine (vault, 1st)
2008	Carly Janiga (floor, 2nd) Nicole Ourada (beam, 1st; all-around, 2nd) Liz Tricase (bars, 1st) Tabitha Yim (all-around, 1st; bars, 1st; beam, 1st)	2003	Caroline Fluhrer (bars, 2nd) Natalie Foley (all-around, 1st; vault, 2nd; bars, 2nd) Glyn Sweets (vault, 2nd; beam, 2nd) Lindsay Wing (beam, 1st; bars, 2nd)	1997	Larissa Fontaine (vault, 2nd; bars, 2nd; floor, 2nd)
2007	Kelly Fee (beam, 1st) Carly Janiga (all-around, 1st; vault, 1st; floor, 1st) Nicole Ourada (beam, 1st; all-around, 2nd; vault, 2nd) Blair Ryland (vault, 2nd) Liz Tricase (vault, 1st) Tabitha Yim (all-around, 1st; beam, 1st; floor, 1st; bars, 2nd)	2002	Kendall Beck (vault, 1st) Lise Leveille (bars, 1st; floor, 2nd) Lindsay Wing (beam, 1st)	1996	Amy Murakami (all-around, 1st; beam, 2nd; floor, 2nd)
		2001	Lise Leveille (floor, 1st) Lindsay Wing (all-around, 1st; beam, 1st; floor, 2nd)	1992	Jene Elzie (all-around, 2nd)
				1982	Marilyn Chapman (beam, 1st)

Best finishes at NCAA Individual Event Finals, by place

Event	Name	Place	Score	Year	Balance Beam		2nd	9.925	2001
All-Around	Carly Janiga	3rd	39.525	2010	Lindsay Wing		2nd	9.8875	2010
	Carly Janiga	4th	39.500	2007	Nicole Ourada		3rd	9.85	2007
	Tabitha Yim	7th	39.500	2008	Lindsay Wing		3rd	9.338	2003
	Tabitha Yim	7th	39.450	2007	Katy Herbert		3rd	9.863	2000
	Natalie Foley	7th	39.375	2003	Ivana Hong		4th	9.875	2012
	Tabitha Yim	8th	39.375	2006	Amanda Spinner		4th	9.875	2012
	Natalie Foley	8th	39.525	2004	Tabitha Yim		5th	9.875	2008
	Lindsay Wing	8th	39.275	2001	Marilyn Chapman		5th	9.30	1982
	Marilyn Chapman	8th	36.25	1982	Lindsay Wing		6th	9.85	2004
	Marilyn Chapman	9th	NA	1981	Lise Leveille		6th	9.838	2002
Vault	Tabitha Yim	10th	39.450	2005	Tabitha Yim		7th	9.8375	2007
	Larissa Fontaine	1st	9.8625	1998	Tabitha Yim		7th	9.8375	2005
	Natalie Foley	3rd	9.894	2004	Nicole Ourada		10th	9.80	2008
	Larissa Fontaine	3rd	9.8125	1999					
	Kendall Beck	7th	9.763	2002	Floor Exercise	Tabitha Yim	3rd	9.9125	2006
	Karen Hall	9th	9.10	1979	Tabitha Yim		3rd	9.925	2005
Uneven Bars	Blair Ryland	9th	9.7625	2010	Caroline Fluhrer		5th	9.888	2004
	Carly Janiga	1st	9.9375	2010	Carly Janiga		8th	9.8875	2007
	Carly Janiga	2nd	9.9125	2009	Natalie Foley		9th	9.85	2004
	Samantha Shapiro	2nd	9.900	2012	Sarah Harding		9th	9.75	1999
	Tabitha Yim	6th	9.875	2005					
	Liz Tricase	7th	9.8625	2008					
	Karen Hall	8th	8.40	1979					
	Tabitha Yim	9th	9.325	2006					
	Caroline Fluhrer	9th	9.825	2004					
	Nicole Ourada	10th	9.8125	2009					
Natalie Foley	10th	9.90	2004						

National Championship History

Stanford at NCAA Championships

Year	Site	Round	Score	Place	(Nat'l finish)
2012	Duluth, Ga.	Super Six	197.500		4th of 6 (4th)
		Prelims (1)	197.125		2nd of 6
2010	Gainesville, Fla.	Super Six	197.100		4th of 6 (4th)
		Prelims (2)	196.300		3rd of 6
2009	Lincoln, Neb.	Prelims (1)	196.225		4th of 6 (8th)
2008	Athens, Ga.	Super Six	196.750		3rd of 6 (3rd)
		Prelims (2)	196.900		3rd of 6
2007	Salt Lake City	Super Six	196.825		5th of 6 (5th)
		Prelims (2)	197.200		2nd of 6
2004	Los Angeles	Super Six	197.125		3rd of 6 (3rd)
		Prelims (1)	196.850		1st of 6
2003	Lincoln, Neb.	Prelims (2)	196.200		5th of 6 (8th)
2002	Tuscaloosa, Ala.	Super Six	196.025		6th of 6 (6th)
		Prelims (2)	196.050		3rd of 6
2001	Athens, Ga.	Prelims (2)	195.400		4th of 6 (8th)
1999	Salt Lake City	Prelims (1)	194.000		5th of 6 (10th)
1996	Tuscaloosa, Ala.	Prelims	194.025		6th of 6 (9th)
1992	Minneapolis	Finals	189.100		10th of 12 (10th)

National Championship History

Stanford at Regional Championships

Year	Site	Score	Place
2013	Norman (Norman, Okla.)	196.800	2nd of 6
2012	Champaign (Champaign, Ill.)	196.675	2nd of 6
2011	Ann Arbor (Ann Arbor, Mich.)	195.225	4th of 6
2010	Southeast (Morgantown, W.Va.)	196.775	1st of 6
2009	South Central (Fayetteville, Ark.)	196.200	2nd of 6
2008	Central (Baton Rouge, La.)	197.525	2nd of 6
2007	South Central (Stanford)	196.600	1st of 6
2006	West (Stanford)	195.275	3rd of 6
2005	West (Seattle, Wash.)	194.750	4th of 6
2004	North Central (Denver, Colo.)	196.575	1st of 6
2003	North Central (Salt Lake City, Utah)	196.625	2nd of 6
2002	North Central (Denver, Colo.)	196.125	1st of 6
2001	Northeast (Ann Arbor, Mich.)	196.725	2nd of 6
2000	Region I (Corvallis, Ore.)	195.975	3rd of 6
1999	Region IV (Baton Rouge, La.)	194.675	1st of 6
1998	West (Seattle, Wash.)	194.625	3rd of 7
1997	West (Boise, Idaho)	193.950	5th of 11
1996	West (Los Angeles)	194.700	3rd of 7
1995	West (Corvallis, Ore.)	192.575	3rd of 7
1994	West (Boise, Idaho)	188.775	7th of 11
1993	West (Corvallis, Ore.)	191.875	3rd of 7
1992	West (Berkeley, Calif.)	191.250	4th of 7
1991	West (Corvallis, Ore.)	187.750	6th of 7
1990	West (Los Angeles)	185.900	6th of 7
1989	Western (Fullerton, Calif.)	185.60	6th of 7
1988	West (Corvallis, Ore.)	182.95	5th of 7
1987	West (Seattle, Wash.)	183.80	4th of 7
1986	West (Corvallis, Ore.)	181.50	5th of 6
1985	West (Corvallis, Ore.)	177.15	5th of 6
1984	West (Fullerton, Calif.)	176.80	6th of 6
1983	did not qualify	--	--
1982	West (Tucson, Ariz.)	142.55	5th
1981	WIAAW Region 8 (Fullerton, Calif.)	138.10	6th
1980	WIAAW Region 8 (San Diego, Calif.)	135.40	6th of 8
1979	did not qualify	--	--
1978	did not qualify	--	--

Stanford's Individual Regional Champions

Year	Name	Event	Score	Regional	Year	Name	Event	Score	Regional			
2013	Ivana Hong	Vault	9.950	Norman	2004	Lise Leveille	AA	39.425	North Central			
	Ivana Hong	Beam	9.900			Lindsay Wing	Bars	9.90				
	Ashley Morgan	Floor	9.900			Natalie Foley	Vault	9.90				
2012	Alyssa Brown	Vault	9.900	Champaign	2003	Jessica Louie	Vault	9.90	North Central			
	Nicole Pechanec	Bars	9.925			Natalie Foley	Vault	9.90				
	Amanda Spinner	Beam	9.900			Lindsay Wing	AA	39.500				
2010	Shelley Alexander	Vault	9.950	Southeast	2002	Lindsay Wing	AA	39.500	North Central			
		Beam	9.900				Beam	9.90				
		AA	39.425				Caroline Fluhrer	Bars		9.925		
2009	Carly Janiga	AA	39.425	South Central	2001	Lise Leveille	Beam	9.90	Northeast			
	Allyse Ishino	Bars	9.90			Lindsay Wing	AA	39.525				
	Nicole Ourada	Vault	9.875			Beam	9.95					
2008	Kelly Fee Beam	9.95	Central	2000	Lise Leveille	Floor	9.95	Region I				
		Liz Tricase			Bars	9.95	Robin Phelps		Vault	9.925		
		Tabitha Yim			Beam	9.95	Katy Herbert		Beam	9.925		
2007	Tabitha Yim	AA	39.475	South Central	1999	Katy Herbert	Beam	9.875	Region IV			
		Bars	9.90				1998	Larissa Fontaine		Vault	9.95	West
		Vault	9.90				1996	Amy Murakami		All-around	39.375	West
2006	Tabitha Yim	AA	39.525	West	1993	Hillary Anderson	Bars	9.90	West			
		Bars	9.95			Jene Elzie Bars	9.90					
		Beam	9.90			1985	Beth Pope	Vault		9.60	West	
					1979	Karen Hall	Floor	9.10	WIAAW Region 8			

National Championship History

Stanford at Conference Championships

Year	Site	Score	Place	Conf.
2013	Corvallis, Ore.	196.625	4th	Pac-12
2012	Salt Lake City	196.825	4th	Pac-12
2011	Los Angeles	195.975	4th	Pac-10
2010	Tucson, Ariz.	196.550	2nd	Pac-10
2009	Stanford, Calif.	196.525	3rd	Pac-10
2008	Seattle, Wash.	197.000	1st	Pac-10
2007	Tempe, Ariz.	196.950	2nd	Pac-10
2006	Corvallis, Ore.	197.100	1st	Pac-10
2005	Berkeley, Calif.	194.600	4th	Pac-10
2004	Tucson, Ariz.	197.900	1st	Pac-10
2003	Los Angeles	197.700	2nd	Pac-10
2002	Stanford, Calif.	196.150	3rd	Pac-10
2001	Seattle, Wash.	197.850	1st	Pac-10
2000	Tempe, Ariz.	193.850	6th	Pac-10
1999	Corvallis, Ore.	195.150	4th	Pac-10
1998	Los Angeles, Calif.	195.275	1st	Pac-10
1997	Tucson, Ariz.	196.325	2nd	Pac-10
1996	Corvallis, Ore.	193.000	6th	Pac-10
1995	Tempe, Ariz.	191.825	5th	Pac-10
1994	Seattle, Wash.	191.550	4th	Pac-10
1993	Stanford, Calif.	189.000	7th	Pac-10
1992	Tucson, Ariz.	191.20	5th	Pac-10
1991	Los Angeles	187.75	5th	Pac-10
1990	Berkeley, Calif.	183.45	7th	Pac-10
1989	Corvallis, Ore.	186.55	6th	Pac-10
1988	Tempe, Ariz.	182.55	6th	Pac-10
1987	Pullman, Wash.	181.75	6th	Pac-10
1986	Stanford, Calif.	181.25	4th	Pac West
1985	Fullerton, Calif.	180.75	4th	WCAA
1984	Long Beach, Calif.	180.50	6th	WCAA
1983	San Diego, Calif.	174.65	5th	WCAA
1982	Berkeley, Calif.	N/A	1st	NorCal
1981	Fresno, Calif.	139.20	1st	NorCal
1980	San Jose, Calif.	134.80	1st	NorCal
1979	Berkeley, Calif.	127.25	2nd	NorCal
1978	San Jose, Calif.	104.55	2nd	NorCal

Stanford's Individual Conference Champions

Year	Name	Event	Score	Conf.	Year	Name	Event	Score	Conf.
						Lindsay Wing	Beam	9.95	
2013	Amanda Spinner	Beam	9.925	Pac-12	2003	Lindsay Wing	Beam	9.975	Pac-10
	Ashley Morgan	Floor	9.950		2002	Lise Leveille	Beam	9.90	Pac-10
2012	Ivana Hong	Vault	9.950	Pac-12		Lindsay Wing	Beam	9.90	
	Ashley Morgan	Floor	9.950		2001	Lindsay Wing	Beam	9.975	Pac-10
2011	Ashley Morgan	Floor	9.900	Pac-10	1984	Nanci Goldsmith	Beam	9.55	WCAA
2010	Carly Janiga	Floor	9.925	Pac-10	1982	Merilyn Chapman	AA	36.85	NorCal
2009	Carly Janiga	AA	39.575	Pac-10			Bars		
		Bars	9.90				Beam		
		Beam	9.95				Floor		
	Nicole Ourada	Bars	9.90			Linda Bledsoe	Vault		
		Floor	9.90		1981	Merilyn Chapman	AA	36.85	NorCal
2008	Tabitha Yim	AA	39.550	Pac-10			Bars	9.35	
	Carly Janiga	Beam	9.95				Beam	9.25	
	Liz Tricase	Bars	9.95				Floor	9.35	
2007	Liz Tricase	Bars	9.95	Pac-10	1980	Karen Hall	AA	35.85	NorCal
2006	Tabitha Yim	AA	39.650	Pac-10			Bars	9.05	
		Beam	9.975				Beam	9.00	
	Liz Tricase	Bars	9.925				Floor	9.10	
2004	Natalie Foley	AA	39.800	Pac-10	1979	Karen Hall	AA	34.95	NorCal
		Vault	10.00			Anne Smith	Vault	9.15	
		Bars	9.95				Beam	8.50	
	Carolyn Fluhrer	Beam	9.95						



ALEX ARCHER
Sophomore • Newport Beach, Calif.



MELISSA CHUANG
Freshman • Cupertino, Calif.



NICOLE DAYTON
Senior • Grand Rapids, Mich.



JENNA FROWEIN
Freshman • Kaneohe, Hawaii



PAULINE HANSET
Sophomore • Knoxville, Tenn.



IVANA HONG
Sophomore • Allen, Texas



LUCY MEYER
Junior • St. Paul, Minn.



ASHLEY MORGAN
Senior • Danville, Calif.



SHONA MORGAN
Junior • Melbourne, Australia



TAYLOR RICE
Freshman • Las Vegas, Nev.



SAMANTHA SHAPIRO
Sophomore • Los Angeles, Calif.



AMANDA SPINNER
• Junior • Danville, Calif.



MAGGIE TEETS
• Freshman • Colorado Springs, Colo.



KRISTINA VACULIK
Sophomore • Whitby, Ontario, Canada



REBECCA WING
Sophomore • Farnborough, England



KRISTEN SMYTH
Head Coach



CHRIS SWIRCEK
Associate Head Coach



TABITHA YIM
Assistant Head Coach