

**STANFORD ATHLETICS
MEDIA RELATIONS**

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**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 Regional (2) | 3 p.m. |
| 22 (Thu.) | at NCAA Team Prelims (3) | 10 a.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**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**National ranking:** 6**Returning first-team All-American:** Carly Janiga**Home gyms:** Maples Pavilion (5,488),

Burnham Pavilion (1,200)

Stanford One Step From NCAA Return*Cardinal must take care of business at Southeast Regional*Saturday, WVU Coliseum, Morgantown, W.Va., 3 p.m. PDT**This Week**

The No. 6 Stanford women's gymnastics team competes at the NCAA Southeast Regional on Saturday in Morgantown, W.Va., for the right to advance to the NCAA Championships in Gainesville, Fla., on April 22-24. Stanford received the No. 1 seed and will compete against five other schools with the goal of finishing among two qualifying spots. This marks the 27th consecutive season that Stanford has qualified for NCAA Regional competition. The Cardinal has advanced to the NCAAAs the past three years and seven of the past nine.

Follow the Action

A live webcast and live stats can be found at gostanford.com. For the webcast, look for the All-Access links, through the Multimedia tool bar, or on the "Watch" link on the schedule pages. Live stats can be found on the Calendar of Events on the main page, or on the women's gymnastics schedule page.

Top Contenders

Three Stanford gymnasts won regional championships in 2009 and two return. Carly Janiga captured the all-around title at the NCAA South Central Regional in Fayetteville, Ark., with a score of 39.425 to lead Stanford to a second-place finish. Another current senior, Allyse Ishino, also won a title, sharing first on the uneven bars with a 9.90. Altogether, Stanford has five gymnasts who enter among the top five qualifiers in different events.

- **Carly Janiga:** No competitor in the entire regional ranks as high nationally in any category as Janiga does in the all-around, where she is sixth. Among all gymnasts in the meet, Janiga has the highest Regional Qualifying Scores in four events -- the uneven bars (No. 10 in nation, 9.90 RQS), balance beam (No. 9, 9.895), all-around (No. 6, 39.500), and is tied for the best RQS on floor exercise (No. 10, 9.91).

Janiga is a six-time All-American, a three-year team captain, and this year's Pac-10 Scholar-Athlete with a 3.78 cumulative GPA in psychology. Janiga was second in the Pac-10 all-around on March 27, after winning the title in 2009, and was the NCAA uneven bars runner-up last year behind only Georgia's now-graduated Olympic medalist Courtney Kupets.

- **Allyse Ishino:** The senior tri-captain enters with the meet's third-best RQS on the uneven bars (No. 13, 9.89), and is a reigning regional champion. Ishino, a 2004 U.S. Olympic alternate, is having her best collegiate season after being hampered by illness and injury as a freshman and sophomore.

- **Nicole Pechanec:** The sophomore has the meet's third-best RQS in the floor (No. 19, 9.90) and has scored 9.925 or above in the event three times, including a 9.95 that helped clinch a victory over then-No. 1 UCLA on Jan. 24. Pechanec is a former international gymnast for the Czech Republic, under the name of Nicole Pechancova, and competed in two World Championships.

- **Shelley Alexander:** The junior tri-captain is an all-around competitor, who has scored 9.925 on vault and beam. Her RQS makes her the fourth-best qualifier on vault (No. 27, 9.885).

- **Ashley Morgan:** The freshman made a huge debut, averaging a meet-high 9.833 for her three events at defending NCAA champ Georgia. Morgan is tied as the fourth-best qualifier on the floor (No. 24, 9.895). She is the daughter of baseball Hall of Famer Joe Morgan.

2010 Stanford Roster

| Name | Ht. | Yr. | Hometown | High School | Club |
|-------------------|------------|------------|---------------------------|----------------------|--|
| Shelley Alexander | 5-2 | Jr. | Seguin, Texas | Seguin | USA Aerial Gymnastics |
| Alyssa Brown | 5-2 | So. | Oakville, Ontario, Canada | Abbey Park | Gymnastics Mississauga |
| Stephanie Carter | 5-6 | Sr. | Fair Oaks, Calif. | Bella Vista | Byers Gymnastics Center |
| Nicole Dayton | 5-4 | Fr. | Grand Rapids, Mich. | East Grand Rapids | Geddert's Twisters USA |
| Danielle Ikoma | 4-11 | Jr. | Naperville, Ill. | Naperville Central | Arena Gymnastics |
| Allyse Ishino | 5-1 | Sr. | Santa Ana, Calif. | Foothill | Gliders Gymnastics |
| Carly Janiga | 4-11 | Sr. | Paradise Valley, Ariz. | Saguaro | Desert Devils Gymnastics |
| Ashley Morgan | 5-3 | Fr. | Danville, Calif. | Carondelet | Bay Aerials Gymnastics |
| Catherine Nguyen | 5-2 | So. | Plano, Texas | Spring Creek Academy | World Olympic Gymnastics Academy |
| Nicole Pechanec | 5-5 | So. | Phillipsburg, N.J. | Keystone National | Aiken Gymnastics/Parkettes National Center |
| Jenny Peter | 5-4 | So. | Lincoln, Neb. | Lincoln Southeast | Solid Rock Gymnastics |
| Blair Ryland | 4-11 | Sr. | Woodbridge, Va. | Woodbridge Senior | Capital Gymnastics |
| Alexandra Skoly | 5-4 | So. | East Greenwich, R.I. | La Salle Academy | Aim High Gymnastics |
| Tenaya West | 5-4 | Sr. | Davis, Calif. | Davis | International Gymnastics Centre |
| Ming Ya Zhou | 5-1 | Fr. | Framingham, Mass. | Framingham | Brestyan's American Gym |

Coaching Staff

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

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

Assistant Coach: Mike Lorenzen (Maryland '86), fifth season

Volunteer Assistant Coach: Lindsay Wing (Stanford '04), first season.

Regional History

Stanford's regional trademark seems to be success in the individual all-around competition. Cardinal gymnasts have combined to win six regional all-around titles in the past nine years. Carly Janiga in 2009 followed the accomplishments of current volunteer assistant coach Lindsay Wing (2001, 2002), Lise Leveille (2004), and Tabitha Yim (2006, 2007). In that span, since 2001, Stanford has won 26 individual regional titles, including 12 in the past four years. As a team, Stanford has won four regional championships, all since 1999. The team's most recent was the 2007 South Central Regional at Stanford. Its' most recent title away from home was the 2004 North Central Regional in Denver. This marks the 27th consecutive season that Stanford has qualified for NCAA regional competition.

Regional Team Comparisons

The Southeast Regional is one of six around the country. Stanford and Michigan are the top two seeds and tied in the GymInfo national ranking at No. 6. Stanford received the No. 1 seed because its highest score, not including the six used for the Regional Qualifying Score, was higher than Michigan's. The field:

No. 6 Stanford (196.600)

No. 6 Michigan (196.600)

No. 18 Southern Utah (195.655)

No. 28 North Carolina State (195.085)

No. 29 Kent State (195.055)

No. 31 West Virginia (194.810)

In each event, Stanford and Michigan are Nos. 1 and 2 in qualifying scores among Southeast Regional teams. Stanford leads in uneven bars and floor exercise, with Michigan leading in vault and balance beam.

Best-Ever Record

At this point of the season, with the dual and conference championship meets concluded and with the team heading into the NCAA regionals, no Stanford squad has had a better record than the 19-3 mark of this year's team. The .864 winning percentage edges the .857 set in 2006 and 2001 during 18-3 seasons. No previous Stanford team has gone this far into the season with fewer than three losses. Overall, Stanford has beaten 16 of its past 17 opponents over a span of seven meets and has a 7-3 record this season against teams in the current Top 25.

Revisiting the Pac-10 Championships

Carly Janiga won her fourth career Pac-10 individual title by tying for first in the floor exercise to help the Cardinal to a second-place finish at the Pac-10 Championships on March 27 in Tucson, Ariz. Janiga scored 9.925 to share the floor title and placed second in the all-around. Janiga placed in the top five in every event on way to a 39.500-point all-around effort, with teammate Allyse Ishino just behind, with a 39.300.

Stanford's Most Recent Lineup (used March 27):

This was the lineup Stanford used in placing second at its most recent meet, at the Pacific-10 Conference Championships in Tucson, Ariz., on March 27:

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

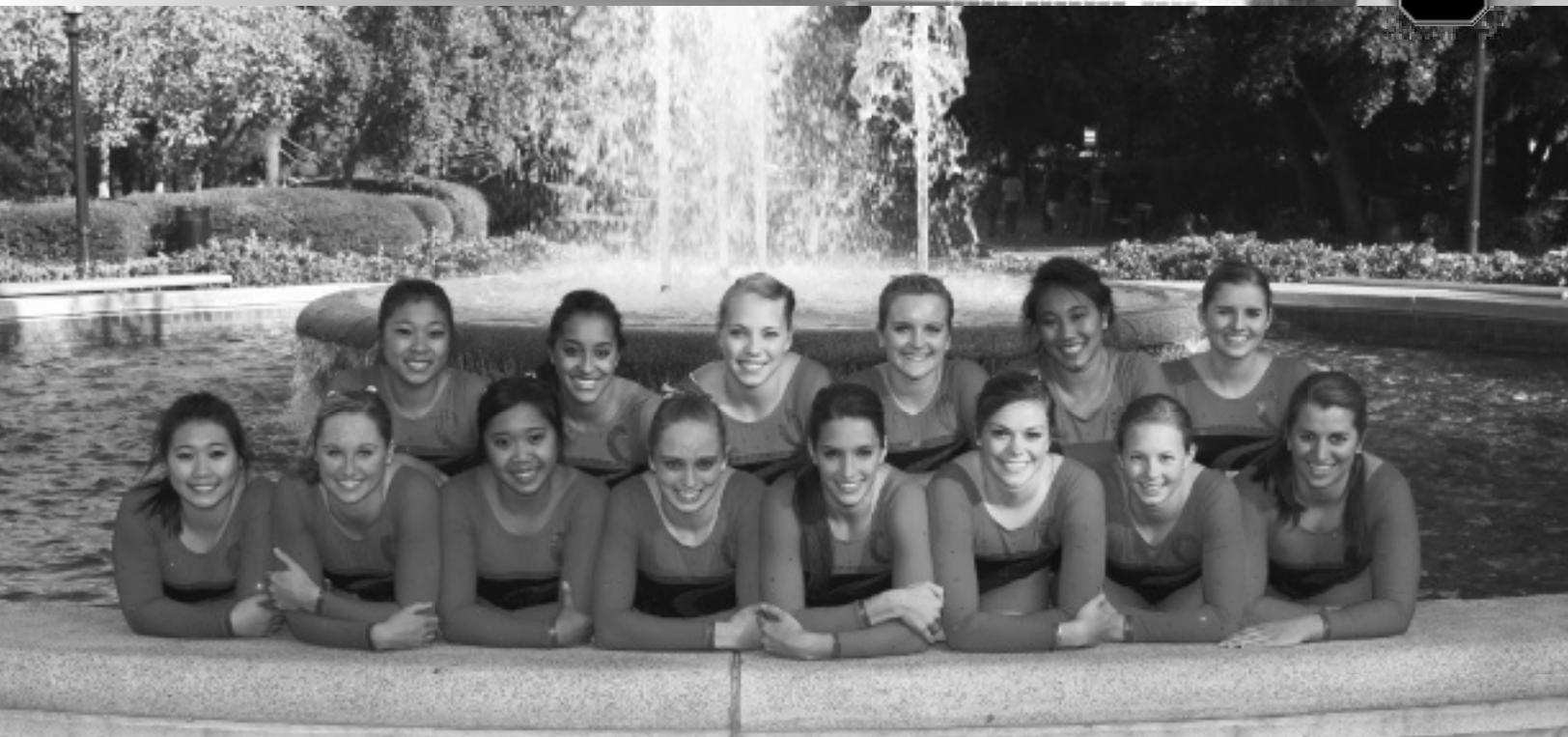
Head Coach Kristen Smyth

Kristen Smyth is a four-time Pac-10 Coach of the Year and 2004 National Coach of the Year who arrived as head coach in 2002. Sincd then, the Stanford women's gymnastics team has had unprecedented success, such as:

- Of Stanford's 81 All-America honors, 60 have come in Smyth's tenure.
- There have been 56 Scholastic All-American honors in that span.
- Of Stanford's seven NCAA top-10 finishes, Smyth has coached the team to six of them.
- Smyth has coached the Cardinal into the NCAA Super Six finals four times – Stanford had never advanced that far before – and finished among the top-three twice.
- Smyth, in her ninth year, is the longest tenured and winningest coach in the history of the 33-year-old program.
- Smyth has a 140-38-1 record at Stanford and, this year, coached the team to a 19-3 record, the best in program history.
- Smyth's gymnasts have won 22 individual regional titles, 21 Pac-10 titles, three team regional championships and three conference titles.

2010 STANFORD ROSTER

2010 STANFORD WOMEN'S GYMNASTICS



Front row (l. to r.): Ming Ya Zhou, Jenny Peter, Catherine Nguyen, Tenaya West, Nicole Pechanec, Shelley Alexander, Alyssa Brown, Alexandra Skoly. **Back row (l. to r.):** Danielle Ikoma, Ashley Morgan, Nicole Dayton, Blair Ryland, Allyse Ishino, Carly Janiga.

2010 Stanford Women's Gymnastics Roster

| Name | Ht. | Yr. | Hometown | High School | Club |
|-------------------|------|-----|---------------------------|----------------------|---------------------------------|
| Shelley Alexander | 5-2 | Jr. | Seguin, Texas | Seguin | USA Aerial Gymnastics |
| Alyssa Brown | 5-2 | So. | Oakville, Ontario, Canada | Abbey Park | Gymnastics Mississauga |
| Stephanie Carter | 5-6 | Sr. | Fair Oaks, Calif. | Bella Vista | Byers Gymnastics Center |
| Nicole Dayton | 5-4 | Fr. | Grand Rapids, Mich. | East Grand Rapids | Geddert's Twistars USA |
| Danielle Ikoma | 4-11 | Jr. | Naperville, Ill. | Naperville Central | Arena Gymnastics |
| Allyse Ishino | 5-1 | Sr. | Santa Ana, Calif. | Foothill | Gliders Gymnastics |
| Carly Janiga | 4-11 | Sr. | Paradise Valley, Ariz. | Saguaro | Desert Devils Gymnastics |
| Ashley Morgan | 5-1 | Fr. | Danville, Calif. | Carondelet | Bay Aerials Gymnastics |
| Catherine Nguyen | 5-2 | So. | Plano, Texas | Spring Creek Academy | World Olympic Gym. Academy |
| Nicole Pechanec | 5-5 | So. | Phillipsburg, N.J. | Keystone National | Aiken Gymnastics |
| Jenny Peter | 5-4 | So. | Lincoln, Neb. | Lincoln Southeast | Solid Rock Gymnastics |
| Blair Ryland | 4-11 | Sr. | Woodbridge, Va. | Woodbridge Senior | Capital Gymnastics |
| Alexandra Skoly | 5-4 | So. | East Greenwich, R.I. | La Salle Academy | Aim High Gymnastics |
| Tenaya West | 5-4 | Sr. | Davis, Calif. | Davis | International Gymnastics Centre |
| Ming Ya Zhou | 5-1 | Fr. | Framingham, Mass. | Framingham | Brestyan's American Gym |

Coaching Staff

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

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

Assistant Coach: Mike Lorenzen (Maryland '86), fifth season

Volunteer Assistant Coach: Lindsay Wing (Stanford '04), first season

Pronunciation Guide

Danielle Ikoma (Ih-KOH-ma)

Allyse Ishino (Ah-LEES Ih-SHEE-no)

Carly Janiga (JA-ni-ga)

Catherine Nguyen (Win)

Nicole Pechanec (Pe-CHAN-ec)

Alexandra Skoly (SKOLE-ee)

Ming Ya Zhou (Minya Zow)

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 Regionals | -- | -- | -- | -- | -- |
| NCAA Preliminaries | -- | -- | -- | -- | -- |
| Season Best | 9.925 | 9.850 | 9.925 | 9.900 | 39.300 |
| Career Best | 9.925 | 9.850 | 9.925 | 9.900 | 39.400 |

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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| 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 Regionals | -- | -- | -- | -- | -- |
| NCAA Preliminaries | -- | -- | -- | -- | -- |
| Season Best | -- | -- | -- | -- | -- |
| Career Best | -- | -- | -- | -- | -- |

**2010 STANFORD WOMEN'S GYMNASTICS
TEAM SCHEDULE/RESULTS**

(19-3)

| 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 Regionals | | | | | | TBA |
| April 22 | NCAA Team Preliminaries in Gainesville, Fla. | | | | | | TBA |
| April 23 | NCAA Super Six in Gainesville, Fla. | | | | | | TBA |

All times Pacific

INDIVIDUAL SEASON HIGHS

| Name | Score | Meet | Date |
|-----------------------|--------|-------------------------------|----------|
| Vault | | | |
| Carly Janiga | 9.950 | UC Davis | March 21 |
| 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 |
| Ashley Morgan | 9.875 | Georgia | Jan. 9 |
| Ashley Morgan | 9.875 | Washington, Sac. St., SJSU | Feb. 7 |
| Ashley Morgan | 9.875 | Arizona State | Feb. 19 |
| Ashley Morgan | 9.875 | Cal, UNC, E. Michigan | Feb. 28 |
| Danielle Ikoma | 9.875 | San Jose State, Cal | March 5 |
| Ashley Morgan | 9.875 | UC Davis | March 21 |
| Blair Ryland | 9.875 | UC Davis | March 21 |
| 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 |
| 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 |
| 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 |
| 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 | 39.500 | Pac-10 Championships | March 27 |
| Ashley Morgan | 39.450 | Washington, Sac. St., SJSU | Feb. 7 |
| Allyse Ishino | 39.425 | Cal, UNC, E. Michigan | Feb. 28 |
| Carly Janiga | 39.325 | Arizona | Jan. 17 |
| Carly Janiga | 39.325 | UCLA | Feb. 14 |

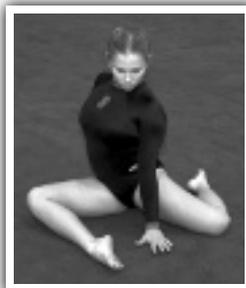
TEAM SEASON HIGHS

| Score | Meet | Date |
|-----------------------|-------------------------------|----------|
| Vault | | |
| 49.450 | UC Davis | March 21 |
| 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 |
| 49.200 | 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 |
| 48.650 | 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 |
| 49.275 | 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 |
| 196.675 | 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 |

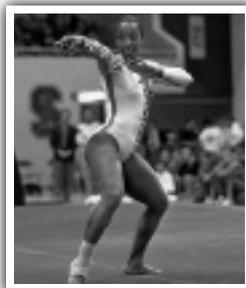
Stanford's All-Americans



Kendall Beck
2002: V (1st)



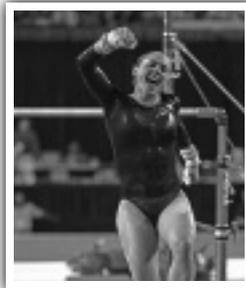
Merilyn Chapman
1982: BB (1st)



Jene Elzie
1992: AA (2nd)



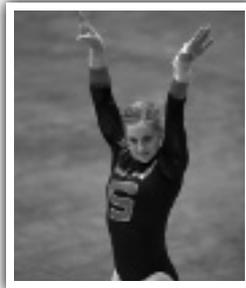
Jennifer Exaltacion
2000: AA, BB (2nd)



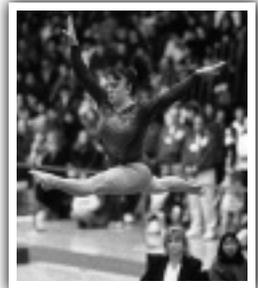
Kelly Fee
2007: BB (1st)



Caroline Fluhrer
2004: UB, FX (1st)
2003: UB (2nd)



Natalie Foley
2006: V, UB (2nd)
2004: AA, V, UB, FX (1st); BB (2nd)
2003: AA (1st); V, UB (2nd)



Larissa Fontaine
1999: V (1st)
1998: V (1st)
1997: V, UB, FX (2nd)

Stanford at Regional Championships

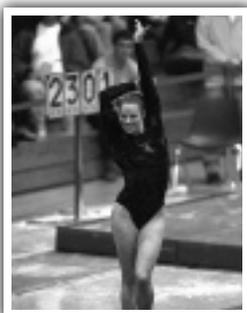
| Year | Site | Score | Place |
|------|--------------------------------------|---------|-----------|
| 2009 | South Central (Fayetteville, Ark.) | 196.200 | 2nd of 6 |
| 2008 | Central (Baton Rouge, La.) | 197.525 | 2nd of 6 |
| 2007 | South Central (Stanford) | 196.600 | 1st of 6 |
| 2006 | West (Stanford) | 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 | WAIWA Region 8 (Fullerton, Calif.) | 138.10 | 6th |
| 1980 | WAIWA Region 8 (San Diego, Calif.) | 135.40 | 6th of 8 |
| 1979 | did not qualify | -- | -- |
| 1978 | did not qualify | -- | -- |

Stanford's Individual Regional Champions

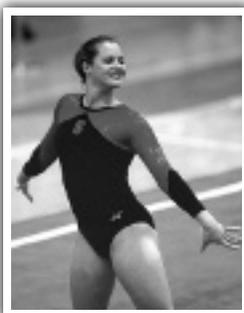
| Year | Name | Event | Score | Regional |
|------|------------------|------------|--------|----------------|
| 2009 | Carly Janiga | All-around | 39.425 | South Central |
| | Allyse Ishino | Bars | 9.90 | |
| | Nicole Ourada | Vault | 9.875 | |
| 2008 | Kelly Fee | Beam | 9.95 | Central |
| | Liz Tricase | Bars | 9.95 | |
| | Tabitha Yim | Beam | 9.95 | |
| 2007 | Tabitha Yim | All-around | 39.475 | South Central |
| | | Bars | 9.90 | |
| | Liz Tricase | Vault | 9.90 | |
| 2006 | Tabitha Yim | All-around | 39.525 | West |
| | | Bars | 9.95 | |
| | | Beam | 9.90 | |
| 2004 | Lise Leveille | All-around | 39.425 | North Central |
| | Lindsay Wing | Bars | 9.90 | |
| | | Beam | 9.925 | |
| | Natalie Foley | Vault | 9.90 | |
| | Jessica Louie | Vault | 9.90 | |
| 2003 | Natalie Foley | Vault | 9.90 | North Central |
| 2002 | Lindsay Wing | All-around | 39.500 | North Central |
| | | Beam | 9.90 | |
| | Caroline Fluhrer | Bars | 9.925 | |
| | Lise Leveille | Beam | 9.90 | |
| 2001 | Lindsay Wing | All-around | 39.525 | Northeast |
| | | Beam | 9.95 | |
| | Lise Leveille | Floor | 9.95 | |
| | Robin Phelps | Vault | 9.925 | |
| 2000 | Katy Herbert | Beam | 9.925 | Region I |
| 1999 | Katy Herbert | Beam | 9.875 | Region IV |
| 1998 | Larissa Fontaine | Vault | 9.95 | West |
| 1996 | Amy Murakami | All-around | 39.375 | West |
| 1993 | Hillary Anderson | Bars | 9.90 | West |
| | Jene Elzie | Bars | 9.90 | |
| 1985 | Beth Pope | Vault | 9.60 | West |
| 1979 | Karen Hall | Floor | 9.10 | WAIWA Region 8 |

NCAA HISTORY

2010 STANFORD WOMEN'S GYMNASTICS



Sarah Harding
1999: FX (1st)



Katy Herbert
2000: BB (1st)



Carly Janiga
2009: UB (1st); AA (2nd)
2008: FX (2nd)
2007: AA, V, FX (1st)

Stanford at NCAA Championships

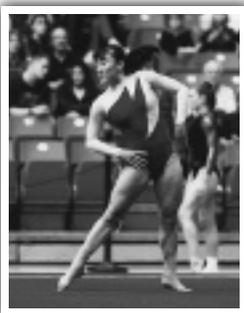
| Year | Site | Round | Score | Place (finish) |
|------|------------------|-------------|---------|-------------------|
| 2009 | Lincoln, Neb. | Prelims (1) | 196.225 | 4th of 6 (8th) |
| 2008 | Athens, Ga. | Super Six | 196.750 | 3rd of 6 (3rd) |
| | | Prelims (2) | 196.900 | 3rd of 6 |
| 2007 | Salt 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) |



Kristin Jensen
1999: UB (2nd)



Lise Leveille
2004: AA (1st); V, UB, BB, FX (2nd)
2002: BB (1st); FX (2nd)
2001: FX (1st)



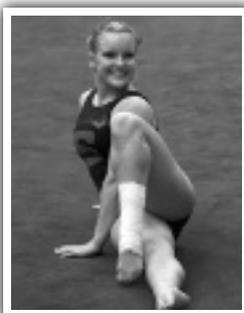
Amy Murakami
1999: UB, FX (2nd)
1996: AA (1st); BB, FX (2nd)

Top 10 Finishes by Event

| Event | Name | Place | Score | Year | |
|-----------------------|---------------------|---------------|--------|-------|------|
| All-Around | Carly Janiga | 4th | 39.50 | 2007 | |
| | Tabitha Yim | 7th | 39.50 | 2008 | |
| | Tabitha Yim | 7th | 39.450 | 2007 | |
| | Natalie Foley | 7th | 39.375 | 2003 | |
| | Tabitha Yim | 8th | 39.375 | 2006 | |
| | Natalie Foley | 8th | 39.525 | 2004 | |
| | Lindsay Wing | 8th | 39.275 | 2001 | |
| | Merilyn Chapman | 8th | 36.25 | 1982 | |
| | Merilyn Chapman | 9th | | 1981 | |
| | Tabitha Yim | 10th | 39.45 | 2005 | |
| Vault | Larissa Fontaine | 1st | 9.8625 | 1998 | |
| | Natalie Foley | 3rd | 9.894 | 2004 | |
| | Larissa Fontaine | 3rd | 9.8125 | 1999 | |
| | Kendall Beck | 7th | 9.763 | 2002 | |
| | Karen Hall | 9th | 9.10 | 1979 | |
| Uneven Bars | Carly Janiga | 2nd | 9.9125 | 2009 | |
| | 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 | |
| | Balance Beam | Lindsay Wing | 2nd | 9.925 | 2001 |
| | | Nicole Ourada | 3rd | 9.85 | 2007 |
| Lindsay Wing | | 3rd | 9.338 | 2003 | |
| Katy Herbert | | 3rd | 9.863 | 2000 | |
| Tabitha Yim | | 5th | 9.875 | 2008 | |
| Merilyn Chapman | | 5th | 9.30 | 1982 | |
| Lindsay Wing | | 6th | 9.85 | 2004 | |
| Lise Leveille | | 6th | 9.838 | 2002 | |
| Tabitha Yim | | 7th | 9.8375 | 2007 | |
| Tabitha Yim | | 7th | 9.8375 | 2005 | |
| Nicole Ourada | 10th | 9.80 | 2008 | | |
| Floor Exercise | Tabitha Yim | 3rd | 9.9125 | 2006 | |
| | Tabitha Yim | 3rd | 9.925 | 2005 | |
| | Caroline Fluhrer | 5th | 9.888 | 2004 | |
| | Carly Janiga | 8th | 9.8875 | 2007 | |
| | Natalie Foley | 9th | 9.85 | 2004 | |
| | Sarah Harding | 9th | 9.75 | 1999 | |



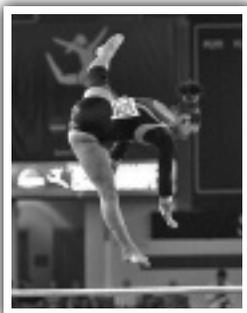
Nicole Ourada
2009: UB (1st); FX (2nd)
2008: BB (1st); AA (2nd)
2007: BB (1st); AA, V (2nd)



Blair Ryland
2007: V (2nd)



Glyn Sweets
2003: V, BB (2nd)



Liz Tricase
2008: UB (1st)
2007: V (1st)



Lindsay Wing
2004: BB (1st); AA, UB (2nd)
2003: BB (1st); UB (2nd)
2002: BB (1st)
2001: AA, BB (1st); FX (2nd)



Tabitha Yim
2008: AA, UB, BB (1st)
2007: AA, BB, FX (1st); UB (2nd)
2006: AA, UB, BB, FX (1st)
2005: AA, UB, BB, FX (1st)