

RCHS Girls' Track Team are Regional Champs

Rockcastle's varsity track and field teams recently competed in the Class 2A Region 4 Track and Field Championships at Pulaski County High School. Eleven teams from the surrounding area were on hand for the competition, which saw the girls' track team win their first ever region championship.

Rockcastle's girls' team was eager to improve upon their regional runner-up finishes of the past two seasons. The first day of regional competition for the girls featured preliminary rounds of most events, with finals being contested in only three events: discus, 3200m relay and long jump.

The girls' 3200-meter relay team had one of its most exciting races of the season. Composed entirely of sixth graders, the team of Kayla Hayes, Danielle Arnold, Makaylah Bryant, and Jessica Asher ran one of their best races of the season. The team finished fifth overall and courageously battled older, more experienced teams the entire race. Their time of 11:28.6 was their second best performance ever.

In the long jump competition, junior Rachelle Hammond and seventh grader, Heather Hammond, sought to add to the girls' first day point total. Rachelle qualified for the state championships last season with a regional runner-up finish. On her second attempt of the first round, Rachelle leaped to an impressive distance of 16'0.75". Her performance was easily good enough to win her first regional championship in the event. Heather also jumped well in her first ever regional competition. She made the finals of the event and finished seventh overall with a personal best effort of 14'4.75".

In the discus competition, sophomore Clarissa Hubbard threw exceptionally well. Clarissa and junior teammate Ashley Lawson, both made the finals of the event. Clarissa finished third overall with a very impressive effort of 95'4". Ashley also threw well and placed seventh overall with an exceptional throw of 77'9".

All sprinting events were contested as preliminaries with the top individuals moving on to the finals. In order to make the finals, an athlete must finish in the top three in their heat or have one of the two next fastest times.

Juniors Tara Abney and Theresa Chisum had no problem qualifying in the 100-meter hurdles.

Tara sprinted to a first place tie with a personal best and new RCHS record time of 17.0. Theresa also ran a great race and easily qualified for the finals with a seventh place finish in 17.9. In the 300-meter hurdles, Tara ran an awesome qualifying time of 50.9, breaking the RCHS record for the event. She finished third in the preliminaries. Theresa also had her best performance of the season. She finished sixth with a time of 52.1.

Junior Cheyenne Carmack and eighth grader Sheena Swinney led all qualifiers in the 100-meter dash. Both girls easily won their heats and finished in a first place tie with a time of 13.2. Both girls repeated their amazing performances in the 200-meter dash preliminaries. Cheyenne blazed to a first place finish in her heat and dominated the rest of the field with a time of 27.1. Sheena also won her heat in 27.1. In the process, she defeated last year's 200-meter champion from Boyle County.

In the 400-meter dash, Cheyenne demonstrated why she is ranked first in the state in the event. She dominated the competition and cruised to a first place finish with an amazing qualifying time of 59.8. Teammate Rachelle Hammond also had an easy time qualifying. Rachelle placed fourth overall in 1:05.

High jump, triple jump, shot put and sprint relays were scheduled to be contested on the final day of regional competition.

The boys' team had a great preliminary round of competition with several athletes qualifying for the finals. Shot put and the 3200 meter relay were the only events held as finals on the first day for the boys.

In shot put, junior Eric Denney performed exceptionally well. Against a very strong field of throwers, Eric came through with his best performance ever. He finished sixth overall with a new personal record throw of an amazing 42'3.75" in the finals.

The 3200-meter relay team of Matthew Whitaker, Brandon Cole, Bill Burdett and Andrew Nelson ran their best race ever. Despite

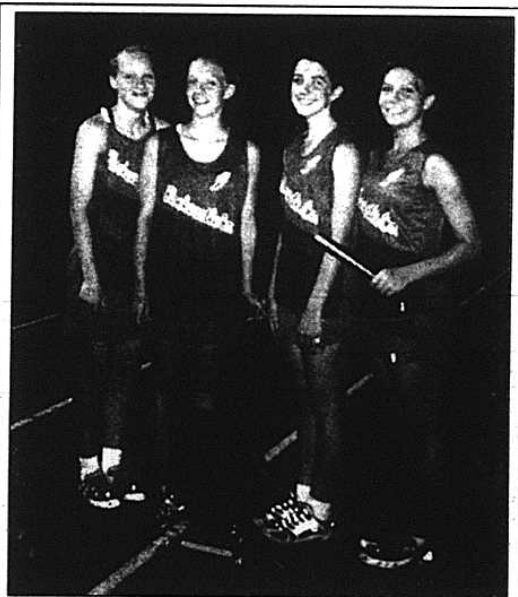
the youthful make-up of the team, the boys' performance landed them in an amazing sixth place overall with a season's best time of 10:55.0.

Senior Dustin Crawford and sophomore Josh Hale performed well in the preliminaries of the

100-meter dash. Josh blazed his way to a seventh place qualifying finish with a time of 12.0, qualifying him for the finals. Dustin also qualified for the finals and finished in eighth place during qualifying with a time of 12.2. Both boys also ran well in the 200-meter dash. Dustin sprinted to a fifth place preliminary and qualified for the finals with a time of 23.9. Josh also ran an exceptional race, but missed qualifying for the finals by one place. He finished with an exceptional time of 24.5.

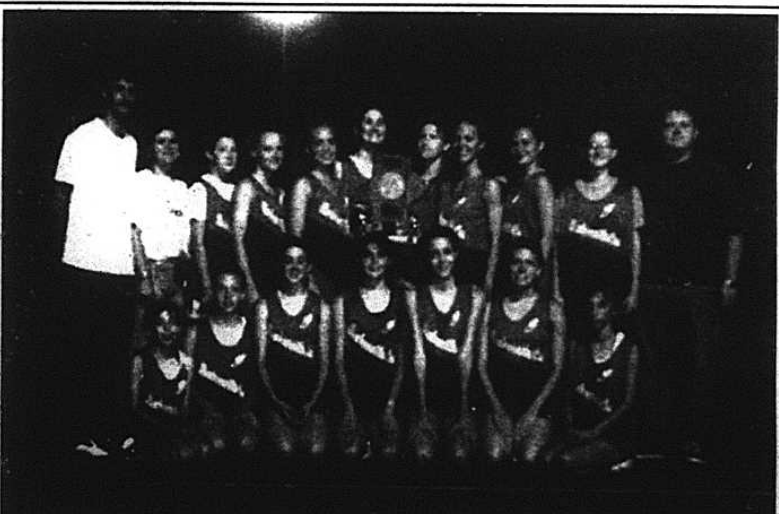
Dustin and eighth grader Steven Shackleford ran extremely well in the preliminaries of the 300-meter hurdles. Dustin had competed in the event only once before. Despite his inexperience, Dustin had more than enough athleticism to finish strong in the event. He easily won his heat and qualified for the finals with a second place finish in 45.4. Steven also ran very well. He finished 11th overall with an amazing time of 52.3.

Senior Stewart Abney ran an awesome race in the 400-meter dash. He just missed the finals with a 9th place finish and season's best time of 58.3.



Sheena Swinney, Johnna Abney, Casey Taylor, and Tara Abney qualified for state with a regional runner-up performance and a season's best time in the 800-meter relay.

(Cont. to A8)



The RCHS girls' track and field team captured their first ever regional championship with a seven point defeat of defending champion Boyle County. The girls finished the regular season ranked sixth in the state in Class 2A. Team members are: front row (left to right) Jessica Asher, Johnna Abney, Casey Taylor, Heather Hammond, Rachelle Hammond, Tara Abney, Mourine Ramsey. Back row (left to right) head coach Mark Brumett, asst. coach Linda Howard, Kayla Hayes, Sheena Swinney, Theresa Chisum, Mindy Bullock, Clarissa Hubbard, Cheyenne Carmack, Chere' Embs, Danielle Arnold and asst. coach Joe Cope.