



2008 WASHINGTON GYMNASTICS

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Quick Hits

Washington	2-10
National Rank	29
SPU	2-13
National Rank	65
Series History	UW leads, 61-3

2008 Husky Schedule

Date	Opponent	Time/Result
Jan. 12	at #15 Denver	L, 194.900-190.475
Jan. 18	at #16 Oregon State	L, 195.625-191.425
Jan. 25	California	W, 193.975-188.450
Feb. 1	#8 UCLA	L, 195.975-194.425
Feb. 8	at Chicago Style Meet&	4th (194.250) (vs. #24 Illinois, #11 Stanford, #9 UCLA)
Feb. 16	#2 Utah	L, 197.100-194.675
Feb. 22	#15 Arizona State	L, 194.475-194.100
Feb. 29	at #18 Arizona	L, 196.300-194.525
March 7	at #5 LSU	L, 196.550-195.175
March 14	Seattle Pacific	W, 194.450-188.525
March 21	at Seattle Pacific	7 p.m.
March 29	Pac-10 Championships!	4 p.m.
April 12	at NCAA Regionals	TBA
April 24-26	at NCAA Championships^	TBA

& at Chicago, IL | ! Seattle, WA | ^ at Athens, Ga.

2008 Meet-by-Meet Team Scores

Meet	Vault	Bars	Beam	Floor	Total
at Denver	48.275	47.550	46.775	47.875	190.475
at Oregon St.	48.050	47.350	48.125	47.900	191.425
vs. Cal	48.550	48.525	48.725	48.175	193.975
vs. UCLA	48.525	48.825	48.550	48.525	194.425
at Chicago Style	48.650	48.825	48.750	48.025	194.250
vs. Utah	48.925	48.675	48.725	48.350	194.675
vs. ASU	48.725	48.500	48.575	48.300	194.100
at Arizona	48.875	48.575	47.875	49.200	194.525
at LSU	48.875	48.600	48.750	48.950	195.175
vs. SPU	48.400	49.025	48.525	48.500	194.450

Washington Quick Facts

Location.....	Seattle, Wash.
Mailing Address	229 Graves Building Box 354070, Seattle, WA 98195-4070
Enrollment.....	42,000 (31,474 undergrad)
Nickname.....	Huskies
Colors.....	Purple and Gold
Conference.....	Pacific-10
Home Gym	Bank of America Arena (10,000)
Website	gohuskies.cstv.com
Ticket Office Phone	(206) 543-2200

March 19, 2008

Washington Wraps Up Regular Season at Seattle Pacific

The Huskies will take on the Falcons for the second-straight week.

Meet #11: Washington at Seattle Pacific

Date Friday, March 21, 2008

Time 7 p.m.

Site Seattle, Wash. (Royal Brougham Pavilion)

The Meet

The Huskies will compete in their final meet of the 2008 regular season on Friday, March 21 on the road at Seattle Pacific. The squads competed last week on UW's home floor, as Washington won 194.450-188.525.

The Opponent

Seattle Pacific is ranked No. 65 in the nation with a 187.855 RQS. Two weeks ago, the Falcons posted their highest team score of the season with a 190.075 against Sacramento State, Cal and UC Davis.

Coach's Comments

"We never want to leave town during finals week," explained head coach Joanne Bowers, "But we know away scores are important. So we feel very fortunate that SPU had this opening on Friday night. We're really excited to stay close -- it's perfect for us. The young women on our team are so academically minded, and to be able to provide this schedule really works out well. Plus, we get to stay close to home the week before Pac-10s, so that will keep us really fresh."

Senior Salute

Washington bid farewell to its three seniors last Friday. Jennifer Chang, Raimey Iselin and Nikki Waiss were joined by their families during introductions. The trio shined in their final regular season home meet, as Iselin and Waiss tied for first place on bars with a 9.875.

Immediate Impact

The Husky freshmen have not wasted any time in their transition to collegiate gymnastics. The four rookies have combined for 32 top-3 finishes this season, including 12 against Seattle Pacific last Friday. Haley Bogart (Woodside, Calif.) and Kristen Linton (Edmonds, Wash.) have both collected four individual titles apiece. Karen Cain (Kyle, Texas) has taken third in the all-around three times this season. Walior captured her first event title on floor against SPU, as she matched her career-high score of 9.9.

2008 GymInfo Top 25 (March 17)

Rank	Team	RQS	Conf.	Avg.	High
1	Georgia	197.305	SE	197.139	197.900
2	Florida	197.090	SE	196.850	197.925
3	Utah	197.065	NC	196.880	197.750
4	Michigan	196.825	NE	196.542	197.600
5	LSU	196.695	C	196.296	197.775
6	Alabama	196.605	C	196.432	197.300
7	Oregon State	196.530	W	195.995	197.200
8	UCLA	196.465	W	196.011	196.925
9	Oklahoma	196.440	SC	196.009	196.750
10	Stanford	196.360	W	196.067	197.375
11	Arkansas	196.100	SC	195.860	196.625
12	Auburn	195.905	C	195.373	196.600
13	Denver	195.880	NC	195.468	196.575
14	Nebraska	195.565	SC	195.382	196.675
15	Michigan State	195.560	C	194.823	196.350
16	Missouri	195.465	SC	195.195	195.800
17	Boise State	195.405	W	194.958	196.575
18	Arizona	195.400	SC	194.885	196.300
19	Kentucky	195.275	C	194.150	195.975
20	Iowa	195.200	NC	194.337	195.900
21	NC State	195.150	SE	194.534	195.475
22	Penn State	194.925	NE	194.560	195.275
23	Arizona State	194.920	SC	194.742	196.175
24	IL-Champaign	194.730	SC	194.215	195.725
25	Minnesota	194.665	NC	193.982	195.375

bold/italics indicates a 2008 Washington opponent

Vault Victories

Junior Ashley Houghting (Welland, Ont.) has won 20 vault titles in her career, including four this season, which puts her in first place in the Husky record-books. Last year, she surpassed Klara Kudilkova, who competed for Washington from 1995-98, who ranks second with 12 vault wins. Houghting is currently ranked No. 23 in the country on vault with a 9.880 event regional qualifying score.

Ranking the Huskies

Five different Huskies are ranked in the country's top 100 in vault, bars, beam, floor and the all-around. Rankings are based on Regional Qualifying Scores.

Vault

No. 23 Ashley Houghting (9.880)
No. 79 Haley Bogart (9.820)

Floor Exercise

No. 40 Ashley Houghting (9.855)
No. 63 Samantha Walior (9.830)

Uneven Bars

No. 72 Kristen Linton (9.810)

All Around

No. 88 Karen Cain (38.500)

Balance Beam

No. 91 Haley Bogart (9.790)

Injury Report

Sophomore Cassidy Lance (Draper, Utah) was forced to retire from gymnastics after the second meet of the season. In the Jan. 18 meet versus Oregon State, Lance tore the same ACL for the fourth time and will no longer be able to compete. She will stay on with the program, serving as a student coach. On Feb. 16, junior Kristen Omori (Kirkland, Wash.) tore her ACL on her beam dismount. She will miss the remainder of the season. Additionally, during practice leading up to the Arizona State meet, freshman Danielle Henderson dislocated her shoulder and will be sidelined for the rest of the year. She had missed the earlier part of the season as she recuperated from a shoulder injury suffered last summer.

2008 Individual Title Winners (including ties)

Ashley Houghting (9)

Vault (4)

9.875 at Denver, Jan. 12
9.800 vs. California, Jan. 25
9.925 vs. Arizona State, Feb. 22
9.900 at Arizona, Feb. 29

Floor (3)

9.850 at Denver, Jan. 12
9.850 vs. California, Jan. 25
9.950 at Arizona, Feb. 29

All-Around (2)

39.225 at LSU, March 7
38.975 vs. California, Jan. 25

Haley Bogart (4)

Vault (1)

9.800 vs. California, Jan. 25
9.850 vs. Seattle Pacific, March 14

Beam (1)

9.850 vs. Utah, Feb. 16
9.825 at Oregon State, Jan. 12

Kelly Gilbert (1)

Beam (1)

9.775 vs. Seattle Pacific, March 14

Raimy Iselin (1)

Bars (1)

9.875 vs. Seattle Pacific, March 14

Kristen Linton (4)

Bars (2)

9.850 vs. California, Jan. 25
9.875 vs. Seattle Pacific, March 14

Beam (1)

9.825 at Oregon State, Jan. 12

All-Around (1)

38.950 vs. Seattle Pacific, March 14

Nikki Waiss (1)

Bars (1)

9.875 vs. Seattle Pacific, March 14

Samantha Walior (1)

Floor (1)

9.900 vs. Seattle Pacific, March 14

Honors & Awards

Pac-10 Gymnast of the Week

Jan. 14 Anna Li, UCLA
Jan. 22 Nicole Harris, ASU
Jan. 29 Jami Lanz, OSU
Feb. 5 Tasha Schwikert, UCLA
Feb. 12 Tabitha Yim, Stanford
Feb. 19 Karin Wurm, Arizona
Feb. 26 Tasha Smith, OSU
March 4 Miranda Russell, Arizona
March 11 Ashley Houghting, UW
March 18 Francesca Mercurio, ASU

Pac-10 Event Specialist of the Week

Jan. 14 Carly Janiga, Stanford
Jan. 22 Marci Bernholtz, UCLA
Jan. 29 Jordan Schwikert, UCLA
Feb. 5 Ashlee Hinkle, ASU
Feb. 12 Allyse Ishino, Stanford
Feb. 19 Tasha Smith, OSU
Feb. 26 Liz Tricase, Stanford
March 4 Mandi Rodriguez, OSU
March 11 Nikki Waiss, UW
March 18 Tia Orlando, ASU

UW Season Highs

Team

Vault	48.925, vs. Utah, Feb. 16
Bars	49.025, vs. Seattle Pacific, March 14
Beam	48.750, at Chicago Style Meet, Feb. 8 48.750, at LSU, March 7
Floor	49.200, at Arizona, Feb. 29
Total	195.175, at LSU, March 7

Individual

Vault	9.925, Houghting, vs. Arizona State, Feb. 22 9.925, Houghting, at LSU, March 7
Bars	9.875, Waiss, at LSU, March 7 9.875, Iselin, vs. Seattle Pacific, March 14 9.875, Linton, vs. Seattle Pacific, March 14 9.875, Waiss, vs. Seattle Pacific, March 14
Beam	9.850, Bogart, vs. Utah, Feb. 16
Floor	9.950, five times: Houghting, at Arizona, Feb. 29
All-Around	39.225, Bogart, vs. Utah, Feb. 16 39.225, Houghting, at LSU, March 7

Washington School Records - Team

Vault	49.450, at Arizona, February 13, 2004 at Shanico Inn-Vitational, Corvallis, Ore., Mar. 17, 2001
Bars	49.675 vs. Boise State & Seattle Pacific, March 12, 2004
Beam	49.500, at Pac-10 Championships, March 20, 2004 vs. Boise State & Seattle Pacific, March 12, 2004
Floor	49.725, at Cal State Fullerton, Fullerton, Calif., Jan. 7, 2005
Total Score	198.025 vs. Boise State & Seattle Pacific, March 12, 2004

Washington School Records - Individual

Vault	10.000, four times, most recently: Emily Pritchard vs. Utah, Iowa, Illinois-Chicago (3/5/04)
Bars	10.000, four times, most recently: Emily Pritchard vs. Arizona State (2/13/04)
Beam	9.975, four times, most recently: Emily Pritchard vs. Boise State & Seattle Pacific (3/12/04)
Floor Exercise	10.000, nine times, most recently: Carly Dockendorf at Cal State Fullerton (1/7/05)
All-Around	39.875, Emily Pritchard vs. Boise State & SPU (3/12/04)

Strong Schedule

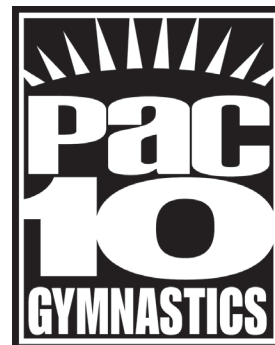
The Huskies schedule is one of the toughest in the nation — on the road and at home. Not only has Washington faced off against the teams of the Pac-10, the GymDawgs also took on four non-conference foes who were ranked in the top-25 (the Huskies faced then-No. 2 Utah, No. 5 LSU, then-No. 15 Denver and then-No. 24 Illinois). The Pac-10 remains a tough conference from top to bottom, with three squads currently ranked in the top-10 (No. 7 Oregon State, No. 8 UCLA and No. 10 Stanford) and another two in the top-25 (No. 18 Arizona and No. 23 Arizona State).

Last Time Out

Washington posted its second win of the season last night with a 194.450-188.525 victory over cross-town rival Seattle Pacific in the Huskies final home meet of the regular season in Bank of America Arena. UW topped the Falcons on all four events and scored a season-high 49.025 on bars as three Huskies tied for first place on the event. Washington's 49.025 on bars was the highest team score on the event in exactly three years - the Huskies posted a 49.025 against Boise State on March 14, 2005. The Huskies captured first place on all four events and the all around.

Mark Your Calendars!

Washington will host the 2008 Pac-10 Championships on March 29 at Bank of America Arena. The Huskies, along with the six other teams in the conference, will compete for Pac-10 titles while making a final push to qualify for the NCAA Regionals.



2008 Washington Gymnastics Roster

Name	Ht.	Yr.	Exp.	Hometown (High School/Club)
Haley Bogart	5-1	Fr.	HS	Woodside, Calif. (St. Francis/Airborne Gym.)
Katie Boyko	5-3	Jr.	2V	Kelso, Wash. (Kelso/Gold Star Gym.)
Karen Cain	5-2	Fr.	HS	Kyle, Texas (Hays/Olympic Hills Gym.)
Jennifer Chang	5-7	Sr.	3V	Tacoma, Wash. (Woodrow Wilson/Grace Gym.)
Emily Epsten	5-4	Jr.	2V	San Diego, Calif. (Francis Parker/San Diego All-Stars)
Kelly Gilbert	5-0	Jr.	2V	Phoenix, Ariz. (Mountain View/Desert Devils Gym.)
Danielle Henderson	5-4	Fr.	HS	Visalia, Calif. (Redwood/Central California Gym. Institute)
Ashley Houghting	5-5	Jr.	2V	Welland, Ont. (Northview Heights Secondary/Sport Seneca)
Raimy Iselin	5-4	Sr.	3V	Lake Tapps, Wash. (Auburn Riverside/Puget Sound School of Gym.)
Cassidy Lance	5-3	So.	1V	Draper, Utah (Alta/Olympus School of Gym.)
Kristen Linton	5-4	Fr.	HS	Edmonds, Wash. (Meadowdale/Seattle Gym. Academy)
Kristen Omori	5-3	Jr.	2V	Kirkland, Wash. (Juanita High School/Northwest Aerials)
Nikki Waiss	5-4	Sr.	3V	Mill Creek, Wash. (Jackson/Cascade Elite)
Samantha Walior	5-4	Fr.	HS	Prior Lake, Minn. (Prior Lake/TAGS)

Head Coach: Joanne Bowers (James Madison, '82), 2nd year

Assistant Coaches: Shanna Duggan (Michigan, '05), 2nd year;
David McCreary (Illinois State, '78), 2nd year

2008 Washington Results

Haley Bogart, Fr. (Woodside, Calif.)

Bogart Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	9.825	-	8.775	9.525	-
at Oregon State	9.750	-	9.825*	9.625	-
vs. California	9.800*	-	9.800	9.775	-
vs. UCLA	9.775	9.225	9.650	9.800	38.450
at Chicago Style Meet	9.750	9.700	9.800	9.725	38.975
vs. Utah	9.850	9.725	9.850*	9.800	39.225
vs. Arizona State	9.800	9.650	9.675	9.075	38.200
at Arizona	9.800	9.675	9.050	9.800	38.325
at LSU	9.825	-	9.800	9.875	-
vs. Seattle Pacific	9.850*	9.550	9.725	9.500	38.625

Katie Boyko, Jr. (Kelso, Wash.)

Returned to the Husky lineup on vault on Feb. 29 after recovering from shoulder surgery

Boyko Season Stats

	Vault	Bars	Beam	Floor	AA
at Arizona	9.550	-	-	-	-
at LSU	9.525	-	-	-	-
vs. Seattle Pacific	9.425	-	-	-	-

Karen Cain, Fr. (Kyle, Texas)

Cain Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	9.675	9.525	9.100	-	-
at Oregon State	9.300	9.450	-	9.400	-
vs. California	9.650	9.550	9.700	9.300	38.200
vs. UCLA	9.475	-	9.625	-	-
at Chicago Style Meet	9.450	9.650	9.700	9.625	38.425
vs. Utah	9.750	9.650	9.675	9.700	38.775
vs. Arizona State	9.700	9.325	9.600	9.550	38.175
at Arizona	9.750	9.600	9.625	9.775	38.750
at LSU	9.725	9.600	9.675	9.625	38.625
vs. Seattle Pacific	9.625	9.625	9.550	9.700	38.500

Jennifer Chang, Sr. (Tacoma, Wash.)

Chang Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver		Did not compete			
at Oregon State	-	-	8.950	-	-
vs. California		Did not compete			
vs. UCLA		Did not compete			
at Chicago Style Meet		Did not compete			
vs. Utah		Did not compete			
vs. Arizona State		Did not compete			
at Arizona		Did not compete			
at LSU		Did not compete			
vs. Seattle Pacific	-	-	9.575	-	-

Emily Epstein, Jr. (San Diego, Calif.)

Epsten Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	9.650	-	-	-	-
at Oregon State	9.550	-	-	-	-
vs. California	9.100	-	-	-	-
vs. UCLA	9.600	-	-	-	-
at Chicago Style Meet	9.700	-	-	-	-
vs. Utah	9.675	-	-	-	-
vs. Arizona State	9.650	-	-	9.575	-
at Arizona	9.750	-	-	-	-
at LSU	9.800	-	-	-	-
vs. Seattle Pacific	9.750	-	-	-	-

Kelly Gilbert, Jr. (Phoenix, Ariz.)

Gilbert Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	-	-	9.700	9.625	-
at Oregon State	-	-	9.250	9.400	-
vs. California	-	-	9.550	9.375	-
vs. UCLA	Did not compete				
at Chicago Style Meet	-	-	9.700	-	-
vs. Utah	-	-	9.750	8.900	-
vs. Arizona State	-	-	9.750	-	-
at Arizona	-	-	9.750	-	-
at LSU	-	-	9.175	-	-
vs. Seattle Pacific	-	-	9.775*	9.675	-

Danielle Henderson, Fr. (Visalia, Calif.)

Hoped to make the lineup later in the season after having surgery last summer, but suffered a season-ending shoulder dislocation in February.

Ashley Houghting, Jr. (Welland, Ont.)

Sat out one meet against Seattle Pacific to rest a minor injury.

Houghting Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	9.875 *	9.575	8.900	9.850 *	38.200
at Oregon State	9.800	9.375	9.650	9.750	38.575
vs. California	9.800*	9.625	9.700	9.850 *	38.975 *
vs. UCLA	9.850	9.700	9.275	9.850	38.675
at Chicago Style Meet	9.850	-	-	9.100	-
vs. Utah	9.850	-	-	-	-
vs. Arizona State	9.925*	-	9.250	9.850	-
at Arizona	9.900*	-	9.825	9.950*	-
at LSU	9.925	9.650	9.775	9.875	39.225*
vs. Seattle Pacific	Did Not Compete				

Raimy Iselin, Sr. (Lake Tapps, Wash.)

Iselin Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	-	9.075	-	9.125	-
at Oregon State	-	9.000	-	8.450	-
vs. California	-	9.775	-	-	-
vs. UCLA	-	9.800	-	9.500	-
at Chicago Style Meet	-	9.675	-	9.050	-
vs. Utah	-	9.750	-	9.400	-
vs. Arizona State	-	9.700	-	9.600	-
at Arizona	-	9.800	-	9.775	-
at LSU	-	9.825	-	9.700	-
vs. Seattle Pacific	-	9.875*	-	9.000	-

2008 Washington Results (cont.)

Cassidy Lance, So. (Draper, Utah)

Suffered a career-ending knee injury after the Oregon State meet.

Lance Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	9.250	<u>8.850</u>	-	-	-
at Oregon State	<i>9.650</i>	-	-	-	-

Kristen Linton, Fr. (Edmonds, Wash.)

Linton Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	-	9.725	9.400	8.850	-
at Oregon State	9.025	9.825	9.775	-	-
vs. California	<u>9.700</u>	9.850*	<u>9.825*</u>	9.450	38.825
vs. UCLA	9.575	9.825	9.775	9.675	38.850
at Chicago Style Meet	9.575	9.825	9.775	-	-
vs. Utah	9.525	9.200	9.650	9.600	37.975
vs. Arizona State	9.650	9.700	9.800	-	-
at Arizona	9.675	9.050	8.975	<u>9.750</u>	37.450
at LSU	9.600	8.675	9.700	9.625	37.600
vs. Seattle Pacific	9.625	<u>9.875*</u>	9.725	9.725	<u>38.950*</u>

Kristen Omori, Jr. (Kirkland, Wash.)

Suffered a season-ending ACL tear on her beam dismount versus Utah.

Omori Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	9.075	-	-	-	-
at Oregon State	Did not compete				
vs. California	Did not compete				
vs. UCLA	-	-	<i>9.725</i>	9.350	-
at Chicago Style Meet	9.775	-	<i>9.725</i>	<i>9.800</i>	-
vs. Utah	<i>9.800</i>	-	9.350	-	-

Nikki Waiss, Sr. (Mill Creek, Wash.)

Waiss Season Stats

	Vault	Bars	Beam	Floor	AA
at Denver	Did not compete				
at Oregon State	-	8.300	-	-	-
vs. California	-	9.125	-	-	-
vs. UCLA	<i>9.725</i>	9.750	-	-	-
at Chicago Style Meet	-	9.800	-	-	-
vs. Utah	-	9.725	-	-	-
vs. Arizona State	-	9.675	-	-	-
at Arizona	-	9.750	-	-	-
at LSU	-	<i>9.875</i>	-	-	-
vs. Seattle Pacific	9.550	<i>9.875*</i>	-	-	-

Samantha Walior, Fr. (Prior Lake, Minn.)

Walior Season Stats	Vault	Bars	Beam	Floor	AA
at Denver	-	9.650	9.675	9.750	-
at Oregon State	-	9.700	9.625	9.725	-
vs. California	-	9.725	9.700	9.725	-
vs. UCLA	-	9.750	9.775	9.700	-
at Chicago Style Meet	-	<u>9.825</u>	9.750	9.775	-
vs. Utah	-	<u>9.825</u>	<u>9.800</u>	9.850	-
vs. Arizona State	-	9.775	9.750	9.725	-
at Arizona	-	9.750	9.625	<u>9.900</u>	-
at LSU	-	9.650	<u>9.800</u>	9.875	-
vs. Seattle Pacific	-	9.775	9.725	<u>9.900*</u>	-

* indicates a 1st place finish

bold/underline indicates a career-high mark

italics indicate a season-high mark

Team Results

	Wins	Losses
Overall	2	10
Dual Meets	2	7
Pac-10	1	5

Meet-by-Meet Scores

Meet	Vault	Bars	Beam	Floor	Total
at Denver	48.275	47.550	46.775	47.875	190.475
at Oregon St.	48.050	47.350	48.125	47.900	191.425
vs. California	48.550	48.525	48.725	48.175	193.975
vs. UCLA	48.525	48.825	48.550	48.525	194.425
at Chicago Style	48.650	48.825	<u>48.750</u>	48.025	194.250
vs. Utah	<u>48.925</u>	48.675	48.725	48.350	194.675
vs. Arizona State	48.725	48.500	48.575	48.300	194.100
at Arizona	48.875	48.575	47.875	<u>49.200</u>	194.525
at LSU	48.875	48.600	<u>48.750</u>	48.950	<u>195.175</u>
vs. Seattle Pacific	48.400	<u>49.025</u>	48.525	48.500	194.450

italics indicate a season-high score