

"Track"

(Cont. from A8)

The 400-meter relay team of Theresa Chislum, Casey Taylor, Johnna Abney and Mindy Bullock ran an unbelievable race. The girls sprinted to a fourth place finish overall with an impressive time of 55.1 and held second place for the majority of the race before relinquishing their lead.

The 800-meter relay team of Tara Abney, Casey Taylor, Johnna Abney and Sheena Swinney ran an awesome race and finished with the fastest RCHS time of the season. The girls combined great teamwork with a tremendous amount of heart. The end result was spectacular as the team raced to a state-qualifying second place finish with a season's best time of 1:52.8.

The final race of the day proved to be the most exciting. Going into the 1600-meter relay, the girls' team needed a solid performance to hang on to the regional title. The team of Cheyenne Carmack, Tara Abney, Rachelle Hammond and Sheena Swinney did not disappoint. The girls' ran one of the fastest times this season and shattered the previous RCHS record by nearly eight seconds. In doing so, the girls captured the 1600-meter regional championship with an absolutely unbelievable time of 4:13.5.

Each member of the team performed flawlessly to execute the win over Boyle County, the top ranked 1600-meter relay team in the state in Class 2A.

When all was said and done,

Rockcastle's girls had won their first ever regional championship. They scored 142 total points and defeated last year's champion Boyle County by seven points. Casey County finished third with 84 points. Overall, the team won individual regional championships in the 100, 200 and 400-meter dashes, as well as long jump, triple jump and the 1600-meter relay. Eight girls qualified for the state championship in ten different events, the most of any season to date. Several members of the team will also serve as alternates for the relays.

The boys' team entered the final day of competition seeking to improve their team standing as well as their individual performances.

In the discus competition, junior Eric Denney continued to improve his performances. Eric threw an amazing 127'2" and finished third overall. This was a personal best for Eric and he narrowly missed qualifying for the state championship.

Dustin Crawford and Josh Hale ran extremely well in the 100-meter dash finals. Dustin sprinted to his best regional time ever and finished seventh overall in an impressive 11.9. Teammate Josh was very close behind and fin-

ished eighth overall in a superb race with an impressive time of 12.0. Both Dustin and Josh have battled nagging injuries the entire season. Never the less, both individuals worked extremely hard and continually improved throughout the year.

Dustin also ran in the 200-meter dash and 300-meter hurdle finals. In the 200, Dustin sprinted to an impressive fourth place finish with an awesome time of 24.1. Dustin's most impressive performance came in the hurdles. Dustin blazed his way to an awesome second place finish with a very fast time of 45.0. In the process, he qualified for the state championship in the event.

Seventh graders Matthew Whitaker and Brandon Cole ran awesome races in the 800-meter run. Matthew finished 12th overall in an amazing 2:36.3. Brandon was close behind in 13th place and finished with an awesome time of 2:39.7.

In the 3200-meter run, seventh grader Bill Burdett ran an exceptional race. Bill finished 11th overall with an impressive time of 13:01.5.

Matthew and Brandon had impressive performances in the 1600-meter run. Matthew placed 12th overall with an awesome time of 5:31.5. Brandon also ran an exceptional race and finished 16th in 5:49.1.

The boys' team finished seventh overall with a total of 20 points. This was a very impressive accomplishment due to the team's limited amount of participants.

Eight members of the girls' team and one member of the boys' team qualified for the Class 2A state championships held at the University of Kentucky. Several other members of the girls' team will serve as alternates for the relays. Results of the state championships will appear in next week's *Signal*.



Rachelle Hammond giving it her all in the long jump.

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