

Girls' track team ranked fourth in state

The RCHS girls' track and field team are currently ranked fourth in the state in the latest Kentucky Track and Cross-Country Coaches Association Class 2A rankings. The girls are ranked only behind Bowling Green, Western Hills, and Fort Campbell. The girls' team defeated the top two teams, Bowling Green and Western Hills, in this season's indoor state championships. The girls also defeated fifth-ranked Russell, last year's state champions, by 40 points recently at the Lincoln County Invitational. This is the third week of state rankings. The girls were ranked fifth after week one, seventh after week two, and moved up to fourth the third week. The girls have beaten 14 teams ranked in the top twenty in their respective classes.

Several members of the girls' track team are ranked in the top ten individually, and as part of relay teams. Those individuals include: Cheyenne Carmack - 1st - 400 meter dash, 3rd - 200 meter dash, 7th - 100 meter dash; Clarissa Hubbard - 2nd - shot put, 3rd - discus; Rachelle Hammond - 7th - long jump, 8th - triple jump, 9th - 400 meter dash; Tara Abney - 8th - 100 meter hurdles, 9th - 300 meter hurdles; Sheena Swinney - 8th - 200 meter dash; Mandy Bullock - 5th - high jump; Heather Hammond - 5th - high jump; 400 meter relay (Cheyenne, Tara, Theresa, Sheena) - 5th; 800 meter relay (Cheyenne, Tara, Rachelle Sheena) - 6th; 1600 meter relay (Cheyenne, Tara, Rachelle, Sheena) - 4th.

The past two meets for the girls have been a good indication of exactly why they are ranked so high. At the 24th Annual Lake Cumberland Classic in Somerset, the RCHS girls'

team dominated their fourth meet in a row, placing first overall out of 26 teams. They defeated runner-up and last year's regional champion Boyle Co. by 10.5 points, despite the absence of four key RCHS team members. The girls have now defeated 60 teams in four meets for an impressive overall record of 60-0.

Rachelle Hammond had a great meet and placed first in the long jump and triple jump competitions. In long jump, Rachelle won with an impressive effort of 15'3". In triple jump, she leaped a Lake Cumberland Classic record and season's best 32'4" for the win. She broke the previous triple jump meet record by over 1'5". Rachelle also performed well in the 400 meter dash placing third overall with an impressive time of 1:06.2.

Clarissa Hubbard continued her domination of the shot put event. She placed first overall with an awesome throw of 33'8.5". Clarissa also threw well in the discus competition and placed third overall with a season's best throw of 101'4". Teammate Ashley Lawson threw well in both events. She placed 10th in discus with a throw of 72'10". In shot put Ashley performed well and placed 14th overall with an effort of 24'1.5". Cheyenne Carmack dominated the sprints and was Rockcastle's leading scorer in the meet. She ran a great 100-meter dash and placed first overall in 13.7. In the 400-meter dash, Cheyenne easily finished first with an impressive time of 1:01.4, nearly three seconds faster than her nearest competitor. In the 200-meter dash, Cheyenne ran very well and finished second with a season's best time of 27.7.

Tara Abney continued her excellence in the hurdles. She placed first overall in the 100-meter hurdles with an exceptional time of 18.0. In the 300-meter hurdles, Tara finished third with an impressive time of 53.3.

Theresa Chisham also ran well in the hurdles. She finished fourth in the 100-meter hurdles with a time of 18.6. In the 300-meter hurdles, Theresa ran very well and finished sixth in 55.7. Theresa also performed well in triple jump finishing with a personal best effort of 26'4".

Sheena Swinney ran very well despite a terrible fall in the 100-meter dash. Sheena stepped in a wet spot on the track and fell very hard. Despite being injured with scrapes and bruises, Sheena managed to run the remainder of her races and turned in many outstanding performances. She placed fifth in the 200-meter dash with an excellent effort and time of 28.8.

Sixth grader Jessica Asher ran very well in the 800-meter run and finished 12th in 2:53, the best RCHS time in three years. Sixth grader team-mate Kayla Hayes also ran well finishing 25th in 3:03.3.

In the 1600-meter run, sixth grader Maura Ramsey ran very well and finished 17th overall with a personal best time of 4:43. She also ran a great 3200-meter race finishing ninth overall with another personal record time of 15:20.4.

The team of Cheyenne Carmack, Tara Abney, Rachelle Hammond and Sheena Swinney placed third in the 1600-meter relay with a season's best performance of 4:25.6.

The 800-meter relay team of Tara, Johnna Abney, Casey Taylor and Sheena ran an awesome race and placed third overall with a time of 1:58.0.

The 400-meter relay team of Theresa, Johnna, Casey and Kayla Hayes ran very well and finished 10th overall in 57.6.

The 3200-meter relay team of Jessica Asher, Kayla Hayes, McKaylah Bryant and Maura Ramsey ran very well and finished 13th in 12:45.7. The boys' team performed well and placed 19th out of a stellar field of 26 teams.

Senior Dustin Crawford had a great meet. In the 100-meter dash, Dustin finished sixth overall with an excellent time of 12.1, just one-tenth off of his season's best time. In the 200-meter dash, Dustin ran an outstanding race and finished fifth overall with a season and career best time of 24.4.

Junior Josh Hale battled injuries the entire meet, but still managed to perform exceptionally well. In the 100-meter dash, Josh placed 10th with an exceptional season's best time of 12.4. Josh also ran very well in the 200-meter dash and finished 12th in 25.5.

Junior Eric Denney performed well in shot put and discus. In shot put, Eric threw exceptionally well and placed 14th overall with an impressive effort of 36'5.5". In discus, Eric threw an amazing 114'10" and finished eighth overall.

In the 400-meter dash, senior SiZwart Abney ran a great race and finished 18th overall with a time of 1:00.9. Junior Stephen Hopkins also ran a great race and finished 26th overall with a time of 1:04.6.

The rest of the meet was contested by middle school athletes who did their best to compete against the much older, stronger high school competitors.

In the high jump competition, eighth grader Steven Shackelford performed well and placed 17th with an effort of 4'6". Eighth grader team-mate Elijah Lunsford also leaped 4'6" and placed 19th.

In the 800-meter run, seventh grader Brandon Cole performed ex-

ceptionally well and placed 24th overall in 2:47. Seventh grader team-mate Matthew Whitaker was not far behind, finishing 26th in 2:49. Both boys also ran well in the 1600-meter run. Matthew eclipsed the six minute barrier with an awesome effort of 5:59 for a 23rd place finish. Brandon was very close behind with a time of 6:02 and a 24th place finish.

Steven Shackelford competed in long jump and continues to show a great deal of promise. Steven leaped 13'6" and placed 30th overall. Steven also competed in the 300-meter hurdles and finished 19th overall with an excellent time of 55.1.

Seventh grader Bill Burdett faced the daunting challenge of the 3200-meter run. Bill ran a great race and finished 19th overall in 12:47.

The 3200-meter relay team of Bill, Matthew, Brandon and Elijah ran very well and finished 16th overall in 11:15.2.

The RCHS track teams next competed in the Fifth Annual Cardinal Relays at South Laurel. Ten girls' teams and 12 boys' teams were on hand for the annual competition.

Rockcastle's girls' team dominated the competition once again. The girls placed first overall out of the 10 team field with 88 total points, 31 more than runner-up Bell County. This improved their overall season record to 69-0.

Tara Abney set an RCHS record for points in a relay meet with several incredible performances totaling 16.3 points. Tara would have easily won the MVP award if one had been given as it had in the past race and season's best performance.

The 400-meter relay team of Cheyenne Carmack, Tara, Theresa Chisham and Sheena Swinney ran the fastest 400 relay in RCHS girl's history. The girls' placed first overall with a new RCHS record time of 54.15, eclipsing the previous mark by nearly two-tenths of a second.

The 800-meter relay team of Cheyenne, Tara, Rachelle Hammond and Sheena ran an awesome race and finished first overall with a season's best time of 1:53.8.

The 1600-meter relay team of Cheyenne, Tara, Rachelle and Sheena ran a great race and placed first with a time of 4:31.42.

The sprint medley team of Sheena,

Theresa, Rachelle and Cheyenne placed first overall in a great race with a time of 2:00.43.

Clarissa Hubbard, Ashley Lawson and Tara Abney dominated the shot put relay. The trio placed first overall with an awesome combined effort of 78'6". The same three girls also easily outdistanced the competition in the discus relay. They threw a combined 236'4" and placed first overall.

In the 100-meter shuttle hurdles, Theresa, Tara, Rachelle and Cheryl Embra ran an awesome race and placed second overall in 1:10.43.

The most amazing performance of the day came from the distance medley team of Jessica Asher, Theresa, Kayla Hayes and Maura Ramsey. The group combined for an awesome display of team work and perseverance to come away with the first place win in 15:19.88. The girls also led nearly the entire race.

In the 3200-meter relay, Jessie, Danielle Arnold, McKaylah Bryant and Kayla ran very well and placed fourth in 12:17.42.

The long jump relay team of Rachelle, Cheyenne and Mandy Bullock placed fourth overall with a combined effort of 35'5.25". An injury to Mandy prevented her from jumping her best, but she courageously gave it her best effort despite her injured ankle.

The boys' team placed 11th overall and had many great relay performances.

The 400-meter relay team of Josh Hale, Dustin Crawford, Steven Shackelford and Elijah Lunsford ran well and placed ninth in 49.68.

The 800-meter relay team of Dustin, Steven, Stephen Hopkins, and Stewart Abney placed 12th overall in 1:50.18.

In the 1600-meter relay, the team of Josh, Dustin, Stephen and Stewart ran an exceptional race and finished seventh overall in 4:05.

In the sprint medley, the team of Josh, Dustin, Steven Shackelford and Stewart ran very well and finished ninth in 14:35.69.

The boys' team scored well in the shot put and discus relays. The team of Stewart, Dustin and Eric Denney, combined in shot put for a total effort of 98'0" and a seventh place finish. In

discus, the trio combined for a total of 243'6" and finished eighth overall.

The distance medley team of Matthew Whitaker, Stephen Hopkins, Brandon Cole and Bill Burdett combined for a great race and finished 10th in 13:43.5.

In the 3200-meter relay, the team of Bill, Matt, Brandon and Elijah Lunsford ran a hard-fought race and finished 11th in 11:02.23.

In the long jump relay, the team of Steven Shackelford, Randy Russell and Elijah performed very well and finished eighth with a combined total effort of 36'6.25".

The varsity teams next compete at the Fellowship of Christian Athletes Meet in Pulaski this Saturday. More than twenty teams from across the state are expected to attend.

"Rockets"

(Cont. from A10)

Cash, Parsons and Harper. Harper and Parsons had two RBI in the contest.

The win upped Corbitts record to 18-6 and the Rockets fell to 13-4.

But on Tuesday night the Rockets bounced back with an easy win over visiting McCreary Central.

Parsons held McCreary County to one run for the seven to one victory. The Rockets are 14 and 4 on the season.

The Rockets travel to Berea to play Madison Southern on Thursday night and they go to McCreary County on Friday night and host Pulaski County on Saturday.

The Rocket Junior varsity defeated Pulaski County 4-0 on Friday night with Anderkin picking up all four RBIs.

Anderkin, James Michael Bassell and Marty Reagan combined for the shut-out.

On Saturday the JV fell to Middleboro 2-0, managing only three hits against the Jackets.

On Tuesday the JV defeated McCreary Central 8-6. Winning pitching John Bray gave up only two runs before giving way to Marty Reagan and Bassell.



Tara Abney wins the 100 meter hurdles. Also shown is Theresa Chisham who placed fourth at the Lake Cumberland Classic.



Dale Sturgill recently caught this 3.5 lb. - 19.5 inch long fish.



The RCHS girls' team recently placed first in the 24th annual Lake Cumberland Classic. The team is currently ranked fourth in the state and boasts a five meet record of 69-0. Team members are shown front row from left: Amber O'Reilly, McKaylah Bryant, Maura Ramsey, Johnna Abney, Amanda Bryant, Erin O'Reilly. Back row from left: head coach Mark Brummett, Casey Taylor, Sheena Swinney, Rachelle Hammond, Tara Abney, Theresa Chisham, assistant coach Linda Howard, assistant coach Joe Cope. Not shown were Cheyenne Carmack, Clarissa Hubbard, and Ashley Lawson.

Renfro Valley would like to thank the following sponsors of the 10th Annual Renfro Valley Easter Egg Hunt.

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