

**STANFORD ATHLETICS
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www.gostanford.com**2011
STANFORD
WOMEN'S GYMNASTICS****Women's Gymnastics Contact: David Kiefer****Email: dkiefer@stanford.edu • Office Phone: (650) 736-7921 • Cell Phone: (650) 759-0258****2011 Schedule and Results****Date Opponent Time/Result****JANUARY...**9 (Sun.) at Pac-10 Showcase 196.625 (6-0)
23 (Sun.) UCLA (B) 196.200 (1-0)
28 (Fri.) at Utah 196.825 (1-0)**FEBRUARY...****5 (Sat.) San Jose State (B) 196.975 (1-0)**
11 (Fri.) at Chicago Style 196.475 (2-0)
13 (Sun.) at Mich., Nebraska 196.800 (2-0)
18 (Fri.) at Arizona 195.300 (1-0)
27 (Sun.) Arizona State (M) 196.825 (1-0)**MARCH...**6 (Sun.) at California,
Oregon St., Denver 196.500 (2-1)
19 (Sat.) Pacific-10 Championships
195.975 (3-3)**APRIL...**2 (Sat.) NCAA Ann Arbor Regional 3 p.m.
15 (Fri.) NCAA Team Preliminaries TBA
16 (Sat.) NCAA Super Six finals 1 p.m.
17 (Sun.) NCAA Individual finals 10 a.m.*Times listed are Pacific*

(B) Burnham Pavilion

(M) Maples Pavilion

bold indicates home meet*Pac-10 Championships are in Los Angeles**NCAA Championships are in Cleveland***No. 4 Stanford Seeks Fifth Consecutive NCAA Berth***Cardinal ready for Ann Arbor Regional*Saturday, 3 p.m. PT • At Crisler Arena, Ann Arbor, Mich.**No. 4 Stanford (20-4) at NCAA Ann Arbor Regional****This Week**

The Stanford women's gymnastics team received a No. 1 seed to the NCAA regionals and is headed to Ann Arbor, Mich., to compete in the April 2 Ann Arbor Regional for the right to qualify for the NCAA Championships. This marks the 28th consecutive season that Stanford has qualified for NCAA regional competition. In the Ann Arbor Regional - one of six around the country, with six teams each - Stanford and Michigan are the top two seeds and will be joined by (in order of seeds): Ohio State, Iowa State, Minnesota, and Kent State. The meet begins at 3 p.m. PT. The top two advance to the NCAA Championships in Cleveland, April 15-17.

Notable Stanford Achievements in 2011

- Tied for most regular-season victories in school history (20)
- Best team season average (196.450) since 2004
- No. 1 seed for NCAA Ann Arbor Regional
- Ranked No. 4 in the nation
- Ranked among the nation's top 10 in every event
- Has nation's best gymnast, by scoring average, on floor: Ashley Morgan
- Beat defending NCAA champion UCLA three times
- Three times rallied from behind or a tie score in the final rotation to win
- Handed Utah its first home loss in four years
- Handed Michigan its first home loss in three years
- Record against Top 10 teams: 8-3
- Against perhaps the toughest schedule in the country, went 13-4 vs. Top 25 teams

2011 Stanford Roster

Name	Ht.	Yr.	Hometown	High School	Club
Shelley Alexander	5-2	Sr.	Seguin, Texas	Seguin	USA Aerial Gymnastics
Alyssa Brown	5-2	Jr.	Oakville, Ontario, Canada	Abbey Park	Gymnastics Mississauga
Lauren Caldemeyer	5-6	Fr.	Indianapolis, Ind.	Cathedral	DeVeau's School of Gymnastics
Nicole Dayton	5-4	So.	Grand Rapids, Mich.	East Grand Rapids	Geddert's Twisters USA
Danielle Ikoma	4-11	Sr.	Naperville, Ill.	Naperville Central	Arena Gymnastics
Allyse Ishino	5-1	RS Sr.	Santa Ana, Calif.	Foothill	Gliders Gymnastics
Lucy Meyer	4-10	Fr.	St. Paul, Minn.	St. Paul Academy	Twin City Twisters
Ashley Morgan	5-1	So.	Danville, Calif.	Carondelet	Bay Aerials Gymnastics
Shona Morgan	5-3	Fr.	Melbourne, Australia	Distance Ed. Centre	Waverley Gymnastics Centre
Nicole Pechanec	5-4	Jr.	Phillipsburg, N.J.	Keystone National	Aiken Gymnastics/Parkettes Center
Jenny Peter	5-4	Jr.	Lincoln, Neb.	Lincoln Southeast	Solid Rock Gymnastics
Alexandra Skoly	5-4	Jr.	East Greenwich, R.I.	La Salle Academy	Aim High Gymnastics
Amanda Spinner	5-3	Fr.	Danville, Calif.	Monte Vista	Bay Aerials Gymnastics
Kristina Vaculik	5-2	Fr.	Whitby, Ontario, Canada	Sinclair Secondary	Gemini Gymnastics
Ming Ya Zhou	5-1	So.	Framingham, Mass.	Framingham	Brestyan's American Gym

Coaching Staff**Head Coach:** Kristen Smyth (California '93), 10th season**Associate Head Coach:** Chris Swircek (San Jose State '93), eighth season. **Assistant Coach:** Tabitha Yim (Stanford '08), first season.**Volunteer Assistant Coach:** Stephanie Carter (Stanford '10). **Undergraduate Assistant Coaches:** Blair Ryland, Tenaya West.

SWG Facts

General Information

Location: Stanford, California

Enrollment: 15,319 (6,878 undergraduates)

Founded: 1891

Nickname: Cardinal

Colors: Cardinal and White

Conference: Pacific-10

President: John Hennessy

Athletic Director: Bob Bowlsby

Sport Administrator: Brian Talbott

Coaching Staff

Head Coach: Kristen Smyth, 10th year

Career Record: 160-42-1

Associate Head Coach:

Chris Swircek, 8th year

Assistant Coach: Tabitha Yim, 1st year

Team Information

2011 Pac-10 Finish: 4th

2010 National Finish: 4th

Home gyms: Maples Pavilion (5,488),

Burnham Pavilion (1,200)

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

Pac-10 titles: 1998, 2001, 2004, 2006, 2008

Letterwinners Ret/Lost: 8/4

Newcomers: 5

2011 Record: 20-4 overall, 15-4 Pac-10

2011 Ranking: No. 4

2011 High Scores: 196.975

Vault: 49.275

Bars: 49.325

Beam: 49.325

Floor: 49.450

2011 Season Averages: 196.450

Vault: 49.165

Bars: 49.130

Beam: 49.038

Floor: 49.118

Individual Information

2011 High Scores

All-Around: Allyse Ishino, 39.475

Vault: Ashley Morgan, 9.925

Bars: Allyse Ishino, 9.925

Nicole Pechanec, 9.925

Beam: Shelley Alexander, 9.925

Floor: Ashley Morgan, 9.950

2011 High Averages

All-Around: Allyse Ishino, 39.345

Vault: Nicole Pechanec, 9.875

Bars: Alyssa Brown, 9.870

Beam: Shelley Alexander, 9.833

Floor: Ashley Morgan, 9.915

Athletic Communications

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Follow the Action

• Links to live stats and a free live Webcast can be found at gostanford.com, through Michigan's Web site, goblue.com. Friday's practice session also will be shown live.

• Stanford updates can be found on Stanford's twitter account, go to [twitter@stanfordwgy](https://twitter.com/stanfordwgy) or watch meet videos at the team's SWG Live Facebook page.

Stanford's NCAA Regional History

• Stanford has qualified 28 consecutive seasons.

• Stanford has finished in the top two to advance to NCAA's the past four seasons.

• Stanford teams under Kristen Smyth (since 2002) have won four regional titles, were runners-up three times, and have a third- and fourth-place finish.

• Twenty Stanford gymnasts have combined for 36 individual titles, including 31 since 1998.

• Two current Stanford gymnasts -- Shelley Alexander and Allyse Ishino -- have combined for three individual titles.

• Alexander was a two-time regional champion (vault, beam) last year.

• Stanford is seeking its sixth NCAA regional title, all since 1999.

• The Cardinal is seeking to win back-to-back regional titles for the first time.

Ashley Morgan: National Leader

Sophomore Ashley Morgan leads the nation in average score on floor exercise with 9.915. Only Nebraska's Erin Davis on vault (9.928) has a better scoring average in any event in the country. Morgan is on a nine-meet winning streak, having failed to capture first only once, at the season-opening Pac-10 Showcase when she was second with a 9.925. Morgan has scored 9.900 or higher in nine of 10 meets and her lowest score of 9.875 still was good enough to win. Morgan, the daughter of baseball Hall of Famer Joe Morgan, has been locked in a battle with Florida's Ashanee Dickerson (9.920) for the national lead all season. Dickerson has a higher Regional Qualifying Score (9.930 to Morgan's 9.925), but her average of 9.906 isn't as high.

Here are the nation's highest season averages on floor:

1) Ashley Morgan (Stanford), 9.915

2) Ashanee Dickerson (Florida), 9.906

3) Jaime Pisani (Arkansas), 9.904

4) Kylee Botterman (Michigan), 9.886

Stanford's All-Conference Gymnasts

Stanford has six gymnasts who have earned All-Pac-10 honors:

• **Shelley Alexander, sr.:** Won vault (9.95) and beam (9.90) at the 2010 NCAA Southeast Regional in Morgantown, W.Va. ... in her second season as team captain ... first-team All-Pac-10 in all-around in 2011, and on vault (Pac-10 runner-up) and floor in 2009 ... missed first-team All-America by one spot in 2009 NCAA championships on vault.

• **Alyssa Brown, jr.:** A first-team All-Pac-10 selection on balance beam in 2011 and a 2010 second-team selection ... tied for fifth in the conference on vault the past two seasons, and was seventh on beam and eighth on bars in 2011 ... in her first year as team captain ... Canadian national champ on vault and beam in 2006.

• **Danielle Ikoma, sr.:** Earned first-team All-Pac-10 honors in the all-around in 2011 for her first all-conference selection ... a team captain.

• **Allyse Ishino, sr.:** A fifth-year senior and team captain ... a three-time All-Pac-10 selection ... first-team bars in 2008, first-team beam in 2009, second-team bars in 2010 ... won the 2009 NCAA South Central Regional bars title ... 2004 U.S. Olympic team alternate ... missed two meets because of sprained ankle ... has Stanford's highest all-around score this season (39.475).

• **Ashley Morgan, so.:** Tied for the Pac-10 championship on floor with a score of 9.90 ... named to the All-Pac-10 first team on floor ... an All-Pac-10 second-team choice on the floor as a freshman ... has the nation's highest average on the floor this season (9.915) ... has won nine consecutive meets on floor.

• **Nicole Pechanec, jr.:** An All-Pac-10 second-team selection on the floor in both 2011 and 2010 ... has hit 9.9's in three events this season ... in October, competed in the all-around at the World Championships in Rotterdam for the Czech Republic. It was her third world championships.

NCAA Regional Experience

This is Stanford's 28th consecutive NCAA regional appearance, meaning that every gymnast on the roster has been part of a regional qualifying team each year. The following are current Stanford gymnasts (seven) who competed as part of past regional lineups:

Three regionals: Shelley Alexander (2008, 2009, 2010).

Two: Danielle Ikoma (2009, 2010), Allyse Ishino (2009, 2010), Nicole Pechanec (2009, 2010).

One: Alyssa Brown (2010), Ashley Morgan (2010), Jenny Peter (2010). Note: Jenny Peter is injured and will not compete.

Rotation Schedule

Here is the rotation order for the NCAA Ann Arbor Regional Championships on Saturday:

Rot.	Vault	Bye	Bars	Beam	Bye	Floor
1	Kent St.	Minn.	Iowa St.	Mich.	Ohio St.	Stanford
2	Stanford	Kent St.	Minn.	Iowa St.	Mich.	Ohio St.
3	Ohio St.	Stanford	Kent St.	Minn.	Iowa St.	Mich.
4	Mich.	Ohio St.	Stanford	Kent St.	Minn.	Iowa St.
5	Iowa St.	Mich.	Ohio St.	Stanford	Kent St.	Minn.
6	Minn.	Iowa St.	Mich.	Ohio St.	Stanford	Kent St.

Stanford's Most Recent Lineup

This was the lineup Stanford used during the Pac-10 Championships in Los Angeles on March 19:

Vault	Bars	Beam	Floor
Ikoma	Alexander	Brown	Ikoma
Dayton	Ikoma	S. Morgan	Dayton
Pechanec	Ishino	Ishino	Vaculik
A. Morgan	Brown	Ikoma	Alexander
Brown	Pechanec	A. Morgan	Pechanec
Alexander	A. Morgan	Alexander	A. Morgan

Team Scores in the National Rankings

Stanford ranks in the national top 10 in every event, by the Regional Qualifying Scores formula (with average scores):

Team: 4th, 196.715 (196.450)

Vault: 7th, 49.220 (49.165)

Bars: 9th, 49.210 (49.130)

Beam: 5th, 49.140 (49.038)

Floor: 6th, 49.230 (49.188)

Individuals in the National Rankings

Here is how Stanford gymnasts rank among the nation's top 25 in each event, with their RQS (with average scores):

All-Around: 15th, Shelley Alexander, 39.285 (39.242)

Vault: 23rd, Alyssa Brown, 9.880 (9.865)

Bars: 13th, Alyssa Brown, 9.885 (9.870)

13th, Nicole Pechanec, 9.885 (9.803)

17th, Allyse Ishino, 9.880 (9.853)

Floor: 2nd, Ashley Morgan, 9.925 (9.915)

Talent Throughout the Lineup

Here is Stanford's average-score range from 1-6 in each event:

• **Vault:** 9.875 (Nicole Pechanec)-9.805

• **Bars:** 9.870 (Alyssa Brown)-9.763

• **Beam:** 9.833 (Shelley Alexander)-9.721

• **Floor:** 9.915 (Ashley Morgan)-9.758

• **All-Around:** 39.345 (Allyse Ishino)-38.850 (five total)

NCAA Qualifying

The top two teams in the regional advance to the NCAA Championships at Wolstein Center in Cleveland on April 15-17.

Team Seeding

The following is the seeding for Friday's regional based on national rankings, with their records and conference championship meet finishes:

No. 4 Stanford (20-4), fourth in Pac-10

No. 9 Michigan (17-5), first in Big Ten

No. 16 Ohio State (12-8-1), fifth in Big Ten

No. 21 Iowa State (8-7-2), third in Big 12

No. 23 Minnesota (13-7-1), fourth in Big Ten

No. 24 Kent State (17-3), second in Mid-American

Stanford vs. Michigan, Feb. 13, 2011

The teams met as part of a tri-meet in Ann Arbor on Feb. 13 that also included No. 10 Nebraska. Stanford rallied past Michigan in the final rotation (the bars for Stanford) to win. Stanford was competing in its second meet in three days and for the third time in nine days, and became the first team to beat Michigan in Crisler Arena in three years. The victories also gave Stanford a 13-0 dual-meet record, breaking the school mark for best start.

Here are the team scores and winners from that meet:

Scores: Stanford 196.800, Michigan 196.500, Nebraska 195.400.

Vault: Kylee Botterman (Michigan) 10.000.

Bars: Trish Wilson (Michigan), Lora Evenstad (Nebraska), each 9.925.

Beam: Shelley Alexander (Stanford) 9.900.

Floor: Ashley Morgan (Stanford), Kylee Botterman (Michigan), each 9.900.

All-Around: Kylee Botterman (Michigan) 39.625.

Last Time: Stanford vs. Other Regional Competitors

The following are results of Stanford's most recent meetings with teams from the NCAA Ann Arbor Regional:

• **Michigan:** In a tri-meet in Ann Arbor, Mich., on Feb. 13, Stanford beat the Wolverines, 196.800-196.500. They also met twice in the 2010 postseason with Stanford winning each matchup. In the NCAA team preliminary, Stanford finished third to Michigan's fourth for the session's final qualifying spot for the Super Six. They also finished 1-2 in the NCAA Southeast Regional in Morgantown, W.Va. Stanford has won their past six matchups -- all in the postseason.

Michigan last beat Stanford at the 2001 (April 1) Northeast Regional in Ann Arbor, with the teams finishing 1-2. That was the last time Stanford has competed in a regional at Crisler Arena.

• **Ohio State:** At the 2008 NCAA Central Regional in Baton Rouge, La., Stanford (197.525) finished second to LSU to advance to the NCAA Championships and Ohio State (195.125) was third.

• **Iowa State:** On Feb. 9, 2007, Stanford (197.275) won a quad meet at home with Iowa State second (196.075), followed by Oregon State and San Jose State.

• **Minnesota:** At the 2004 North Central regional in Denver, Stanford (196.575) won, with Minnesota (192.225) sixth.

• **Kent State:** Stanford (196.775) won the 2010 NCAA Southeast Regional in Morgantown, W.Va., with Kent State (194.825) fifth.

Regional Success

Stanford has won five regional team titles and 36 individual titles in the program's 34-year history. Two current gymnasts have won regional championships. Shelley Alexander captured the vault and balance beam titles at the 2010 Southeast Regional in Morgantown, W.Va., and Allyse Ishino won the uneven bars championship at the 2009 South Central Regional in Fayetteville, Ark. This is Stanford's 28th consecutive NCAA regional appearance.

2011 Season in Review

(20-4)

Date	Opponent	Result
Jan. 9	Pac-10 Showcase at UCLA	6-0
	STANFORD	196.625
	UCLA	195.925
	Oregon State	195.375
	Arizona	193.825
	Washington	193.675
	Arizona State	191.850
	California	191.675
Jan. 23	Dual meet at Stanford (Burnham Pavilion)	1-0
	STANFORD	196.200
	UCLA	194.825
Jan. 28	Dual meet at Utah	1-0
	STANFORD	196.825
	Utah	196.500
Feb. 5	Dual meet at Stanford (Burnham Pavilion)	1-0
	STANFORD	196.975
	San Jose State	193.825
Feb. 11	Chicago Style Invitational at Navy Pier	2-0
	STANFORD	196.475
	Oregon State	196.350
	UCLA	196.300
Feb. 13	Tri meet at Michigan	2-0
	STANFORD	196.800
	Michigan	196.500
	Nebraska	195.400
Feb. 18	Dual meet at Arizona	1-0
	STANFORD	195.300
	Arizona	194.675
Feb. 27	Quad meet at Stanford (Maples Pavilion)	3-0
	STANFORD	196.825
	Arizona State	192.375
March 6	Quad meet at California	2-1
	Oregon State	197.000
	STANFORD	196.500
	Denver	194.625
	California	194.175
March 19	Pac-10 Championships (Los Angeles)	3-3
	Oregon State	197.200
	UCLA	196.750
	Washington	196.025
	STANFORD	195.975
	Arizona	195.475
	California	191.575
	Arizona State	190.450
April 2	NCAA Ann Arbor Regional (Ann Arbor, Mich.)	
April 15	NCAA Team Preliminaries (Cleveland)	
April 16	NCAA Super Six (Cleveland)	

Meet recaps

Pac-10 Showcase

LOS ANGELES -- No. 6 Stanford, coming off a fourth-place NCAA finish in 2010, scored 196.625 points to finish ahead of defending champion UCLA's 195.925, with Oregon State third at 195.375 in an inaugural meet that drew all seven conference programs - six of which were ranked among the nation's preseason Top 25 - and attracted a crowd of 4,028.

UCLA dual meet

STANFORD -- Ashley Morgan scored a winning 9.925 on the final routine of the day to complete the Stanford comeback in its 196.200-194.825 victory over UCLA, overtaking the Bruins on the final rotation.

Utah dual meet

SALT LAKE CITY -- With the teams deadlocked going into the final rotation, and with a fall earlier in the lineup, senior Danielle Ikoma nailed a 9.875 as Stanford's final gymnast to ensure the 196.825-196.500 victory while handing Utah its first home loss in four years, before a crowd of 13,835.

San Jose State dual meet

STANFORD -- Nicole Pechanec unleashed the "Pechancova," an uneven bars release move that she invented, for the first time in competition to help Stanford earn its season-high score in a 196.975-193.825 victory over San Jose State.

IGI Chicago Style Invitational

CHICAGO -- Shelley Alexander scored a 9.90 -- one of four Stanford 9.9 scores -- on beam as the final performer of the meet to help Stanford (196.475) to victories over UCLA and Oregon State in a tri-meet at Navy Pier.

Michigan tri meet

ANN ARBOR, Mich. -- Stanford (196.800) closed out the meet with three consecutive scores of 9.9 on bars to overtake Michigan on the final rotation in a tri-meet victory over the Wolverines (196.500) and Nebraska (195.400).

Arizona dual meet

TUCSON, Ariz. -- Top all-arounder Allyse Ishino sprained her ankle on floor and sat out the rest of the meet, and would miss Stanford's next two because of the injury. Stanford beat Arizona, 195.300-194.675.

Arizona State dual meet

STANFORD -- Ashley Morgan won three events and senior Danielle Ikoma earned her first all-around victory as Stanford beat Arizona State, 196.825-192.375, on Senior Day at Maples Pavilion as Stanford improved to 15-0.

California quad meet

BERKELEY, Calif. -- Stanford (196.500) suffered its first loss, to Oregon State, despite Ashley Morgan's 9.95 on floor. Stanford beat rival California for the 23rd consecutive time, and beat Denver as well.

Pacific-10 Conference Championships

LOS ANGELES -- Ashley Morgan scored a 9.90 to tie for first on the floor and earn her first conference championship, but the Cardinal (195.975) finished fourth behind Oregon State, UCLA, and Washington. Stanford welcomed the return of Allyse Ishino, who competed on the bars and beam after missing the past two meets because of an ankle injury.

2011 STANFORD INDIVIDUAL RESULTS

SHELLEY ALEXANDER • Senior • Seguin, Texas

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	9.875	9.825	9.800	9.750	39.250
UCLA	9.800	9.775	9.925	9.850	39.350
at Utah	9.900	9.775	9.800	9.800	39.275
San Jose State	9.850	--	--	9.850	--
at Chicago Style	9.825	9.775	9.900	9.875	39.375
at Michigan, Nebraska	9.900	9.775	9.900	9.825	39.400
at Arizona	9.850	9.725	9.800	9.775	39.150
Arizona State	9.875	9.775	9.825	9.700	39.175
at Cal, Ore. St., Denver	9.600	9.825	9.800	9.900	39.125
Pac-10 Championships	9.800	9.725	9.750	9.800	39.075
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.900	9.825	9.925	9.900	39.400
Career Best	9.950	9.850	9.925	9.900	39.500

ALYSSA BROWN • Junior • Oakville, Ontario, Canada

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	9.875	9.900	9.800	--	--
UCLA	9.825	9.850	9.825	--	--
at Utah	9.875	9.875	9.850	--	--
San Jose State	9.875	9.850	9.850	--	--
at Chicago Style	9.875	9.875	9.775	--	--
at Michigan, Nebraska	9.900	9.900	9.725	--	--
at Arizona	9.850	9.825	9.825	--	--
Arizona State	9.825	9.875	9.775	--	--
at Cal, Ore. St., Denver	9.900	9.900	9.625	--	--
Pac-10 Championships	9.850	9.850	9.850	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.900	9.900	9.850	--	--
Career Best	9.925	9.900	9.875	--	--

LAUREN CALDEMEYER • Freshman • Indianapolis, Ind.

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	--	--	--
at Chicago Style	--	--	--	--	--
at Michigan, Nebraska	--	--	--	--	--
at Arizona	--	--	--	--	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

NICOLE DAYTON • Sophomore • Grand Rapids, Mich.

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	9.775	--	--	--	--
UCLA	9.750	--	--	9.775	--
at Utah	9.750	--	--	9.750	--
San Jose State	9.725	9.800	--	9.850	--
at Chicago Style	9.775	--	--	--	--
at Michigan, Nebraska	9.850	--	--	--	--
at Arizona	9.850	--	--	--	--
Arizona State	9.750	9.775	--	9.850	--
at Cal, Ore. St., Denver	9.850	9.800	--	9.750	--
Pac-10 Championships	9.800	--	--	9.750	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.850	9.800	--	9.850	--
Career Best	9.850	9.800	--	9.850	--

DANIELLE IKOMA • Senior • Naperville, Ill.

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	9.700	9.625	9.825	9.800	38.950
UCLA	9.700	9.725	9.800	9.775	39.000
at Utah	9.850	9.675	9.875	9.725	39.125
San Jose State	9.775	--	9.825	--	--
at Chicago Style	9.525	9.750	9.775	9.700	38.750
at Michigan, Nebraska	9.800	9.275	9.700	9.775	38.550
at Arizona	9.775	--	9.550	9.800	--
Arizona State	9.775	9.850	9.825	9.825	39.275
at Cal, Ore. St., Denver	9.800	9.875	9.800	9.800	39.275
Pac-10 Championships	9.750	9.575	9.850	9.700	38.925
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.850	9.875	9.875	9.825	39.275
Career Best	9.875	9.875	9.875	9.875	39.275

ALLYSE ISHINO • Senior • Santa Ana, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	9.775	9.925	9.750	9.900	39.350
UCLA	9.750	9.850	9.750	9.850	39.200
at Utah	9.850	9.900	9.900	9.825	39.475
San Jose State	9.900	9.725	--	--	--
at Chicago Style	9.850	9.900	9.725	9.825	39.300
at Michigan, Nebraska	9.825	9.900	9.800	9.875	39.400
at Arizona	9.825	9.850	--	6.000	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	9.775	9.750	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.900	9.925	9.900	9.900	39.475
Career Best	9.900	9.925	9.900	9.900	39.475

LUCY MEYER • Freshman • St. Paul, Minn.

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	--	--	--
at Chicago Style	--	--	--	--	--
at Michigan, Nebraska	--	--	--	--	--
at Arizona	--	--	--	--	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

ASHLEY MORGAN • Sophomore • Danville, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Pac-10 Showcase	9.850	--	9.850	9.925	--
UCLA	9.675	--	9.850	9.925	--
at Utah	9.725	--	9.900	9.925	--
San Jose State	9.825	9.800	9.775	9.925	39.325
at Chicago Style	9.825	--	9.700	9.900	--
at Michigan, Nebraska	9.775	--	--	9.00	--
at Arizona	9.825	9.675	9.525	9.875	38.900
Arizona State	9.925	--	9.900	9.925	--
at Cal, Ore. St., Denver	9.775	9.850	9.750	9.950	39.325
Pac-10 Championships	9.850	9.700	9.825	9.900	39.275
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.925	9.850	9.900	9.950	39.325
Career Best	9.925	9.850	9.900	9.950	39.450

SHONA MORGAN • Freshman • Melbourne, Australia

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	9.850	9.925	--
at Chicago Style	--	--	9.800	9.625	--
at Michigan, Nebraska	--	--	9.850	9.725	--
at Arizona	--	--	9.800	--	--
Arizona State	--	--	9.825	--	--
at Cal, Ore. St., Denver	--	--	9.075	--	--
Pac-10 Championships	--	--	9.850	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	9.850	9.925	--
Career Best	--	--	9.850	9.925	--

NICOLE PECHANEC • Junior • Phillipsburg, N.J.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	9.875	--	9.700	--
UCLA	--	9.775	--	9.850	--
at Utah	--	9.800	--	9.825	--
San Jose State	--	9.925	9.825	9.900	--
at Chicago Style	--	9.900	--	9.850	--
at Michigan, Nebraska	--	9.900	--	9.850	--
at Arizona	--	9.850	9.650	9.700	--
Arizona State	--	9.900	9.650	9.875	--
at Cal, Ore. St., Denver	9.900	9.350	9.750	9.850	38.850
Pac-10 Championships	9.850	9.750	--	9.850	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.900	9.925	9.825	9.900	38.850
Career Best	9.900	9.925	9.900	9.950	38.850

JENNY PETER • Junior • Lincoln, Neb.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	--	--	--
at Chicago Style	--	--	--	--	--
at Michigan, Nebraska	--	--	--	--	--
at Arizona	--	--	--	--	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	--	--	--
Career Best	9.800	9.875	--	--	--

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

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	--	--	--
at Chicago Style	--	--	--	--	--
at Michigan, Nebraska	--	--	--	--	--
at Arizona	--	--	--	--	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

AMANDA SPINNER • Freshman • Danville, Calif.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	--	--	--
at Chicago Style	--	--	--	--	--
at Michigan, Nebraska	--	--	--	--	--
at Arizona	--	--	--	--	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

KRISTINA VACULIK • Freshman • Whitby, Ontario, Canada

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	9.750	9.850	--	--
UCLA	--	9.575	9.700	--	--
at Utah	--	9.800	9.200	--	--
San Jose State	--	9.775	9.800	9.825	--
at Chicago Style	--	9.750	--	--	--
at Michigan, Nebraska	--	9.850	9.225	--	--
at Arizona	--	9.850	--	9.225	--
Arizona State	9.825	9.775	--	9.800	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	9.575	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	9.825	9.850	9.850	9.825	--
Career Best	9.825	9.850	9.850	9.825	--

MING YA ZHOU • Freshman • Framingham, Mass.

<u>Competition</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>AA</u>
at Pac-10 Showcase	--	--	--	--	--
UCLA	--	--	--	--	--
at Utah	--	--	--	--	--
San Jose State	--	--	--	--	--
at Chicago Style	--	--	--	--	--
at Michigan, Nebraska	--	--	--	--	--
at Arizona	--	--	--	--	--
Arizona State	--	--	--	--	--
at Cal, Ore. St., Denver	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Regionals					
NCAA Preliminaries					
NCAA Super Six					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

**2011 STANFORD WOMEN'S GYMNASTICS
TEAM SCHEDULE/RESULTS**

(20-4)

Date	Teams	Vault	Bars	Beam	Floor	Overall	Time/Result
Jan. 9	Pac-10 Showcase at UCLA						6-0
	STANFORD	49.150	49.275	49.125	49.075	196.625	
	UCLA	49.125	49.250	48.300	49.250	195.925	L
	Oregon State	48.900	49.375	48.600	48.500	195.375	L
	Arizona	48.950	48.025	47.825	49.025	193.825	L
	Washington	48.600	49.325	48.250	47.500	193.675	L
	Arizona State	48.750	47.375	47.325	48.400	191.850	L
	California	48.100	47.450	48.375	47.750	191.675	L
Jan. 23	Dual meet at Stanford (Burnham Pavilion)						1-0
	STANFORD	48.825	48.975	49.150	49.250	196.200	
	UCLA	48.700	49.125	47.825	49.175	194.825	L
Jan. 28	Dual meet at Utah						1-0
	STANFORD	49.225	49.150	49.325	49.125	196.825	
	Utah	49.275	49.075	49.150	49.000	196.500	L
Feb. 5	Dual meet at Stanford (Burnham Pavilion)						1-0
	STANFORD	49.225	49.150	49.150	49.450	196.975	
	San Jose State	48.650	48.700	47.475	49.000	193.825	L
Feb. 11	Chicago Style Invitational at Navy Pier						2-0
	STANFORD	49.150	49.200	48.975	49.150	196.475	
	Oregon State	49.075	49.125	48.925	49.225	196.350	L
	UCLA	49.200	49.275	48.975	48.850	196.300	L
Feb. 13	Tri meet at Michigan						2-0
	STANFORD	49.275	49.325	48.975	49.225	196.800	
	Michigan	49.500	49.250	48.850	48.900	196.500	L
	Nebraska	49.375	49.375	47.725	48.925	195.400	L
Feb. 18	Dual meet at Arizona						1-0
	STANFORD	49.200	49.100	48.625	48.375	195.300	
	Arizona	48.900	48.750	48.025	49.000	194.675	L
Feb. 27	Dual meet at Stanford (Maples Pavilion)						1-0
	STANFORD	49.225	49.175	49.150	49.275	196.825	
	Arizona State	48.350	48.000	47.175	48.850	192.375	L
March 6	Quad meet at California						2-1
	STANFORD	49.225	49.250	48.775	49.250	196.500	
	Oregon State	49.300	49.400	48.900	49.400	197.000	W
	Denver	48.850	48.975	47.775	49.025	194.625	L
	California	48.025	48.850	48.625	48.675	194.175	L
March 19	Pacific-10 Conference Championships at UCLA						3-3
	Oregon State	49.300	49.425	49.350	49.125	197.200	W
	UCLA	49.300	49.275	49.100	49.075	196.750	W
	Washington	49.075	49.000	49.275	48.675	196.025	W
	STANFORD	49.150	48.700	49.125	49.000	195.975	
	Arizona	49.200	48.850	49.050	48.375	195.475	L
	California	48.325	47.750	46.900	48.600	191.575	L
	Arizona State	48.675	46.025	48.550	47.200	190.450	L
April 2	NCAA Regionals						
	STANFORD						
April 14	NCAA Team Preliminaries in Cleveland, Ohio						
	STANFORD						
April 15	NCAA Super Six in Cleveland, Ohio						
	STANFORD						

INDIVIDUAL SEASON HIGHS

Name	Score	Meet	Date
Vault			
Ashley Morgan	9.925	Arizona State	Feb. 27
Shelley Alexander	9.900	Utah	Jan. 28
Allyse Ishino	9.900	San Jose State	Feb. 5
Shelley Alexander	9.900	Michigan, Nebraska	Feb. 13
Alyssa Brown	9.900	Michigan, Nebraska	Feb. 13
Alyssa Brown	9.900	Cal, OSU, Denver	March 6
Nicole Pechanec	9.900	Cal, OSU, Denver	March 6
Shelley Alexander	9.875	Pac-10 Showcase	Jan. 9
Alyssa Brown	9.875	Pac-10 Showcase	Jan. 9
Alyssa Brown	9.875	Utah	Jan. 28
Alyssa Brown	9.875	San Jose State	Feb. 5
Alyssa Brown	9.875	Chicago Style	Feb. 11
Shelley Alexander	9.875	Arizona State	Feb. 27
Uneven Bars			
Allyse Ishino	9.925	Pac-10 Showcase	Jan. 9
Nicole Pechanec	9.925	San Jose State	Feb. 5
Alyssa Brown	9.900	Pac-10 Showcase	Jan. 9
Allyse Ishino	9.900	Utah	Jan. 28
Allyse Ishino	9.900	Chicago Style	Feb. 11
Nicole Pechanec	9.900	Chicago Style	Feb. 11
Alyssa Brown	9.900	Michigan, Nebraska	Feb. 13
Allyse Ishino	9.900	Michigan, Nebraska	Feb. 13
Nicole Pechanec	9.900	Michigan, Nebraska	Feb. 13
Nicole Pechanec	9.900	Arizona State	Feb. 27
Alyssa Brown	9.900	Cal, OSU, Denver	March 6
Balance Beam			
Shelley Alexander	9.925	UCLA	Jan. 23
Allyse Ishino	9.900	Utah	Jan. 28
Ashley Morgan	9.900	Utah	Jan. 28
Shelley Alexander	9.900	Chicago Style	Feb. 11
Shelley Alexander	9.900	Michigan, Nebraska	Feb. 13
Ashley Morgan	9.900	Arizona State	Feb. 27
Danielle Ikoma	9.875	Utah	Jan. 28
Ashley Morgan	9.850	Pac-10 Showcase	Jan. 9
Kristina Vaculik	9.850	Pac-10 Showcase	Jan. 9
Ashley Morgan	9.850	UCLA	Jan. 23
Alyssa Brown	9.850	Utah	Jan. 28
Alyssa Brown	9.850	San Jose State	Feb. 5
Shona Morgan	9.850	San Jose State	Feb. 5
Shona Morgan	9.850	Michigan, Nebraska	Feb. 13
Alyssa Brown	9.850	Pac-10 Championships	March 19
Shona Morgan	9.850	Pac-10 Championships	March 19
Danielle Ikoma	9.850	Pac-10 Championships	March 19
Floor Exercise			
Ashley Morgan	9.950	Cal, OSU, Denver	March 6
Ashley Morgan	9.925	Pac-10 Showcase	Jan. 9
Ashley Morgan	9.925	UCLA	Jan. 23
Ashley Morgan	9.925	Utah	Jan. 28
Ashley Morgan	9.925	San Jose State	Feb. 5
Shona Morgan	9.925	San Jose State	Feb. 5
Ashley Morgan	9.925	Arizona State	Feb. 27
Allyse Ishino	9.900	Pac-10 Showcase	Jan. 9
Nicole Pechanec	9.900	San Jose State	Feb. 5
Ashley Morgan	9.900	Chicago Style	Feb. 11
Ashley Morgan	9.900	Michigan, Nebraska	Feb. 13
Shelley Alexander	9.900	Cal, OSU, Dever	March 6
Ashley Morgan	9.900	Pac-10 Championships	March 19
All-Around			
Allyse Ishino	39.475	Utah	Jan. 28
Shelley Alexander	39.400	Michigan, Nebraska	Feb. 13
Allyse Ishino	39.400	Michigan, Nebraska	Feb. 13
Shelley Alexander	39.375	Chicago Style	Feb. 11
Allsye Ishino	39.350	Pac-10 Showcase	Jan. 9
Shelley Alexander	39.350	UCLA	Jan. 23
Ashley Morgan	39.325	San Jose State	Feb. 5
Ashley Morgan	39.325	Cal, OSU, Denver	March 6
Allyse Ishino	39.300	Chicago Style	Feb. 11

TEAM SEASON HIGHS

Score	Meet	Date
Vault		
49.275	Michigan, Nebraska	Feb. 13
49.225	Utah	Jan. 28
49.225	San Jose State	Feb. 5
49.225	Arizona State	Feb. 27
49.225	Cal, OSU, Denver	March 6
49.200	Arizona	Feb. 18
49.150	Pac-10 Showcase	Jan. 9
49.150	Chicago Style	Feb. 11
49.150	Pac-10 Championship	March 19
48.825	UCLA	Jan. 23
Uneven Bars		
49.325	Michigan, Nebraska	Feb. 13
49.275	Pac-10 Showcase	Jan. 9
49.250	Cal, OSU, Denver	March 6
49.200	Chicago Style	Feb. 11
49.175	Arizona State	Feb. 27
49.150	Utah	Jan. 28
49.150	San Jose State	Feb. 5
49.100	Arizona	Feb. 18
48.975	UCLA	Jan. 23
48.700	Pac-10 Championships	March 19
Balance Beam		
49.325	Utah	Jan. 28
49.150	UCLA	Jan. 23
49.150	San Jose State	Feb. 5
49.150	Arizona State	Feb. 27
49.125	Pac-10 Showcase	Jan. 9
49.125	Pac-10 Championships	March 19
48.975	Chicago Style	Feb. 11
48.975	Michigan, Nebraska	Feb. 13
48.775	Cal, OSU, Denver	March 6
48.625	Arizona	Feb. 18
Floor Exercise		
49.450	San Jose State	Feb. 5
49.275	Arizona State	Feb. 27
49.250	UCLA	Jan. 23
49.250	Cal, OSU, Denver	March 6
49.225	Michigan, Nebraska	Feb. 13
49.150	Chicago Style	Feb. 11
49.125	Utah	Jan. 28
49.075	Pac-10 Showcase	Jan. 9
49.000	Pac-10 Championships	March 19
48.375	Arizona	Feb. 18
Team Score		
196.975	San Jose State	Feb. 5
196.825	Utah	Jan. 28
196.825	Arizona State	Feb. 27
196.800	Michigan, Nebraska	Feb. 13
196.625	Pac-10 Showcase	Jan. 9
196.500	Cal, Oregon State, Denver	March 6
196.475	Chicago Style	Feb. 11
196.200	UCLA	Jan. 23
195.975	Pac-10 Championships	March 19
195.300	Arizona	Feb. 18

STANFORD'S INDIVIDUAL FIRST PLACES

<u>Date</u>	<u>Opponent</u>	<u>Name</u>	<u>Event</u>	<u>Score</u>
Jan. 9	Pac-10 Showcase	Shelley Alexander	Vault	9.875
		Alyssa Brown	Vault	9.875
Jan. 23	UCLA	Shelley Alexander	All-Around	39.350
		Alyssa Brown	Bars	9.850
		Allyse Ishino	Bars	9.850
		Shelley Alexander	Beam	9.925
		Ashley Morgan	Floor	9.925
Jan. 28	Utah	Allyse Ishino	All-Around	39.475
		Shelley Alexander	Vault	9.900
		Allyse Ishino	Bars	9.900
		Allyse Ishino	Beam	9.900
		Ashley Morgan	Beam	9.900
		Ashley Morgan	Floor	9.925
Feb. 5	San Jose State	Ashley Morgan	All-Around	39.325
		Allyse Ishino	Vault	9.900
		Nicole Pechanec	Bars	9.925
		Alyssa Brown	Beam	9.850
		Shona Morgan	Beam	9.850
		Ashley Morgan	Floor	9.925
		Shona Morgan	Floor	9.925
Feb. 11	Chicago Style	Shelley Alexander	All-Around	39.375
		Allyse Ishino	Bars	9.900
		Nicole Pechanec	Bars	9.900
		Shelley Alexander	Beam	9.900
		Ashley Morgan	Floor	9.900
Feb. 13	Michigan, Neb.	Shelley Alexander	Beam	9.900
		Ashley Morgan	Floor	9.900
Feb. 18	Arizona	Shelley Alexander	All-Around	39.150
		Nicole Dayton	Vault	9.850
		Shelley Alexander	Vault	9.850
		Alyssa Brown	Vault	9.850
		Allyse Ishino	Bars	9.850
		Nicole Pechanec	Bars	9.850
		Kristina Vaculik	Bars	9.850
		Alyssa Brown	Beam	9.825
		Ashley Morgan	Floor	9.875
Feb. 27	Arizona State	Danielle Ikoma	All-Around	39.275
		Ashley Morgan	Vault	9.925
		Nicole Pechanec	Bars	9.900
		Ashley Morgan	Beam	9.900
		Ashley Morgan	Floor	9.925
March 6	Cal, OSU, Den.	Ashley Morgan	Floor	9.950
March 19	Pac-10 Champs	Ashley Morgan	Floor	9.900

Conference History

Stanford at Conference Championships

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

Conference Individual Champions

Year	Name	Event	Score	Year	Name	Event	Score
				2002	Lise Leveille	Beam	9.90
2011	Ashley Morgan	Floor	9.900		Lindsay Wing	Beam	9.90
2010	Carly Janiga	Floor	9.925	2001	Lindsay Wing	Beam	9.975
2009	Carly Janiga	All-Around	39.575		Carolyn Fluhrer	Vault	9.975
		Bars	9.90		Lise Leveille	Beam	9.975
		Beam	9.95	1984	Nanci Goldsmith	Beam	9.55
	Nicole Ourada	Bars	9.90	1982	Merilyn Chapman	All-Around	36.85
		Floor	9.90			Bars	N/A
2008	Tabitha Yim	All-Around	39.550			Beam	N/A
	Carly Janiga	Beam	9.95			Floor	N/A
	Liz Tricase	Bars	9.95		Linda Bledsoe	Vault	N/A
2007	Liz Tricase	Bars	9.95	1981	Merilyn Chapman	All-Around	36.85
2006	Tabitha Yim	All-Around	39.650			Bars	9.35
		Beam	9.975			Beam	9.25
	Liz Tricase	Bars	9.925			Floor	9.35
2004	Natalie Foley	All-Around	39.800	1980	Karen Hall	All-Around	35.85
		Vault	10.00			Bars	9.05
		Bars	9.95			Beam	9.00
	Carolyn Fluhrer	Beam	9.95			Floor	9.10
	Lindsay Wing	Beam	9.95	1979	Karen Hall	All-Around	34.95
2003	Lindsay Wing	Beam	9.975		Anne Smith	Vault	9.15
						Beam	8.50

Regional History

Stanford at Regional Championships

Year	Site	Score	Place
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	West (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		

Regional Individual Champions

Year	Name	Event	Score	Year	Name	Event	Score
				2003	Natalie Foley	Vault	9.90
2010	Shelley Alexander	Vault	9.95	2002	Lindsay Wing	All-Around	39.525
		Beam	9.90			Beam	9.90
2009	Carly Janiga	All-Around	39.425		Caroline Fluhrer	Bars	9.925
	Allyse Ishino	Bars	9.90		Lise Leveille	Beam	9.90
	Nicole Ourada	Vault	9.875	2001	Lindsay Wing	All-Around	39.525
2008	Kelly Fee	Beam	9.95			Beam	9.95
	Liz Tricase	Bars	9.95		Lise Leveille	Floor	9.95
	Tabitha Yim	Beam	9.95		Robin Phelps	Vault	9.925
2007	Tabitha Yim	All-Around	39.475	2000	Katy Herbert	Beam	9.925
		Bars	9.90	1999	Katy Herbert	Beam	9.875
	Liz Tricase	Vault	9.90	1998	Larissa Fontaine	Vault	9.95
2006	Tabitha Yim	All-Around	39.525	1996	Amy Murakami	All-Around	39.375
		Bars	9.95	1993	Hillary Anderson	Bars	9.90
		Beam	9.90		Jene Elzie	Bars	9.90
2004	Lise Leveille	All-Around	39.425	1985	Beth Pope	Vault	9.60
	Lindsay Wing	Bars	9.90	1979	Karen Hall	Floor	9.10
		Beam	9.925				
	Natalie Foley	Vault	9.90				
	Jessica Louie	Vault	9.90				

2011 Stanford Women's Gymnastics



Shelley Alexander
Sr., 5-2



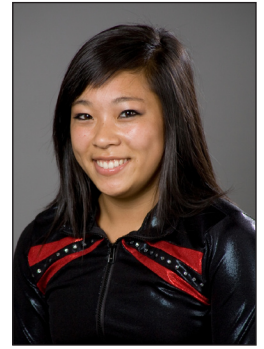
Alyssa Brown
Jr., 5-2



Lauren Caldemeyer
Fr., 5-6



Nicole Dayton
So., 5-4



Danielle Ikoma
Sr., 4-11



Allyse Ishino
Sr., 5-1



Lucy Meyer
Fr., 4-10



Ashley Morgan
So., 5-3



Shona Morgan
Fr., 5-3



Nicole Pechanec
Jr., 5-5



Jenny Peter
Jr., 5-4



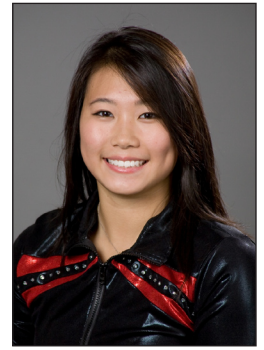
Alexandra Skoly
Jr., 5-4



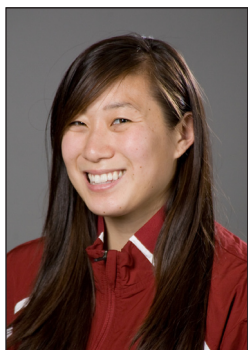
Amanda Spinner
Fr., 5-3



Kristina Vaculik
Fr., 5-1



Ming Ya Zhou
So., 5-1



Tabitha Yim
Assistant Coach



Kristen Smyth
Head Coach



Chris Swirecek
Ass. Head Coach