



WOMEN'S GYMNASTICS

Women's Gymnastics Contact -- Jana Hemphill

January 31, 2005

2005 GYM^{HAWK} SCHEDULE

Super Six Chall..... 6th, 190.725
 Denver..... L, 195.1-191.8
 Illinois-Chicago .L, 191.125-190.325
 Iowa State..... 2nd/4, 192.4
 Feb. 5.... Illinois..... 7 p.m.
 Feb. 11... Hearts Invite..... 7 p.m.
Feb. 19. Iowa State 8 p.m.
 Feb. 26... Minnesota..... 7 p.m.
 Mar. 4.... Michigan..... 6:30 p.m.
 Mar. 12.. Auburn..... 2 p.m.
Mar. 26 Big Ten Champs 6 p.m.
 Apr. 9.... NCAA Regionals..... TBA
 Apr. 21 .. NCAA Champs TBA

* Home meets in bold

* Times are local to site and subject to change.

2005 INDIVIDUAL/TEAM BESTS

Individual Bests

Vault:..... 9.900
Kortny Williamson at Denver (1/15)
 Uneven Bars:..... 9.800
Annie Rue at Iowa State (1/28)
 Balance Beam:..... 9.725
Danielle Legeai & Kortny Williamson
 Floor Exercise:..... 9.800
Liz Grajewski vs Ill-Chicago (1/23)
 All-Around:..... 38.750
Liz Grajewski at Denver (1/15)

Team Bests

Vault:..... 48.875
at Denver (1/15)
 Uneven Bars:..... 48.550
at Super Six Challenge (1/7)
 Balance Beam:..... 47.750
vs Illinois-Chicago (1/23)
 Floor Exercise:..... 48.475
vs Illinois-Chicago (1/23)
 Team Total:..... 192.400
at Iowa State (1/28)

IOWA ON THE WEB



GYMHAWKS TRAVEL TO ILLINOIS

THIS WEEK

The University of Iowa women's gymnastics team travels to Illinois Saturday. Competition will take place at Huff Hall beginning at 7 p.m.

THE FIGHTING ILLINI

The Fighting Illini return 12 letterwinners from last season and add three newcomers. Illinois is ranked 17th in the nation on beam (48.25 average) and bars (48.387 average). Additionally, sophomore Cara Pomeroy is ranked 18th on bars.

The Fighting Illini have only lost to No. 12 Denver and No. 14 Penn State this season. They have notched wins against Illinois State (twice), Pittsburgh, No. 20 Central Michigan, Ball State, Western Michigan and Wisconsin-Eau Claire.

Fighting Illini to watch are Cara Pomeroy and Lauren Newcomb. Pomeroy's best events are bars, beam and vault. Newcomb is the top Illinois all-arounder, having won three titles this season.

LAST SEASON AGAINST ILLINOIS

Last season, the GymHawks competed against Illinois at the Big Ten Championships. Iowa finished third, while the Fighting Illini placed sixth.

IOWA'S SERIES AGAINST ILLINOIS

The GymHawks' record against Illinois is 21-29. Iowa has won the last three dual meets against Illinois.

NOTEWORTHY AT IOWA STATE QUADRANGULAR

The GymHawks scored a season-high 192.4 at Iowa State, defeating Hamline and Gustavus Adolphus. **Kortny Williamson** was the top GymHawk on vault, beam and floor. **Annie Rue** finished fourth on bars with a season-high 9.8. In the all-around, **Liz Grajewski** was the top GymHawk, placing fifth with a score of 38.525.

HEAD COACH LARISSA LIBBY

Larissa Libby is in her first season as head coach of the GymHawks. Last season, Libby served as associate head coach after three years as an assistant. Libby has already made a lasting impact on the GymHawks as the team's choreographer and beam coach. The top 10 school beam performances have all been under her guidance, including the school record of 49.425. Libby coached four gymnasts to score a 9.9 or higher on beam in 2004. She also guided sophomore **Danielle Legeai** to tie for second on beam at NCAA regionals last season.