



2023 WOMEN'S GYMNASTICS

17 NCAA Championship Team Appearances • 29 All-Americans on 96 Occasions

2023 SCHEDULE 10-9, 3-6 Big Ten

Date	Opponent	Result/Time
Jan. 6	at Keystone Invitational [^] Pitt, Temple, Penn	2nd, 195.475
Jan. 8	at Denver (with TWU)	2nd, 195.875
JAN. 13	LIU, PENN, SCSU	1st, 196.000
JAN. 21	at Minnesota*	L, 196.225-195.525
JAN. 30	RUTGERS*	W, 196.550-195.150
Feb. 4	at Michigan State*	L, 197.450-195.475
FEB. 10	NEBRASKA*	W, 196.350-196.325
FEB. 17	OHIO STATE*	L, 196.725-196.125
Feb. 24	at Big Five Meet% Illinois*, Iowa*, Maryland*, Michigan*	4th, 196.100
March 3	WILLIAM & MARY	W, 196.875-193.050
March 10	at Auburn	L, 197.025-197.600
March 18	Big Ten Championships#	7th, 196.200
March 30	NCAA Regionals vs. Towson [^]	W, 195.700-195.450
<i>March 31</i>	<i>NCAA Regional Semifinals</i>	<i>7 p.m.</i>

* Big Ten Opponent
[^] Pittsburgh, Pa.
[%] Lincoln, Neb.
[#] Coralville, Iowa

All Times Eastern

HOME MEETS IN BOLD CAPS
Current meet in italics

PENN STATE SET FOR COMPETITION IN PITTSBURGH REGIONAL SEMIFINAL

NCAA Regional Semifinal: March 31, 2023 • Pittsburgh

NITTANY NOTES

- Heading into competition, the Nittany Lions sit at No. 33 in the country in the RoadToNationals NQS rankings.
- The Nittany Lions advanced past Towson on Thursday afternoon 195.700-195.450.
- Penn State will make its first appearance in the regional semifinal round since the 2019 season.
- Against Towson, Penn State tied the fourth-highest regional floor score in school history with a 49.225. The team's 49.100 score on bars is the sixth-best on the apparatus in program history.
- Cassidy Rushlow's 9.9 score on bars tied the third-best individual score on the apparatus in school history.
- The Nittany Lions have earned the sixth and tenth-best scores in program history this year. 2023 is one of just two seasons with two tallies remaining in the top 10 all-time at PSU (2001).

Career Best Scores

Gymnast	AA	V	UB	BB	FX
Ayers	-	9.775	9.725	9.675	9.775
Beckwith	-	-	9.900	-	-
Bladon	-	9.750	-	9.825	9.775
Duhe	-	-	-	-	-
Gallentine	-	-	9.950*	-	-
Gibble	-	-	-	9.900	9.775
Harrell	-	-	-	-	-
Herring	-	9.800	-	9.925	9.925
Johanson	39.350	9.900	9.850	9.850	9.875
Johnston	39.425	9.875	9.900	9.900	9.850
Leary	-	-	-	-	-
Mace	-	-	9.775	-	-
Piedrahita	39.425	9.950	9.875	9.875	9.900
Romagnano	-	-	9.850	9.825	-
Rushlow	39.475	9.900	9.975	9.925	9.875
Salcedo	-	9.875	-	9.950	9.950
Vihrova	38.425	9.875	9.850	9.700	9.925
Yarussi	-	-	-	-	-

* - at Florida

Season Best Scores

Gymnast	AA	V	UB	BB	FX
Ayers	-	-	-	-	-
Beckwith	-	-	-	-	-
Bladon	-	-	-	-	-
Duhe	-	-	-	-	-
Gallentine	-	-	9.900	-	-
Gibble	-	-	-	9.900	9.775
Harrell	-	-	-	-	-
Herring	-	9.800	-	9.925	9.925
Johanson	39.350	9.850	9.850	9.850	9.875
Johnston	39.425	9.875	9.900	9.900	9.850
Leary	-	-	-	-	-
Mace	-	-	9.775	-	-
Piedrahita	39.425	9.950	9.875	9.875	9.900
Romagnano	-	-	-	-	-
Rushlow	39.275	9.850	9.975	9.875	9.825
Salcedo	-	9.850	-	9.950	9.850
Vihrova	-	9.875	9.825	-	9.925
Yarussi	-	-	-	-	-

Team Season Highs

Overall: 197.025 - at Auburn

Vault: 49.375 - vs. William & Mary

Bars: 49.350 - at Auburn

Beam: 49.425 - at Auburn

Floor: 49.225 - at NCAA Regional vs. Towson



@PennStateWGYM



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Communications Contact: Matt Rudisill
mpr5529@psu.edu
814-321-8341



2023 PENN STATE WOMEN'S GYMNASTICS

2023 ROSTER

Name	Event	Yr.	Hometown/Last School/Club Team
Maggie Ayers	AA	Jr.	York, Pa./York Suburban/Hanover
Nikki Beckwith	UB, BB, FX	So.	Westerville, Ohio/Genoa Christian/Buckeye
Amy Bladon	V, BB, FX	Sr.	Sarnia, Ontario/Great Lakes Secondary/Bluewater
Sarah Duhe	VT	Jr.	New Orleans, La./Alabama/Elmwood
Gabbie Gallentine	AA	Jr.	Iron Station, N.C./Florida/Everest
Haleigh Gibble	BB, FX	Fr.	Sinking Spring, Pa./Wilson/Prestige
Grace Harrell	AA	So.	West Chester, Ohio/The Summit County Day/Cincinnati Gymnastics
Amani Herring	AA	Fr.	Denville, N.J./Morris Knolls/North Stars
Jessica Johanson	AA	So.	West Hartford, Conn./Hall/Gymnastics Express
Maddie Johnston	AA	Jr.	Boys, Md./Poolesville/Hill's
Katie Leary	UB, BB, FX	Fr.	Nazareth, Pa./Notre Dame Green Pond/Parkettes
Maggie Mace	AA	Jr.	Dayton, Ohio/Ohio Connections Academy/Cincinnati Gymnastics
Ava Piedrahita	AA	Fr.	Gaithersburg, Md./Damascus/Hill's
Bella Romagnano	UB, BB, FX	Sr.	New Albany, Ohio/New Albany/Buckeye
Cassidy Rushlow	AA	Sr.	Worcester, Mass./Worcester Technical/Daggett Gold Medal
Isabella Salcedo	AA	So.	Arlington, Texas/Laurel Springs Online/Texas Dreams
Elina Vihrova	AA	So.	Riga, Latvia/Rigas Tehnolingvistika Gimnazija/IGYM Latvia
Olivia Yarussi	VT, BB, FX	So.	Pittsburgh, Pa./Seneca Valley/Xquisite

Head Coach: Sarah Brown (Missouri '10; Sixth Season)
 Assistant Coach: Rachel Inniss (Auburn '12; Third Season)
 Assistant Coach: Ralph Rosso (Michigan '09; Second Season)

2023 QUICK FACTS

GENERAL INFORMATION

Location..... University Park, Pa.
 Founded.....1855
 Enrollment.....48,197
 Colors..... Blue and White
 Conference..... Big Ten
 Nickname..... Nittany Lions
 President.....Dr. Neeli Bendapudi
 Vice President of Intercollegiate Athletics.....Dr. Patrick Kraft
 Sr. Assoc. Athletics Director/SWA/
 Sport Administrator.....Dr. Lauren Rhodes
 Athletic Website.....www.GoPSUsports.com

COACHING STAFF

Head Coach.....Sarah Brown
 Penn State Record (Years).....40-45 (5)
 Career Record (Years).....51-49 (6)
 Assistant Coach.....Rachel Inniss (3rd Year)
 Assistant Coach.....Ralph Rosso (2nd Year)
 Office.....110A White Building
 Telephone.....(814) 863-7461
 Fax.....(814) 865-8149

TEAM INFORMATION

Home Arena (Capacity).....Rec Hall (5,812)
 Facebook.....PennStateWomensGymnastics
 Instagram.....@PennStateWGYM
 Twitter.....@PennStateWGYM

PROGRAM HISTORY

First Year of Gymnastics.....1965
 All-Time Record (Years).....608-321-4 (58)
 National Championships.....2
 (1978, 80)
 NCAA Championship Team Appearances.....18
 (1982, '84, '85, '86, '88, '91, '92, '93, '94,
 '95, '96, '97, '98, '99, 2000, '05, '09, '14)
 AIAW Championship Appearances.....7
 (1975, '76, '77, '78, '79, '80, '81)

PRONUNCIATION GUIDE

Name	Pronunciation
Maggie Ayers	Maggie ay-ers (ay rhymes with hay)
Amy Bladon	Amy BLADE-in
Sarah Duhe	Sarah DEW-hay
Ava Piedrahita	Ava PEA-ed-RUH-HEAT-uh
Bella Romagnano	Bella ROME-ig-NAN-oh (nan rhymes with can)
Cassidy Rushlow	Cassidy RUSH-low
Isabella Salcedo	Isabella Sal-SAY-doh
Elina Vihrova	eh-LEEN-uh vee-ROW-vuh



2023 PENN STATE WOMEN'S GYMNASTICS

TEAM MEET-BY-MEET

Date - Opponent	Event Order	V	UB	BB	FX	TEAM
Jan. 6 - at Keystone Classic	BB-FX-V-UB	48.750	48.975	48.650	49.100	195.475
Jan. 8 - at Denver with TWU	UB-BB-FX-V	48.675	49.150	49.000	49.050	195.875
Jan. 13 - LIU, PENN, SCSU	V-UB-BB-FX	49.000	49.025	49.150	48.825	196.000
Jan. 21 - at Minnesota*	UB-V-FX-BB	48.925	49.000	48.975	48.625	195.525
Jan. 30 - RUTGERS*	V-UB-BB-FX	48.975	49.275	49.150	49.150	196.550
Feb. 4 - at Michigan State*	UB-V-FX-BB	49.125	48.875	48.775	48.700	195.475
Feb. 10 - NEBRASKA*	V-UB-BB-FX	48.975	49.225	49.175	48.975	196.350
Feb. 17 - OHIO STATE*	V-UB-BB-FX	49.275	49.125	48.825	48.900	196.125
Feb. 24 - at Big Five Meet*	FX-V-UB-BB-BYE	49.325	49.000	48.825	48.950	196.100
Mar. 3 - WILLIAM & MARY	V-UB-BB-FX	49.375	49.100	49.225	49.175	196.875
Mar. 10 - at Auburn	UB-VT-F-BB	49.075	49.350	49.425	49.175	197.025
Mar. 18 - at Big Ten Championships	VT-BYE-UB-BB-BYE-FX	49.000	49.250	48.925	49.025	196.200
March 30 - NCAA Regionals vs. Towson	UB-VT-FX-BB	48.950	49.100	48.425	49.225	195.700

SEASON HIGH IN BOLD

* Indicates Big Ten Conference Meet

SEASON TOP PERFORMANCES

Vault	(Rowland/Personett, 10.0)
Ava Piedrahita (at Big 5 Meet)	9.950
Maddie Johnston (vs. William & Mary)	9.875
Elina Vihrova (vs. William & Mary)	9.875
Isabella Salcedo (3x, Last vs. W&M)	9.850
Jessica Johanson (4x, Last at BIG Champs)	9.850
Cassidy Rushlow (at Big 5 Meet)	9.850
Amani Herring (3x, Last vs. Ohio State)	9.800

Balance Beam	(Leopoldus/Rowland/Smith, 10.0)
Isabella Salcedo (at Auburn)	9.950
Amani Herring (at Keystone Classic)	9.925
Haleigh Gibble (at Auburn)	9.900
Maddie Johnston (3x, Last at Auburn)	9.900
Cassidy Rushlow (vs. William & Mary)	9.875
Jessica Johanson (NCAA Regional vs Towson)	9.850
Ava Piedrahita (at Michigan State)	9.800

All-Around	(Rowland, 39.775)
Maddie Johnston (vs. William & Mary)	39.425
Ava Piedrahita (vs. William & Mary)	39.425
Jessica Johanson (at Auburn)	39.350
Cassidy Rushlow (vs. William & Mary)	39.275

Uneven Bars	(Bridgens, 10.0)
Cassidy Rushlow (vs. Nebraska)	9.975
Maddie Johnston (vs. Nebraska)	9.900
Gabbie Gallentine (at Denver Tri-Meet)	9.900
Ava Piedrahita (2x, Last at Auburn)	9.875
Jessica Johanson (at Auburn)	9.850
Elina Vihrova (3x, Last vs. Ohio State)	9.825
Maggie Mace (at Michigan State)	9.775

Floor Exercise	(Casey, 10.0)
Amani Herring (vs. Nebraska)	9.925
Elina Vihrova (vs. Rutgers)	9.925
Ava Piedrahita (vs. William & Mary)	9.900
Jessica Johanson (2x, Last at Denver)	9.875
Isabella Salcedo (at BIG Champs)	9.850
Maddie Johnston (vs. William & Mary)	9.850
Cassidy Rushlow (vs. William & Mary)	9.825
Haleigh Gibble (at Big 5 Meet)	9.775

National Rankings (Top 50)/Big Ten Rankings (Top 10)						Career Event Titles (Season Event Titles)					
Gymnast	AA	V	UB	BB	FX	Gymnast	AA	V	UB	BB	FX
Ayers	-	-	-	-	-	Ayers	-	-	-	-	-
Beckwith	-	-	-	-	-	Beckwith	-	-	1(-)	-	-
Bladon	-	-	-	-	-	Bladon	-	-	-	1(-)	-
Duhe	-	-	-	-	-	Duhe	-	-	-	-	-
Gallentine	-	-	-	-	-	Gallentine	-	-	2(2)	-	-
Gibble	-	-	-	-	-	Gibble	-	-	-	-	-
Harrell	-	-	-	-	-	Harrell	-	-	-	-	-
Herring	-	-	-	-	-	Herring	-	-	-	1(1)	2(2)
Johanson	-	-	-	-	-	Johanson	1(1)	2(-)	1(-)	1(1)	-
Johnston	-	-	-	-	-	Johnston	2(2)	-	-	2(2)	-
Leary	-	-	-	-	-	Leary	-	-	-	-	-
Mace	-	-	-	-	-	Mace	-	-	-	-	-
Piedrahita	-	23(T-8)	-	-	-	Piedrahita	3(3)	5(5)	-	1(1)	1(1)
Romagnano	-	-	-	-	-	Romagnano	-	-	1(-)	-	-
Rushlow	-	-	T-21(T-3)	-	-	Rushlow	6(-)	4(-)	7(4)	2(1)	-
Salcedo	-	-	-	-	-	Salcedo	-	3(1)	-	2(2)	5(-)
Vihrova	-	-	-	-	-	Vihrova	-	-	-	-	1(1)
Yarussi	-	-	-	-	-	Yarussi	-	-	-	-	-

INCLUDES TIES - AS OF 3/30/23



2023 PENN STATE WOMEN'S GYMNASTICS

GYMNAST MEET-BY-MEET

Maggie Ayers	Jr.
Vault	(9.725, 3/31/21)
Uneven Bars	(9.725, 1/17/21)
Balance Beam	(9.675, 2/19/22)
Nikki Beckwith	So.
Uneven Bars	(9.900, 2/4/22)

Amy Bladon	Sr.
Vault	(9.750, 2/22/20)
Balance Beam	(9.825, 1/14/22)
Floor Exercise	(9.775, 2/21/21)

Sarah Duhe **Jr.**

Gabbie Gallentine	Jr.
Uneven Bars	(9.950 with Florida)
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.900
LIU, Penn, SCSU (1/13)	9.675
at Minnesota (1/21)	9.825
at Big 5 Meet (2/24)	9.700
WILLIAM & MARY (3/3)	9.850
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.875
NCAA Regional vs. Towson (3/30)	9.800

Haleigh Gibble	Fr.
Balance Beam	(9.900, 3/10/23)
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.850
LIU, Penn, SCSU (1/13)	9.850
at Minnesota (1/21)	9.600
RUTGERS (1/30)	9.850
at Michigan State (2/4)	9.650
NEBRASKA (2/10)	9.875
OHIO STATE (2/17)	9.675
at Big 5 Meet (2/24)	9.775
WILLIAM & MARY (3/3)	9.600
at Auburn (3/10)	9.900
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	8.925

Floor Exercise	(9.775, 2/24/23)
at Big 5 Meet (2/24)	9.775
WILLIAM & MARY (3/3)	9.125

Grace Harrell **So.**

Amani Herring	Fr.
Vault	(9.800, 3x, Last 2/17/23)
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.750
LIU, Penn, SCSU (1/13)	9.775
at Minnesota (1/21)	9.700
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.775
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.800

Balance Beam	(9.925, 1/6/23)
at Keystone Classic (1/6)	9.925
at Denver Tri-Meet (1/8)	9.875
LIU, Penn, SCSU (1/13)	9.850
at Minnesota (1/21)	9.825
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.650
NEBRASKA (2/10)	9.800
OHIO STATE (2/17)	9.750

Floor Exercise	(9.925, 2/10/23)
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.800
LIU, Penn, SCSU (1/13)	9.850
at Minnesota (1/21)	9.525
RUTGERS (1/30)	9.875
at Michigan State (2/4)	9.625
NEBRASKA (2/10)	9.925
OHIO STATE (2/17)	9.850
NCAA Regional vs. Towson (3/30)	9.850

Jessica Johanson	So.
All-Around	(39.350, 3/10/23)
at Keystone Classic (1/6)	38.500
at Denver Tri-Meet (1/8)	39.200
LIU, Penn, SCSU (1/13)	38.950
at Minnesota (1/21)	38.500
at Big 5 Meet (2/24)	39.050
WILLIAM & MARY (3/3)	39.200
at Auburn (3/10)	39.350
BIG 10 Championships (3/18)	38.725
NCAA Regional vs. Towson (3/30)	39.300

Vault	(9.900, 2/19/22)
at Keystone Classic (1/6)	9.625
at Denver Tri-Meet (1/8)	9.825
LIU, Penn, SCSU (1/13)	9.750
at Minnesota (1/21)	9.150
RUTGERS (1/30)	9.775
at Michigan State (2/4)	9.850
NEBRASKA (2/10)	9.825
OHIO STATE (2/17)	9.850
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	9.850
at Auburn (3/10)	9.825
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.775

Uneven Bars	(9.850, 2x, Last 3/10/23)
at Keystone Classic (1/6)	9.750
at Denver Tri-Meet (1/8)	9.800
LIU, Penn, SCSU (1/13)	9.700
at Minnesota (1/21)	9.750
RUTGERS	9.800
at Michigan State (2/4)	9.675
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.700
at Big 5 Meet (2/24)	9.700
WILLIAM & MARY (3/3)	9.800
at Auburn (3/10)	9.850
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	9.825

Balance Beam	(9.850, 3/30/23)
at Keystone Classic (1/6)	9.250
at Denver Tri-Meet (1/8)	9.700
LIU, Penn, SCSU (1/13)	9.750
at Minnesota (1/21)	9.825
at Big 5 Meet (2/24)	9.725
WILLIAM & MARY (3/3)	9.800
at Auburn (3/10)	9.825
BIG 10 Championships (3/18)	9.225
NCAA Regional vs. Towson (3/30)	9.850

Floor Exercise	(9.875, 2x, Last 1/8/23)
at Keystone Classic (1/6)	9.875
at Denver Tri-Meet (1/8)	9.875
LIU, Penn, SCSU (1/13)	9.750
at Minnesota (1/21)	9.775
at Michigan State (2/4)	9.700
OHIO STATE (2/17)	9.850
at Big 5 Meet (2/24)	9.800
WILLIAM & MARY (3/3)	9.750
at Auburn (3/10)	9.850
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.850

KEY
 Event (Career Best, Date)
 Meet (Date) Score

* - School Record

- NCAA Record

\$ - Big Ten Record

Season Highs in **BOLD**



2023 PENN STATE WOMEN'S GYMNASTICS

GYMNAST MEET-BY-MEET

Maddie Johnston Jr.

All-Around	(39.425, 3/3/23)
at Keystone Classic (1/6)	38.875
at Denver Tri-Meet (1/8)	38.925
LIU, PENN, SCSU (1/13)	39.150
at Minnesota (1/21)	38.225
RUTGERS (1/30)	39.175
NEBRASKA (2/10)	39.375
OHIO STATE (2/17)	39.100
at Big 5 Meet (2/24)	39.200
WILLIAM & MARY (3/3)	39.425
at Auburn (3/10)	39.400
BIG 10 Championships (3/18)	39.250
NCAA Regional vs. Towson (3/30)	39.100

Vault (9.875, 3/3/23)

at Keystone Classic (1/6)	9.650
at Denver Tri-Meet (1/8)	9.675
LIU, PENN, SCSU (1/13)	9.775
at Minnesota (1/21)	9.800
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.750
NEBRASKA (2/10)	9.800
OHIO STATE (2/17)	9.800
at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	9.875
at Auburn (3/10)	9.825
BIG 10 Championships (3/18)	9.825
NCAA Regional vs. Towson (3/30)	9.750

Uneven Bars (9.900, 2/10/23)

at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.850
LIU, PENN, SCSU (1/13)	9.775
at Minnesota (1/21)	9.750
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.700
NEBRASKA (2/10)	9.900
OHIO STATE (2/17)	9.800
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	9.825
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.675

Balance Beam (9.900, 3x, Last 3/10/23)

at Keystone Classic (1/6)	9.625
at Denver Tri-Meet (1/8)	9.750
LIU, PENN, SCSU (1/13)	9.900
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.825
NEBRASKA (2/10)	9.900
OHIO STATE (2/17)	9.775
at Big 5 Meet (2/24)	9.750
WILLIAM & MARY (3/3)	9.875
at Auburn (3/10)	9.900
BIG 10 Championships (3/18)	9.825
NCAA Regional vs. Towson (3/30)	9.850

Floor Exercise (9.850, 3/3/23)

at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.650
LIU, PENN, SCSU (1/13)	9.700
at Minnesota (1/21)	8.900
RUTGERS (1/30)	9.725
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.725
at Big 5 Meet (2/24)	9.775
WILLIAM & MARY (3/3)	9.850
at Auburn (3/10)	9.800
BIG 10 Championships (3/18)	9.750
NCAA Regional vs. Towson (3/30)	9.775

Katie Leary Fr.

* - School Record	# - NCAA Record	\$ - Big Ten Record	Season Highs in CAPS
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Maggie Mace Jr.

Uneven Bars	(9.775, 2x, Last 2/4/23)
RUTGERS (1/30)	9.700
at Michigan State (2/4)	9.775
NEBRASKA (2/10)	9.725
OHIO STATE (2/17)	9.725

Ava Piedrahita Fr.

All-Around	(39.425, 3/3/23)
at Keystone Classic (1/6)	39.175
at Denver Tri-Meet (1/8)	38.850
LIU, PENN, SCSU (1/13)	38.600
at Minnesota (1/21)	39.225
RUTGERS (1/30)	39.225
at Michigan State (2/4)	39.350
NEBRASKA (2/10)	39.175
OHIO STATE (2/17)	38.400
at Big 5 Meet (2/24)	39.300
WILLIAM & MARY (3/3)	39.425
at Auburn (3/10)	39.375
BIG 10 Championships (3/18)	39.175
NCAA Regional vs. Towson (3/30)	39.325

Vault (9.950, 2/24/23)

at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.725
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.875
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.925
NEBRASKA (2/10)	9.825
OHIO STATE (2/17)	9.925
at Big 5 Meet (2/24)	9.950
WILLIAM & MARY (3/3)	9.925
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.850

Uneven Bars (9.875, 2x, Last 3/10/23)

at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.775
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.800
RUTGERS (1/30)	9.875
at Michigan State (2/4)	9.800
NEBRASKA (2/10)	9.850
OHIO STATE (2/17)	9.825
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	9.725
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	9.800

Balance Beam (9.875, 3/3/23)

at Keystone Classic (1/6)	9.700
at Denver Tri-Meet (1/8)	9.750
LIU, PENN, SCSU (1/13)	9.175
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.725
at Michigan State (2/4)	9.800
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.725
at Big 5 Meet (2/24)	9.675
WILLIAM & MARY (3/3)	9.875
at Auburn (3/10)	9.775
BIG 10 Championships (3/18)	9.725
NCAA Regional vs. Towson (3/30)	9.825

KEY	
Event	(Career Best, Date)
Meet (Date)	Score

Floor Exercise (9.90, 3/3/23)

at Keystone Classic (1/6)	9.850
at Denver Tri-Meet (1/8)	9.650
LIU, PENN, SCSU (1/13)	9.725
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.825
NEBRASKA (2/10)	9.725
OHIO STATE (2/17)	8.925
at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	9.900
at Auburn (3/10)	9.850
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	9.850

Bella Romagnano Sr.

Uneven Bars (9.750, 3/19/22)

Balance Beam (9.825, 3/7/20)

Cassidy Rushlow Sr.

All-Around	(39.475, 2/5/21)
at Big 5 Meet (2/24)	39.200
WILLIAM & MARY (3/3)	39.275
at Auburn (3/10)	39.100
BIG 10 Championships (3/18)	38.875

Vault (9.900, 2/22/20)

at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	9.750
at Auburn (3/10)	9.750
BIG 10 Championships (3/18)	9.750
NCAA Regional vs. Towson (3/30)	9.775

Uneven Bars (9.975, 2/10/23)

at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.825
LIU, PENN, SCSU (1/13)	9.900
at Minnesota (1/21)	9.800
RUTGERS (1/30)	9.950
at Michigan State (2/4)	9.850
NEBRASKA (2/10)	9.975
OHIO STATE (2/17)	9.950
at Big 5 Meet (2/24)	9.925
WILLIAM & MARY (3/3)	9.825
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.925
NCAA Regional vs. Towson (3/30)	9.900

Balance Beam (9.925, 2/5/21)

at Keystone Classic (1/6)	9.600
at Denver Tri-Meet (1/8)	9.825
LIU, PENN, SCSU (1/13)	9.800
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.775
NEBRASKA (2/10)	9.275
OHIO STATE (2/17)	9.700
at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	9.875
at Auburn (3/10)	9.850
BIG 10 Championships (3/18)	9.700
NCAA Regional vs. Towson (3/30)	9.100



2023 PENN STATE WOMEN'S GYMNASTICS

GYMNAST MEET-BY-MEET

Floor Exercise	(9.875, 2/26/22)
at Keystone Classic (1/6)	9.025
LIU, PENN, SCSU (1/13)	9.150
RUTGERS (1/30)	9.775
at Michigan State (2/4)	9.700
NEBRASKA (2/10)	9.800
OHIO STATE (2/17)	9.725
at Big 5 Meet (2/24)	9.575
WILLIAM & MARY (3/3)	9.825
at Auburn (3/10)	9.625
BIG 10 Championships (3/18)	9.500

Isabella Salcedo	So.
Vault	(9.875, 2/26/22)
at Keystone Classic (1/6)	9.750
at Denver Tri-Meet (1/8)	9.625
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.800
NEBRASKA (2/10)	9.500
OHIO STATE (2/17)	9.850
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	9.850
at Auburn (3/10)	9.750
BIG 10 Championships (3/18)	9.675
NCAA Regional vs. Towson (3/30)	9.675

Balance Beam	(9.950, 3/10/23)
RUTGERS (1/30)	9.875
at Michigan State (2/4)	9.700
NEBRASKA (2/10)	9.825
OHIO STATE (2/17)	9.875
at Big 5 Meet (2/24)	9.725
WILLIAM & MARY (3/3)	9.800
at Auburn (3/10)	9.950
BIG 10 Championships (3/18)	9.875
NCAA Regional vs. Towson (3/30)	9.800

Floor Exercise	(9.950, 3/13/22)
at Keystone Classic (1/6)	9.825
at Minnesota (1/21)	9.825
RUTGERS (1/30)	9.750
at Michigan State (2/4)	9.825
NEBRASKA (2/10)	9.525
at Auburn (3/10)	9.800
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.850

Elina Vihrova	So.
All-Around	(38.425, 1/29/22)
Vault	(9.875, 3/3/23)
at Keystone Classic (1/6)	9.725
at Denver Tri-Meet (1/8)	9.700
LIU, PENN, SCSU (1/13)	9.625
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.725
at Michigan State (2/4)	9.775
NEBRASKA (2/10)	9.750
OHIO STATE (2/17)	9.850
at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	9.875
at Auburn (3/10)	9.800
BIG 10 Championships (3/18)	9.725
NCAA Regional vs. Towson (3/30)	9.750

Uneven Bars	(9.850, 1/29/22)
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.775
LIU, PENN, SCSU (1/13)	9.800
at Minnesota (1/21)	9.825
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.750
NEBRASKA (2/10)	9.725
OHIO STATE (2/17)	9.825
at Big 5 Meet (2/24)	9.725
WILLIAM & MARY (3/3)	9.800
at Auburn (3/10)	9.800
BIG 10 Championships (3/18)	9.625
NCAA Regional vs. Towson (3/30)	9.775

Balance Beam	(9.175, 3/5/22)
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Floor Exercise	(9.925, 1/30/23)
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.725
LIU, PENN, SCSU (1/13)	9.800
at Minnesota (1/21)	9.725
RUTGERS (1/30)	9.925
at Michigan State (2/4)	9.650
NEBRASKA (2/10)	9.750
OHIO STATE (2/17)	9.725
at Big 5 Meet (2/24)	9.750
WILLIAM & MARY (3/3)	9.850
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.775
NCAA Regional vs. Towson (3/30)	9.825

Olivia Yarussi	So.
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KEY
 Event (Career Best, Date)
 Meet (Date) Score

* - School Record

- NCAA Record

\$ - Big Ten Record

Season Highs in CAPS



2023 PENN STATE WOMEN'S GYMNASTICS

INDIVIDUAL SCHOOL RECORDS

VAULT

1.	10.0	Brandi Personett	2/13/2010
		Brandi Personett	1/23/2010
		Katie Rowland	3/29/2003
		Katie Rowland	2/16/2003
5.	9.975	Emma Sibson	3/8/2014
		Sharaya Musser	3/7/2010
		Brandi Personett	2/2/2008
		Katie Rowland	3/8/2003
9.	9.950	Ava Piedrahita	2/24/2023
		Briannah Tsang	1/31/2015
		Krystal Welsh	1/31/2015
		Briannah Tsang	1/17/2015
		Emma Sibson	2/8/2014
		Madison Merriam	3/16/2013
		Madison Merriam	2/16/2013
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/2/2012
		Sharaya Musser	1/15/2012
		Sharaya Musser	2/11/2011
		Sharaya Musser	3/20/2010
		Brandi Personett	4/10/2010
		Brandi Personett	2/20/2010
		Brandi Personett	2/13/2009
		Brandi Personett	1/30/2009
		Brandi Personett	3/29/2008
		Brandi Personett	3/31/2007
		Jennifer Orlando	2/25/2006
		Lisa Clark	2/13/2005
		Lisa Clark	4/3/2004
		Katie Rowland	4/12/2003
		Katie Rowland	2/7/2003
		Katie Rowland	1/11/2003
		Katie Rowland	3/23/2002
		Katie Rowland	3/9/2002
		Katie Rowland	2/15/2002
		Katie Rowland	3/10/2001
		Gemma Cuff	3/2/2000
		Gemma Cuff	2/28/1998
		Joanna Knox	3/25/1995

UNEVEN BARS

1.	10.0	Lauren Bridgens	3/9/2018
2.	9.975	Cassidy Rushlow	2/10/2023
		Natalie Ettl	2/18/2011
		Katie Perret	3/16/2007
5.	9.950	Cassidy Rushlow	2/17/2023
		Cassidy Rushlow	1/30/2023
		Alissa Bonsall	3/13/2022
		Ava Verdeflor	2/27/2021
		Sabrina Garcia	1/19/2019
		Sabrina Garcia	1/21/2017
		Sabrina Garcia	1/7/2017
		Kiera Brown	3/19/2016
		Kiera Brown	1/9/2016
		Krystal Welsh	3/8/2015
		Madison Merriam	2/23/2013
		Natalie Ettl	2/6/2011
		Natalie Ettl	3/7/2010
		Natalie Ettl	2/6/2010
		Katie McAvoy	3/1/2003
		Katie McAvoy	2/2/2002
		Katie Rowland	3/16/2002
		Katie Rowland	2/17/2001
		Maria Taylor	2/23/2001
		Nikki Smith	3/13/1999

FLOOR EXERCISE

1.	10.0	Ellen Casey	2/19/1999
2.	9.975	Katie Rowland	3/14/2003
		Gemma Cuff	2/23/2001
		Ellen Casey	1999
5.	9.950	Isabella Salcedo	3/13/2022
		Lauren Bridgens	1/25/2020
		Briannah Tsang	3/24/2018
		Briannah Tsang	2/24/2018
		Briannah Tsang	3/5/2017
		Emma Sibson	3/8/2015
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/4/2011
		Sharaya Musser	2/18/2011
		Brandi Personett	3/27/2010
		Brandi Personett	3/20/2010
		Brandi Personett	2/20/2010
		Brandi Personett	3/21/2009
		Brandi Personett	3/8/2009
		Brandi Personett	3/1/2009
		Brandi Personett	3/1/2008
		Brandi Personett	2/24/2007
		Kate Stopper	2/6/2004
		Katie Rowland	4/12/2003
		Katie Rowland	3/1/2003
		Katie Rowland	2/16/2003
		Katie Rowland	2/1/2003
		Katie Rowland	3/16/2002
		Katie Rowland	2/23/2001
		Katie Rowland	2/3/2001
		Leslie Bair	2/23/2001
		Richelle Simpson	2/23/2001
		Heather Duggan	2/19/2000
		Missy Leopoldus	3/14/1998
		Ellen Casey	1999
		Ellen Casey	2/28/1998
		Ellen Casey	3/16/1997

BALANCE BEAM

1.	10.0	Katie Rowland	3/14/2003
		Nikki Smith	3/18/2000
		Missy Leopoldus	2/19/1999
		Missy Leopoldus	1/30/1999
5.	9.975	Nicole Medvitz	3/12/2016
		Meredith Hoover	2/25/2006
		Richelle Simpson	2/17/2001
		Maria Taylor	2/17/2001
		Nikki Smith	1/22/2000
10.	9.950	Isabella Salcedo	3/10/2023
		Tess McCracken	3/7/2020
		Sydney Sanabria-Robles	1/31/2015
		Briannah Tsang	1/24/2015
		Kassidy Stauder	3/8/2014
		Sharaya Musser	3/16/2013
		Sharaya Musser	2/11/2012
		Sharaya Musser	3/4/2011
		Brandi Personett	2/6/2010
		Kristal Uzelac	3/26/2005
		Katie Rowland	3/9/2002
		Nikki Smith	3/11/2000
		Nikki Smith	1/16/2000
		Missy Leopoldus	1999
		Missy Leopoldus	1/17/1998
		Nicole Malinak	2/28/1997

ALL-AROUND

1.	39.775	Katie Rowland	3/14/2003
2.	39.725	Sharaya Musser	3/4/2011
		Katie Rowland	3/9/2002
4.	39.700	Brandi Personett	2/20/2010
5.	39.675	Katie Rowland	2/16/2003
6.	39.650	Sharaya Musser	3/16/2013
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/2/2012
		Katie Rowland	2/23/2001
		Katie Rowland	2/17/2001

- NOTES: Listed alphabetically based on most recent performance.

- Bold denotes 2023 Performance

TEAM SCHOOL RECORDS

VAULT

1.	49.550	at Illinois	1/31/2015
2.	49.500	Cornell, Iowa, Yale	1/23/2010
	49.500	at NCAA Regionals	4/3/2004
	49.500	at West Virginia w/ Rutgers	2/16/2003
5.	49.475	Kentucky	3/16/2013
	49.475	at West Virginia w/ Ball State	2/13/2005
7.	49.450	at N.H. w/Bridgeport, G. Wash.	3/8/2014
	49.450	Iowa State, Penn, SUNY-Brockport	2/28/2015
9.	49.425	Nebraska, Rutgers, Yale	2/10/2006
10.	49.400	at Pittsburgh	2/13/2010

UNEVEN BARS

1.	49.500	Massachusetts	2/23/2001
2.	49.475	at BYU, TWU & Utah State	3/9/2018
3.	49.425	Nebraska	3/1/2003
4.	49.375	at Michigan State	2/4/2018
	49.375	at Maryland Quad	2/18/2011
	49.375	at Arizona w/ Kentucky, TWU	3/16/2007
	49.375	at Rhode Island	2/17/2001
8.	49.350	at Auburn	3/10/2023
	49.350	Michigan State	2/23/2013
	49.350	Maryland	3/17/2012
	49.350	at Big Ten Championships	3/27/2010
	49.350	Illinois	2/6/2010
	49.350	at Pittsburgh	3/18/2006
	49.350	at New Hampshire	3/6/2004
	49.350	New Hampshire	1/20/2001
	49.350	NCAA Regionals	4/10/1999
	49.350	Alabama	2/19/1999

BALANCE BEAM

1.	49.650	at Rhode Island	2/17/2001
2.	49.550	Big Ten Championships	3/18/2000
3.	49.425	at Auburn	3/10/2023
	49.425	Central Michigan	1/24/2004
5.	49.375	Iowa, Mich., Minn., Rutgers	3/12/2016
	49.375	at N.H. w/Bridgeport, G. Wash.	3/8/2014
	49.375	at Pittsburgh	2/28/2004
	49.375	Pennsylvania Championships	2/28/1997
9.	49.350	at Rutgers	2/9/2019
	49.350	Maryland, Michigan, Bridgeport	3/7/2010
	49.350	at Illinois	1/13/2001

FLOOR EXERCISE

1.	49.725	Massachusetts	2/23/2001
2.	49.550	Pittsburgh	2/3/2001
3.	49.525	New Hampshire, Penn, Temple	3/9/2013
	49.525	Florida	1/30/1999
5.	49.500	Alabama	2/19/1999
6.	49.450	at Pittsburgh	3/11/2012
7.	49.425	NCAA Regionals	4/5/2014
	49.425	Big Ten Championships	3/22/2014
	49.425	at Big Ten Championships	3/21/2009
	49.425	Maryland	1/29/2001

TEAM

1.	197.450	Massachusetts	2/23/2001
2.	197.325	Kentucky	3/16/2013
3.	197.200	at N.H. w/Bridgeport, G. Wash.	3/8/2014
4.	197.125	Iowa, Mich., Minn., Rutgers	3/12/2016
5.	197.075	Maryland, North Carolina State	3/4/2011
6.	197.025	at Auburn	3/10/2023
	197.025	Alabama	2/19/1999
	197.025	Michigan State	2/7/2015
9.	196.975	New Hampshire, Penn, Temple	3/9/2013
10.	196.875	William & Mary	3/3/2023
		Pittsburgh	2/3/2001
12.	196.825	at Arizona w/Kentucky, TWU	3/16/2007



2023 PENN STATE WOMEN'S GYMNASTICS

INDIVIDUAL NCAA CHAMPIONSHIPS RECORDS

VAULT

1.	9.925	Allison Barber	4/24/1992
2.	9.900	Sharaya Musser	4/22/2010
	9.900	Whitney Bencsko	4/16/2009
	9.900	Missy Leopoldus	4/17/1997
5.	9.875	Brandi Personett	4/22/2010
	9.875	Lisa Clark	4/15/2004
	9.875	Ellen Casey	4/17/1997
8.	9.850	Sharaya Musser	4/19/2013
	9.850	Danielle Hoover	4/16/2009
	9.850	Allison Barber	4/15/1993

UNEVEN BARS

1.	9.875	Lauren Bridgens	4/20/2018
	9.875	Sharaya Musser	4/19/2013
	9.875	Alexandra Brockway	4/16/2009
4.	9.850	Sharaya Musser	4/20/2012
	9.850	Brandi Personett	4/24/2008
	9.850	Joanna Knox	4/16/1998
	9.850	Ellen Casey	4/22/1999
	9.850	Gemma Cuff	4/16/1998
9.	9.825	Sharaya Musser	4/22/2010
	9.825	Brandi Personett	4/22/2010
	9.825	Danielle Hoover	4/16/2009
	9.825	Missy Leopoldus	4/16/1998
	9.825	Missy Leopoldus	4/25/1996

BALANCE BEAM

1.	9.900	Sharaya Musser	4/20/2012
2.	9.875	Sharaya Musser	4/19/2013
	9.875	Brandi Personett	4/22/2010
	9.875	Brandi Personett	4/26/2008
5.	9.850	Sabrina Garcia	4/14/2017
	9.850	Sharaya Musser	4/22/2010
	9.850	Brandi Personett	4/24/2008
	9.850	Nikki Smith	4/22/1999
9.	9.8375	Brandi Personett	4/24/2010
10.	9.825	Nikki Smith	4/13/2000

FLOOR EXERCISE

1.	9.900	Briannah Tsang	4/14/2017
	9.900	Brandi Personett	4/24/2010
	9.900	Brandi Personett	4/22/2010
	9.900	Gemma Cuff	4/13/2000
4.	9.8875	Brandi Personett	4/18/2009
5.	9.875	Sharaya Musser	4/22/2010
	9.875	Brandi Personett	4/16/2009
	9.875	Lisa Clark	4/21/2005
	9.875	Ellen Casey	4/22/1999
9.	9.850	Lindsay Musgrove	4/18/2014
	9.850	Krystal Welsh	4/18/2014
	9.850	Sharaya Musser	4/19/2013
	9.850	Sharaya Musser	4/20/2012
	9.850	Katie Rowland	4/24/2003
	9.850	Nikki Smith	4/13/2000
	9.850	Nikki Smith	4/22/1999
	9.850	Ellen Casey	4/16/1998
	9.850	Leigh Cappello	4/20/1995

ALL-AROUND

1.	39.450	Sharaya Musser	4/19/2013
2.	39.300	Sharaya Musser	4/20/2012
	39.300	Whitney Bencsko	4/16/2009
4.	39.2125	Lauren Bridgens	4/20/2018
5.	39.200	Brandi Personett	4/16/2009
	39.200	Ellen Casey	4/22/1999
7.	39.175	Gemma Cuff	4/13/2000
8.	39.150	Sidney Sanabria-Robles	4/18/2014
	39.150	Krystal Welsh	4/18/2014
	39.150	Nikki Smith	4/22/1999
	39.150	Missy Leopoldus	4/17/1997

NOTES: Listed based on most recent performance.

TEAM NCAA CHAMPIONSHIP RECORDS

VAULT

1.	49.100	Lincoln, Neb.	4/16/2009
2.	48.925	Birmingham, Ala.	4/18/2014
3.	48.850	Auburn, Ala.	4/21/2005
4.	48.800	Boise, Idaho	4/13/2000
	48.800	Gainesville, Fla.	4/17/1997
6.	48.550	Salt Lake City	4/22/1999
7.	48.475	Athens, Ga.	4/20/1995
8.	48.450	Los Angeles	4/16/1998
9.	48.300	Tuscaloosa, Ala.	4/19/1991
10.	48.250	Tuscaloosa, Ala.	4/25/1996

UNEVEN BARS

1.	49.125	Los Angeles	4/16/1998
2.	49.075	Lincoln, Neb.	4/16/2009
3.	48.950	Salt Lake City	4/22/1999
4.	48.925	Auburn, Ala.	4/21/2005
5.	48.650	Birmingham, Ala.	4/18/2014
6.	48.575	Gainesville, Fla.	4/17/1997
	48.575	Athens, Ga.	4/20/1995
8.	48.550	Boise, Idaho	4/13/2000
9.	48.425	Tuscaloosa, Ala.	4/25/1996
10.	48.400	St. Paul, Minn.	4/24/1992

BALANCE BEAM

1.	48.900	Lincoln, Neb.	4/16/2009
2.	48.825	Boise, Idaho	4/13/2000
3.	48.600	Salt Lake City	4/22/1999
4.	48.425	Los Angeles	4/16/1998
5.	48.325	Gainesville, Fla.	4/17/1997
6.	48.275	Athens, Ga.	4/20/1995
7.	48.125	Auburn, Ala.	4/21/2005
8.	48.075	Birmingham, Ala.	4/18/2014
9.	47.975	St. Paul, Minn.	4/24/1992
10.	47.800	Tuscaloosa, Ala.	4/25/1996

FLOOR EXERCISE

1.	49.175	Birmingham, Ala.	4/18/2014
	49.175	Boise, Idaho	4/13/2000
3.	49.075	Auburn, Ala.	4/21/2005
4.	49.025	Lincoln, Neb.	4/16/2009
5.	48.825	Athens, Ga.	4/20/1995
6.	48.675	Salt Lake City	4/22/1999
7.	48.625	Los Angeles	4/16/1998
	48.625	Corvallis, Ore.	4/15/1993
9.	48.600	Gainesville, Fla.	4/17/1997
10.	48.275	St. Paul, Minn.	4/24/1992

TEAM

1.	196.100	Lincoln, Neb.	4/16/2009
2.	195.350	Boise, Idaho	4/13/2000
3.	194.975	Auburn, Ala.	4/21/2005
4.	194.825	Birmingham, Ala.	4/18/2014
5.	194.775	Salt Lake City	4/22/1999
6.	194.625	Los Angeles	4/16/1998
7.	194.300	Gainesville, Fla.	4/17/1997
8.	194.150	Athens, Ga.	4/20/1995
9.	192.775	St. Paul, Minn.	4/24/1992
10.	192.700	Tuscaloosa, Ala.	4/25/1996
	192.700	Corvallis, Ore.	4/15/1993



2023 PENN STATE WOMEN'S GYMNASTICS

INDIVIDUAL NCAA REGIONALS RECORDS (SINCE 2000)

VAULT

1.	9.950	Brandi Personett	4/10/2010
	9.950	Lisa Clark	4/3/2004
	9.950	Katie Rowland	4/12/2003
4.	9.925	Sharaya Musser	4/7/2012
5.	9.900	Lauren Bridgens	4/7/2018
	9.900	Sidney Sanabria-Robles	4/5/2014
	9.900	Emma Sibson	4/5/2014
	9.900	Sharaya Musser	4/2/2011
	9.900	Brandi Personett	4/14/2007
	9.900	Meredith Hoover	4/3/2004
	9.900	Jennifer Orlando	4/3/2004
	9.900	Genavieve Shingle	4/3/2004
	9.900	Katie Rowland	4/6/2002

UNEVEN BARS

1.	9.950	Alissa Bonsall	4/2/2021
2.	9.925	Ava Verdeflor	4/2/2021
3.	9.900	Cassidy Rushlow	3/30/2023
	9.900	Sabrina Garcia	4/5/2019
	9.900	Sabrina Garcia	4/1/2017
	9.900	Kristal Uzelac	4/9/2005
6.	9.875	Kassidy Stauder	4/5/2014
	9.875	Natalie Ettl	4/10/2010
	9.875	Michelle Ilg	4/3/2004
	9.875	Katie McAvoy	4/12/2003
10.	9.850	Alissa Bonsall	4/5/2019
	9.850	Lauren Bridgens	4/5/2019
	9.850	Lauren Bridgens	4/7/2018
	9.850	Briannah Tsang	4/7/2018
	9.850	Kristen Politz	4/1/2017
	9.850	Briannah Tsang	4/4/2016
	9.850	Krystal Welsh	4/4/2015
	9.850	Alex Witt	4/5/2014
	9.850	Sidney Sanabria-Robles	4/6/2013
	9.850	Sharaya Musser	4/7/2012
	9.850	Madison Merriam	4/2/2011
	9.850	Sharaya Musser	4/2/2011
	9.850	Alex Stine	4/2/2011
	9.850	Katie Perret	4/14/2007
	9.850	Kelly Streicher	4/3/2004
	9.850	Cecile Allen	4/3/2004
	9.850	Katie Rowland	4/7/2001

BALANCE BEAM

1.	9.900	Jessie Bastardi	4/5/2019
	9.900	Meredith Hoover	4/12/2003
3.	9.875	Tess McCracken	4/5/2019
	9.875	Sharaya Musser	4/2/2011
	9.875	Brandi Personett	4/10/2010
	9.875	Corissa Pirkel	4/3/2004
7.	9.850	Lauren Bridgens	4/5/2019
	9.850	Mason Hosek	4/7/2018
	9.850	Nicole Medvitz	4/1/2017
	9.850	Briannah Tsang	4/1/2017
	9.850	Sabrina Garcia	4/4/2016
	9.850	Sharaya Musser	4/6/2013
	9.850	Sharaya Musser	4/7/2012
	9.850	Brandi Personett	4/14/2007
	9.850	Kristal Uzelac	4/9/2005
	9.850	Meredith Hoover	4/3/2004
	9.850	Ashley Mehrer	4/3/2004
	9.850	Genavieve Shingle	4/3/2004
	9.850	Katie McAvoy	4/12/2003
	9.850	Maria Taylor	4/7/2001

FLOOR EXERCISE

1.	9.950	Katie Rowland	4/12/2003
2.	9.925	Brandi Personett	4/10/2010
	9.925	Kate Stopper	4/12/2003
	9.925	Katie Rowland	4/7/2001
5.	9.900	Briannah Tsang	4/4/2016
	9.900	Randi Lau	4/5/2014
	9.900	Lindsay Musgrove	4/5/2014
	9.900	Sidney Sanabria-Robles	4/5/2014
	9.900	Sharaya Musser	4/10/2010
	9.900	Brandi Personett	4/4/2009
	9.900	Brandi Personett	4/14/2007
	9.900	Lisa Clark	4/3/2004
	9.900	Katie McAvoy	4/12/2003

ALL-AROUND

1.	39.550	Brandi Personett	4/10/2010
2.	39.450	Sharaya Musser	4/7/2012
3.	39.425	Sharaya Musser	4/2/2011
	39.425	Brandi Personett	4/14/2007
	39.425	Katie McAvoy	4/12/2003
6.	39.400	Brandi Personett	4/12/2008
7.	39.375	Briannah Tsang	4/4/2016
	39.375	Sidney Sanabria-Robles	4/5/2014
	39.375	Sharaya Musser	4/6/2013
10.	39.350	Brandi Personett	4/4/2009

NOTES: Listed based on most recent performance.

TEAM NCAA REGIONAL RECORDS

VAULT

1.	49.500	University Park, Pa.	4/3/2004
2.	49.300	University Park, Pa.	4/5/2014
3.	49.250	Raleigh, N.C.	4/4/2009
4.	49.225	Raleigh, N.C.	4/7/2012
5.	49.200	Norman, Okla.	4/4/2015
6.	49.175	Norman, Okla.	4/6/2013
7.	49.125	Seattle, Wash.	4/9/2005
	49.125	Ann Arbor, Mich.	4/12/2003
9.	49.100	University Park, Pa.	4/7/2018
	49.100	Denver, Colo.	4/14/2007
	49.100	Lincoln, Neb.	4/7/2001

UNEVEN BARS

1.	49.200	University Park, Pa.	4/1/2000
2.	49.150	University Park, Pa.	4/12/2008
3.	49.125	Ann Arbor, Mich.	4/5/2019
	49.125	Tuscaloosa, Ala.	4/2/2011
	49.125	Morgantown, W.V.	4/1/2021
6.	49.100	Pittsburgh, Pa.	3/30/2023
7.	49.050	Piscataway, N.J.	4/1/2017
	49.050	Norman, Okla.	4/4/2015
	49.050	University Park, Pa.	4/5/2014
	49.050	Raleigh, N.C.	4/7/2012
11.	49.025	Norman, Okla.	4/4/2016

BALANCE BEAM

1.	49.125	Ann Arbor, Mich.	4/5/2019
2.	49.025	University Park, Pa.	4/3/2004
3.	48.950	University Park, Pa.	4/5/2014
	48.950	Denver, Colo.	4/14/2007
5.	48.850	Tuscaloosa, Ala.	4/2/2011
6.	48.800	University Park, Pa.	4/7/2018
	48.800	Piscataway, N.J.	4/1/2017
	48.800	University Park, Pa.	4/12/2008
9.	48.775	University Park, Pa.	4/10/2010
	48.775	Seattle, Wash.	4/9/2005

FLOOR EXERCISE

1.	49.450	Ann Arbor, Mich.	4/12/2003
2.	49.425	University Park, Pa.	4/5/2014
3.	49.350	University Park, Pa.	4/1/2000
4.	49.225	Pittsburgh, Pa.	3/30/2023
	49.225	University Park, Pa.	4/10/2010
	49.225	Raleigh, N.C.	4/4/2009
7.	49.150	Lincoln, Neb.	4/7/2001
8.	49.125	University Park, Pa.	4/3/2004
9.	49.100	Norman, Okla.	4/4/2016
10.	49.075	Norman, Okla.	4/6/2013

TEAM

1.	196.725	University Park, Pa.	4/5/2014
2.	196.175	Ann Arbor, Mich.	4/12/2003
3.	196.075	University Park, Pa.	4/3/2004
4.	196.050	University Park, Pa.	4/10/2010
5.	195.925	University Park, Pa.	4/1/2000
6.	195.875	Norman, Okla.	4/6/2013
7.	195.850	Tuscaloosa, Ala.	4/2/2011
8.	195.800	Raleigh, N.C.	4/4/2009
9.	195.775	Denver, Colo.	4/14/2007
10.	195.750	Ann Arbor, Mich.	4/5/2019



2023 PENN STATE WOMEN'S GYMNASTICS

COACHING STAFF



SARAH BROWN
HEAD COACH
6th Season
Missouri '10

Career Record:
51-49 (Six seasons)

Penn State Record:
40-45 (Five seasons)

ACCOLADES

- Midwest Independent Assistant Coach of the Year (2014)

UNDER BROWN

- 3 NCAA Championships qualifiers
- 2 NACGC/W All-Americans
- 8 All-Big Ten Selections
- 1 Big Ten Individual Event Champion

YEAR-BY-YEAR

2017 (EMU)	11-4
2018	11-8
2019	10-9
2020	8-9
2021	3-11
2022	8-8
Total	51-49
Penn State	40-45

Sarah Brown begins her sixth year as the head coach of the Penn State women's gymnastics team in 2023.

Brown was named the eighth head coach of the Penn State women's gymnastics program on May 4, 2017. A two-time Big 12 Conference Gymnast of the Year, Brown came to Happy Valley after serving as the head coach at Eastern Michigan University.

In 2022, Brown took four individuals to the NCAA Regional Championships following standout seasons in the Blue & White. Graduate student Lauren Bridgens concluded her fantastic Penn State career with an appearance in the NCAA Regionals on bars following a season that included three 9.9 scores in the event. Fellow graduate student Alissa Bonsall qualified for her fourth NCAA Regional appearance. During the season, Bonsall paced the Nittany Lions with a 9.950 score on the event against Illinois. Junior Cassidy Rushlow (bars) and freshman Isabella Salcedo (floor) rounded out the four NCAA qualifiers for Brown and the Nittany Lions.

Brown guided Bridgens to her fourth All-Big Ten honor in 2022, as she claimed second team accolades in the final year of her historic Nittany Lion career.

Penn State finished top-25 in the country on both the floor exercise and bars in the 2022 season under Brown, highlighted by the aforementioned exemplary performances by the Nittany Lions' upperclassmen on bars. The Nittany Lions finished 40th in the country in the RoadToNationals rankings, with an average score of 195.559.

As a team in 2022, Penn State posted nine scores of 49.000 or above on bars, along with eight on floor, six on vault and one on beam.

In 2021 Brown helped guide four Nittany Lions to NCAA Regional appearances as the team battled through adversity in the midst of the COVID-19 pandemic. Penn State finished the season ranked 33rd in RoadToNationals rankings, recording an average score of 195.283. The Nittany Lions shined on bars throughout the season, closing out the year ranked 19th on the apparatus with a national qualifying score of 49.231.

Three Nittany Lions garnered All-Big Ten accolades, with sophomore Cassidy Rushlow being named to the first team, and seniors Alissa Bonsall and Ava Verdeflor earning second team honors.

It marked the second all-conference honor for Rushlow, who recorded six event titles and three all-around victories for Penn State. She posted five scores of 9.900 or above on the year and set career-highs on four of five apparatuses in addition to setting an all-around career-high of 39.475 in Penn State's win over Maryland on Feb. 5.

Bonsall and Verdeflor both had tremendous fourth years at Penn State, each bolstering their resumes with career-bests. Bonsall recorded personal bests on both floor and bars, tying for Penn State's best bars score of the year with a 9.950 at the NCAA Morgantown regional. Verdeflor set two personal-bests of her own, matching Bonsall's bars score with a 9.950 at the Big Five Meet in addition to setting a career-high of 9.875 on beam against Illinois.

As a team, Penn State recorded eight scores above a 49.000 on bars, four scores above 49.000 on both beam and floor and one on vault.

Brown led the Nittany Lions to eight dual-meet wins in 2020, including four against Big Ten opponents, and a No. 30 ranking in the RoadToNationals standings. Penn State earned five scores above a 196.000, its most since 2015. The Nittany Lions averaged a 196.230 in five home meets, their highest since 2015. PSU claimed wins over four ranked opponents, including No. 32 Iowa, No. 24 Maryland, No. 31 Michigan State and No. 27 NC State. No postseason events were held after the season was canceled on March 12 due to the COVID-19 pandemic. The Nittany Lions finished the season with a 195.860 National Qualifying Score (NQS). Penn State ranked 21st in the nation on bars (49.130 NQS) and held a 49.045 NQS on floor. On the season, PSU had five scores above a 49.000 on bars, five scores above a 49.000 on floor, four on beam and two on vault. Penn State earned team-high scores of 49.300 on vault (Big Five Meet, 2/22), 49.300 on bars (West Virginia, 1/11), 49.325 on beam (Florida, 3/7) and 49.375 on floor (Iowa, 1/25).

The Nittany Lions tallied in overall team-high of 196.575 in their Quad Meet sweep over NC State, Cornell and Towson. Junior Lauren Bridgens was named All-Big Ten first team, becoming the ninth Nittany Lion to earn at least three first-team All-Big Ten honors in their career. Bridgens won 13 event titles, including four all-around. She tallied six scores of 9.900 and eight all-around scores above a 39.000. Bridgens finished the season ranked 28th in the nation in all-around, 47th on bars and 51st on floor.

The Nittany Lions finished the season with a 195.860 National Qualifying Score (NQS). Penn State ranked 21st in the nation on bars (49.130 NQS) and held a 49.045 NQS on floor. On the season, PSU had five scores above a 49.000 on bars, five scores above a 49.000 on floor, four on beam and two on vault.

Penn State earned team-high scores of 49.300 on vault (Big Five Meet, 2/22), 49.300 on bars (West Virginia, 1/11), 49.325 on beam (Florida, 3/7) and 49.375 on floor (Iowa, 1/25). The Nittany Lions tallied in overall team-high of 196.575 in their Quad Meet sweep over NC State, Cornell and Towson.

Junior Lauren Bridgens was named All-Big Ten first team, becoming the ninth Nittany Lion to earn at least three first-team All-Big Ten honors in their career. Bridgens won 13 event titles, including four all-around. She tallied six scores of 9.900 and eight all-around scores above a 39.000. Bridgens finished the season ranked 28th in the nation in all-around, 47th on bars and 51st on floor.

Freshman Cassidy Rushlow garnered All-Big Ten second team accolades. She won five event titles, including one in all-around. Rushlow was ranked 39th in the country in all-around and 63rd on beam. She earned four scores of 9.900 or better and five all-around scores above a 39.000.



2023 PENN STATE WOMEN'S GYMNASTICS

COACHING STAFF

In 2019, the Nittany Lions had a 10-9 meet record, including victories over No. 21 Arizona State, No. 22 Ohio State, No. 27 NC State, No. 32 Temple and No. 34 Illinois. Penn State placed fifth in the Big Ten Championships, hosted at Rec Hall. Penn State was selected for the NCAA Regional in Ann Arbor and finished third in the Session I meet against No. 7 Michigan, No. 10 Alabama and No. 26 Ohio State. The Nittany Lions ended the season ranked No. 24 in the RoadToNationals poll, it's highest finish since 2015.

Senior Sabrina Garcia and freshman Jessie Bastardi qualified for the NCAA Championships. Garcia earned a 9.900 on bars at the NCAA Regional, tying for the top score in the regional and tying her score from 2017 for PSU's top bars score in a regional. Bastardi secured a 9.900 on beam at the NCAA Regional, also matching the top score in the regional and tying Meredith Hoover (2003) for the top beam score in PSU regional history. Sophomore Lauren Bridgens was a first-team All-Big Ten selection, while Garcia earned second-team accolades.

In her first season at Penn State, Brown led the Nittany Lions to an 11-8 meet record, including three wins over ranked opponents. The Nittany Lions made an appearance in the NCAA Regionals and finished the season with a No. 32 national ranking.

Two Penn State gymnasts earned All-America honors with freshman Lauren Bridgens and senior Briannah Tsang claiming those accolades. Tsang was the Big Ten Gymnast of the Year, the eighth in program history, after winning the individual floor exercise title at the Big Ten Championships. Bridgens and Tsang were first-team All-Big Ten selections, while junior Sabrina Garcia was a second-team honoree. Bridgens competed in the All-Around at the NCAA Championships.

On March 4, 2018, Bridgens set a Nittany Lion record with a perfect 10 on the uneven bars. Tsang earned two top five scores in program history on the floor exercise.

During her lone season as the head coach of the Eastern Michigan women's gymnastics team in 2017, Brown led the Eagles to the Mid-American Conference (MAC) regular-season title, the MAC Championship, an appearance at the NCAA Regionals and a final national ranking of No. 27. At the 2017 MAC Gymnastics Championships, Eastern Michigan tallied its second-best score in program history (196.500), recorded a school record on the uneven bars (49.300) and three gymnasts tied for the uneven bars title.

During the 2016-17 season, a total of 10 Eastern Michigan gymnasts were named Academic All-MAC and five were selected MAC Distinguished Scholars. Four of the Eagles' MAC Distinguished scholars owned a grade-point average of 3.85 or higher.

Brown served for one season as a volunteer assistant coach at the University of Michigan during the 2015-16 year, helping the Wolverines win the 2016 Big Ten Championship. She assisted on all four events and helped with development of daily practice plans. Her role with the Wolverines also included assisting with community service, recruiting and team travel.

Before joining the Michigan coaching staff, Brown was an assistant women's gymnastics coach at Southeast Missouri State University for three seasons, where she was selected the Midwest Independent Conference (MIC) Assistant Coach of the Year in 2014. Brown was the head beam coach and beam/floor choreographer and helped develop three MIC individual champions in 2014, two MIC Freshman of the Year selections and four NCAA regional all-around competitors.

She also was the director of operations for the University of Missouri women's gymnastics program for one year before starting her collegiate coaching career.

Brown began her collegiate gymnastics career at the University of Utah for one season before completing her collegiate career at the University of Missouri. A four-time All-American at Mizzou, she was the Tigers' Female Athlete of the Year in 2009 and 2010 and earned the Director of Athletics Leadership Award in 2010.

Along with her All-America plaudits, Brown was selected the Big 12 Conference Gymnast of the Year in 2009 and 2010, was named to the All-Big 12 Championship Team nine times and was a nominee for the 2010 Honda Broderick Cup. A 2015 Missouri Athletics Hall of Fame inductee, Brown was named the 2008 Big 12 Newcomer of the Year and earned South Central Regional Gymnast of the Year honors twice (2009-10).

While she was at Utah, Brown was a member of the team that finished second at the NCAA Women's Gymnastics Championships in 2007.

Prior to her collegiate gymnastics career, she was a four-time member of the USA National Team (2002-05).

A two-time graduate of the University of Missouri, Brown earned a bachelor's degree in interdisciplinary studies with an emphasis in communication and business in 2010 and a master's of education in counseling psychology with an emphasis in sport psychology in 2012.

A native of Columbia, Missouri, the former Sarah Shire is married to Antonio Brown. They have two sons, Isaiah and Elijah.



**RACHEL
INNISS**
ASSISTANT COACH
THIRD SEASON
AUBURN '12



**RALPH
ROSSO**
ASSISTANT COACH
SECOND SEASON
MICHIGAN '09