

"Track"

(Cont. from A7)

Going into the finals on Saturday, RCHS hoped to qualify as many athletes as possible. The girls' team also began Saturday's finals with high team expectations as their first-ever regional championship was finally in sight. Entering the finals, the RCHS girls' team was tied for second place with Boyle County. Casey County enjoyed first place by a slim margin of only ten points.

Saturday's events began with the 100-meter hurdle finals. Tara Abney ran an unbelievable race and sprinted to a second place finish in 17.1. Her awesome performance qualified her for the Class 2A state championships. Theresa Chislum also ran an awesome race and finished seventh overall with one of her best times of the season, 17.9.

Next came the finals of the 100-meter dash. Sheena Swinney and Cheyenne dominated the field

of competitors. The girls pulled away from the competition midway through the race. Sheena won her first regional championship and became the youngest RCHS athlete to ever win a regional title. In the process, Sheena eclipsed the 100-meter record time of 13.03 that she had shared with Cheyenne. Her awesome time of 13.0 was the fastest ever by an RCHS athlete and also surpassed the automatic state qualifying mark. Cheyenne finished second with an awesome time of 13.1, one of her best times ever in the event. Cheyenne qualified for the state championships with her impressive performance and surpassed the automatic state qualifying mark as well.

In the 200-meter dash, Sheena and Cheyenne turned in awesome performances. Cheyenne used her strength at the end to hold off all competitors for the first place win. Cheyenne finished with an unbelievable time of 26.68, a new RCHS record and a personal best. Cheyenne's first regional title in the event qualified her for the state championships. She also met the automatic state qualifying time. Sheena also ran exceptionally well and finished in second place. She ran a personal best time of 26.82 and qualified for the state championships in the event.

The 400-meter dash set the stage for one of the most amazing performances of the regional championships. Two-time defending regional champion Cheyenne Carmack sought to further solidify her first place ranking in the state in the event, as well as win her third straight 400-meter regional championship. Cheyenne ran one of her best races ever and easily finished first for the regional title. She ran her second fastest time ever, 59.4. Her performance

put her in an excellent position to win her first outdoor state championship in the event. Cheyenne won the indoor state championship in the 400-meter dash earlier this year. Teammate Rachelle Hammond also ran one of her best 400-meter races ever. Rachelle sprinted to a fourth place finish with an incredible time of 1:03.8.

In the 300-meter hurdles, Tara Abney and Theresa Chislum ran impressive races. Tara sprinted to an impressive third place finish, her best ever at the regional championships. In the process, she ran

one of her best times ever, 52.1. Theresa also ran one of her best races of the season. She finished sixth overall with an impressive time of 53.8.

One of the most amazing performances of the day, and perhaps the most inspiring, was the effort of sixth grader, Jessica Asher, in the 800-meter run. Jessica ran with a tremendous amount of heart and nearly broke the RCHS record in the process. She finished fourth overall with one of the fastest times in RCHS history. Her awesome

time of 2:38 was the best ever by a Rockcastle Middle School runner in the event. Sixth grade teammate Kayla Hayes also ran an exceptional race and finished with one of her best performances ever. Kayla finished eighth overall with an impressive time of 2:45.

Sixth graders Danielle Arnold and Mourine Ramsey ran very well in the grueling 1600-meter run. Danielle turned in one of the fastest efforts in RCHS history. She placed seventh overall with an amazing time of 6:16.4, only five seconds away from the RCHS record. This was her best performance ever in the event. Mourine also ran an exceptional race. She finished eighth overall with an impressive effort of 6:26.8. Mourine also ran the difficult 3200-meter run, commonly referred to as the two-mile run. Mourine ran extremely well and moved closer to the record held by her older sister, Cassandra. She finished sixth overall with a personal best time of 14:08.9, the second fastest time in RCHS history.

The RCHS girls performed very well in all field events contested on Saturday. Those events included shot put, triple jump and

high jump.

In the shot put competition, defending indoor state champion Clarissa Hubbard sought to add her first regional championship to her resume. Clarissa performed exceptionally well and finished second overall with an impressive throw of 33'7", only an inch short of the regional title. She currently ranks second in the state in the event and easily met the qualifications for the state championships.

Rachelle Hammond dominated the triple jump competition. Hoping to solidify her fourth place ranking in the state, Rachelle leaped to an impressive 33'4.5", over a foot better than her nearest

competitor. Rachelle won her second regional championship of this year's competition and will enter the state championship as one of the favorites. Seventh grader

teammate Chere Embs was very impressive in her first regional triple jump competition. Chere leaped an impressive 29'6" and finished in sixth place overall with her stellar performance.

Junior Mindy Bullock tied her own RCHS record in the high jump competition. Mindy jumped an impressive 5'0" and finished second overall. She qualified for the state championships for the second year in a row in the event. Last season, Mindy placed sixth at the state level. Seventh grader Heather Hammond tied her career best with an impressive jump of 4'10". Heather tied for third place overall in her first-ever regional high jump competition.

(Cont. to A9)

Members of the 2000 Rockcastle County High School and Middle School Girl's Regional Championship Team

RCHS members:

Cheyenne Carmack, junior, daughter of Kay Embs and Danny Carmack.

Tara Abney, junior, daughter of Johnny and Penny Abney.

Mindy Bullock, junior, daughter of Lawrence and Phyllis Bullock.

Clarissa Hubbard, sophomore, daughter of Larry and Kathleen Hubbard.

Rachelle Hammond, junior, daughter of Larry and Rebekah Hammond.

Theresa Chislum, junior, daughter of Molly Mullins.

RCMS members:

Sheena Swinney, eighth grade, daughter of Patty and Benny Spoonamore.

Johnna Abney, seventh grade, daughter of Johnny and Penny Abney.

Chere Embs, seventh grade, daughter of Wayne Embs and Barbara Newcomb.

Casey Taylor, seventh grade, daughter of Lester and Pam Taylor.

Heather Hammond, seventh grade, daughter of Eddie and Roxanne Hammond.

Jessica Asher, sixth grade, daughter of Sherry Asher and Gary Asher.

Kayla Hayes, daughter of Donnie and Connie Hayes.

Mourine Ramsey, daughter of Bob and Lillian Ramsey.

Makaylah Bryant, daughter of Leslie and Janie Bryant.

Coaches: Head Coach Mark Brummett, assistants, Joe Cope and Linda Howard.



Junior Tara Abney qualified for the state championships in the 100-meter hurdles and was regional runner-up in the event.



Junior Cheyenne Carmack won the 400-meter regional championship. She also won the 200-meter title with a new RCHS record time and placed second in the 100. She qualified for state in all three events.



Junior Mindy Bullock was regional runner-up in high jump and qualified for state.



Sophomore Clarissa Hubbard qualified for state in the shot-put competition with a regional runner-up performance.



Eighth grader Sheena Swinney qualified for the state championships in the 100 and 200 meter dashes. Sheena won the regional championship in the 100 with a new RCHS record time and finished second in the 200.



Junior Rachelle Hammond won regional championships in the long jump and triple jump competitions. She also qualified for state in both events.