

# East Atlantic Gymnastics League 2018

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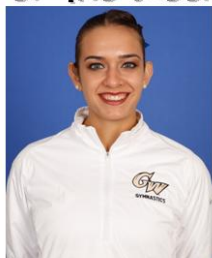


## WEEK FOUR UPDATE (JAN. 30<sup>TH</sup>)

### 2018 EAGL TEAM RANKING (AS OF JANUARY 29<sup>TH</sup>):

Team:	Record	Average:	High:	RQS:
1. George Washington University	7-2/2-0	195.213	196.175	----
North Carolina State University	5-3/1-0	195.213	196.350	----
3. University of North Carolina	4-3/1-1	194.758	195.300	----
4. University of Pittsburgh	1-4/1-0	194.492	196.225	----
5. University of New Hampshire	2-4/0-2	194.256	195.925	----
6. Towson University	4-6/0-2	194.200	194.725	----

## 2018 EAST ATLANTIC GYMNASTICS LEAGUE AWARDS WEEK FOUR – JANUARY 30<sup>TH</sup>



Jillian Winstanley  
Senior, GW  
Andover, Mass.



Liz Pfeiler  
Senior, GW  
Decatur, Ga.



Lauren Diggan  
Freshman, UNH  
Sinking Spring, Pa.



### GYMNAST OF THE WEEK:

Senior Jillian Winstanley (Arlington, Mass.) of George Washington earned her second EAGL Gymnast of the Week honor on January 30<sup>th</sup>, after tying the highest all-around in EAGL this season (set by NC State's Chelsea Knight last week) and placing first in the all-around in an EAGL match-up against New Hampshire. Winstanley led the Colonials to defeat the Wildcats en route to tallying their season-high of 196.175. As a result, GW took a share in the No. 1 spot with North Carolina State after four weeks of competition. In addition to her 39.450 all-around title, she won vault outright (9.875) and tied for first on beam (9.900). She added a second-place tie on floor (9.875) and fifth-place finish on bars (9.800). This is her second time this season claiming the all-around title and the fourth-straight week she landed on the podium in all-around. Her 9.900 on beam matches her season and career-best mark.

### SPECIALIST OF THE WEEK:

Senior Liz Pfeiler (Decatur, Georgia) of GW was tabbed as EAGL Specialist of the Week after her three-event performance which led GW to post the highest team score during Week Four. She set season-high scores on both bars (9.775) and beam (9.900), while adding a 9.775 on vault. Her 9.900 was good enough to tie for first place (with Gymnast of the Week Jillian Winstanley) and was 0.150 above her previous season-high on the event. Her bars and vault scores tied for sixth. Each of her scores placed her in the top-3 for GW.

### ROOKIE OF THE WEEK:

Freshman Lauren Diggan (Sinking Spring, Penn.) of the University of New Hampshire was honored as EAGL Rookie of the Week for the second time this season after her outstanding three-event performance which led the Wildcats to tally a season-high 195.925 against GW. The newcomer set career-highs on vault (9.850) and floor (9.900). She earned the floor title and finished third on vault. Additionally, her bar score of 9.875 tied for first place with three other gymnasts. In all three events she competed in, Diggan posted the highest or tied for the highest score in the UNH lineup. Currently, Diggan ranks No. 1 in the league on bars with an average score of 9.819.

## WEEK FOUR RECAP:

### George Washington (7-2/2-0)

1-0 at UNH (1. GW 196.175, 2. UNH 195.925)

- GW clinched its third straight victory with a season-high score of 196.175.
- The Colonials posted a season-high score of 49.175 on balance beam. Liz Pfeiler and Jillian Winstanley completed stellar 9.90 performances for the Colonials, Alex Zois earned a solid 9.850, and Brooke Bray posted a season-high 9.775 in the event. Sara Mermelstein rounded out the score for GW with a 9.750.
- GW also had a strong performance on vault, finishing the event with a score of 49.125. Cami Drouin-Allaire and Winstanley earned team-high scores of 9.875 while Sara Mermelstein followed closely behind with a season-high and career-high matching 9.825. Julia McLaughlin and Pfeiler also posted solid scores for the Colonials, both finishing the event with a 9.775.

### North Carolina State (5-3/1-0)

0-3 at Metroplex Challenge (1. UCLA 197.625, 2. LSU 197.350, 3. Washington 196.525, 4. NC State 195.825)

- Competing against three of the nation's best teams, NC State earned a season-high score on beam of 49.175
- The Wolfpack's total of 195.825 was its highest score on the road so far this season and also its second-highest score overall
- NC State's average score of 195.213 is tied with George Washington for first in the EAGL while it also still holds the highest score in the conference thanks its 196.350 recorded against Ball State and William & Mary.

### North Carolina (4-3/1-1)

3-0 at Towson (1. UNC 194.600, 2. Towson 194.275, 3. Yale 192.192.050, 4. Ursinus 187.425)

- On the road for the first time this season, Carolina swept the competition in their first quad meet.
- UNC earned a total of 16 top-10 scores over all events, including the all-around competition which
- Morgan Lane won outright with her score of 39.100.
- The Tar Heels took home the top four scores on vault as well as three of the top five scores on floor exercise, their final two events on the night.

### New Hampshire (2-4/0-2)

0-1 against GW (1. GW 196.175, 2. UNH 195.925)

- The Wildcats recorded their highest score of the season (195.925).
- UNH recorded season-highs on bars (49.075) and floor (49.000).
- Four Wildcats tied for first place on bars and Lauren Diggan won the floor exercise.

### Towson (4-6/0-2)

2-1 against UNC, Yale, Ursinus (1. UNC 194.600, 2. Towson 194.275, 3. Yale 192.192.050, 4. Ursinus 187.425)

- Despite posting the highest scores on bars and beam, margins of 0.125 and 0.325 separated Towson from first place over the final two rotations in a quad meet with North Carolina, Yale and Ursinus Friday night at SECU Arena.
- After career highs on bars from freshmen Kyla Gamble and Tess Zientek, Towson found itself in first place with 96.875 points, 0.075 ahead of UNC. Despite career highs on floor by junior Mary Elle Arduino and sophomore Melissa Temkov, Towson had a score of 48.700 while the Tar Heels posted a 48.900 on vault to provide the final margin of victory.
- The Tigers boasted five of the top nine scores on beam, including four of the top six, led by the 1-2 finish of junior Mary Elle Arduino and senior Gabriella Yarussi who posted a 9.850 and 9.825, respectively.

### Pittsburgh (1-4/1-0)

0-3 at Michigan State (1. MSU 195.525, Eastern Michigan 194.950, Rutgers 194.225 3. Pittsburgh 193.125)

- Pitt saw two individuals take home event titles in senior Catie Conrad and sophomore Deven Herbine in a quad meet at Michigan State.
- Conrad tied for first place on beam, while Herbine tied for first on vault.
- The Panthers tallied its highest event score of the night during its final rotation, marking a 48.750 on bars.

#### 2018 EAGL VAULT (AS OF JANUARY 29TH)

Gymnast:	Ave./High/RQS:
1. Cami Drouin-Allaire (GW)	9.875/9.925/----
2. Khazia Hislop (UNC)	9.842/9.875/----
3. Madison Nettles (UNC)	9.817/9.825/----
4. Jillian Winstanley (GW)	9.813/9.875/----
5. Morgan Lane (UNC)	9.800/9.800/----

#### 2018 EAGL BARS (AS OF JANUARY 29TH)

Gymnast:	Ave./High/RQS:
1. Lauren Diggan (UNH)	9.819/9.875/----
2. Tyra McKellar (TU)	9.812/9.825/----
3. Jillian Winstanley (GW)	9.800/9.850/----
4. Lauren Kent (NCSU)	9.794/9.825/----
5. Megan Tripp (PITT)	9.792/9.825/----

#### 2018 EAGL BEAM (AS OF JANUARY 29TH)

Gymnast:	Ave./High/RQS:
1. Casey Lauter (UNH)	9.888/9.925/----
2. Chelsea Knight (NCSU)	9.850/9.900/----
3. Catie Conrad (PITT)	9.833/9.875/----
4. Morgan Lane (UNC)	9.825/9.850/----
5. Alexandra Zois (GW)	9.806/9.850/----

#### 2018 EAGL FLOOR (AS OF JANUARY 29TH)

Gymnast:	Ave./High/RQS:	
1. Khazia Hislop (UNC)	9.858/9.950/----	
2. Haley Brechwald (PITT)	9.850/9.875/----	
	Danielle Mulligan (UNH)	9.850/9.850/----
4. Cami Drouin-Allaire (GW)	9.844/9.875/----	
5. Drew Grantham (NCSU)	9.831/9.875/----	

#### 2018 EAGL ALL-AROUND (AS OF JANUARY 29TH)

Gymnast:	Ave./High/RQS:
1. Drew Grantham (NCSU)	39.233/39.275/----
2. Chelsea Knight (NCSU)	39.125/39.450/----
3. Morgan Lane (UNC)	39.100/39.100/----
4. Tyra McKellar (TU)	39.056/39.150/----
5. Cami Drouin-Allaire (GW)	39.031/39.400/----

## UP NEXT... WEEK FIVE EAGL ACTION:

*Friday, February 2<sup>nd</sup>:*  
7:00pm – UNC @ UNH

*Saturday February 3<sup>rd</sup>:*  
2:00pm – NC State, Towson, and Temple @ Pittsburgh

*Sunday, February 4<sup>th</sup>:*  
1:00pm – William & Mary, UW-Oshkosh and Kent State @ GW