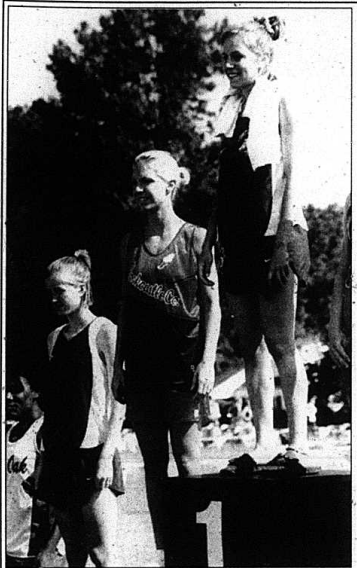


Finished 12th out of 40 teams

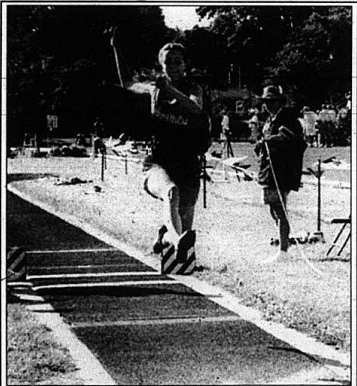
Girls' track team does well at state track meet



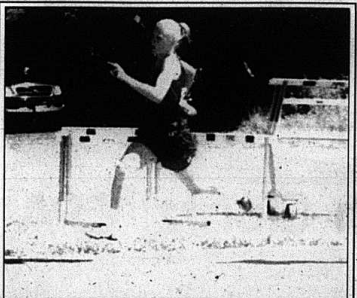
Cheyenne Carmack, middle, finished second in the 400-meter dash during the State Track and Field Championships.



Mindy Bullock brought home fourth place in the state in the high jump competition.



Rachelle Hammond finished seventh overall in the triple jump competition and eighth overall in the long jump.



Sheena Swinney competes in the 200-meter dash.

Submitted by Mark Brummett
The RCHS girls' track and field team recently competed in the Class 2A State Track and Field Championships held at the University of Kentucky's track in Lexington. The girls' team qualified in several events by placing in at least the top ten in the regional championship meet. Those events included the 100-meter dash, 200-meter dash, 400-meter dash, 100-meter hurdles, long jump, triple jump, high jump, shot put, 800-meter relay, and the 1600-meter relay. The girls' qualified more competitors in more events than ever before. The preliminaries for most events were held on Friday, with the finals being contested on Saturday. The only event that RCHS competed in that was contested as a final on Friday was girls' long jump. At the state level, competitors must compete very well in the preliminaries in order to make it to the finals. Only the top nine girls in each event qualify for the finals. Of those nine, the top eight receive medals and score points based on their particular finish.

Junior hurdler Tara Abney competed in the 100-meter hurdles at the state level for the first time ever. Tara has had an outstanding year in the hurdles and has established new RCHS records in both the 100-meter and 300-meter hurdles this season. She also spent much of the season ranked in the top ten in the state in the 100-meter hurdles. Tara holds the 55-meter and 60-meter hurdles indoor records as well. She has been a very consistent scorer this season and has put up significant scoring totals every single meet she has competed in. In the preliminaries at state, Tara ran an exceptional 100-meter race and nearly earned a spot at the finals. She finished 15th overall with an impressive time of 18.09, despite losing a great deal of speed during the race from hitting some hurdles. In the process, Tara defeated the girl who narrowly defeated her at the regional championships.

Junior Rachelle Hammond competed in the long jump competition for the second year in a row. Rachelle was ranked in the top ten for the entire year and finished the season ranked 10th in the event. She also broke her own record earlier in the season and remains the only RCHS girl to ever break the 16' barrier. In the preliminaries consisting of three jump attempts, Rachelle was very

impressive, leaping an amazing 15'8.25". This was easily good enough to qualify her for the finals. During the finals, each of the nine competitors was given three more attempts to improve upon their best marks. Rachelle's mark from the preliminaries proved good enough to keep her in medal contention. She finished eighth overall with her outstanding performance.

Eighth grader Sheena Swinney and Junior Cheyenne Carmack hoped to qualify for the finals in the 100-meter dash. Sheena and Cheyenne finished 1st and 2nd, respectively, in the regional championships. Both girls have ranked in the top ten in the state nearly the entire season. Sheena ranked 10th in the final regular season rankings and also broke the RCHS record for the event during the regional finals. Cheyenne ran an exceptional race and finished 13th overall out of twenty qualifiers with an impressive time of 13.43. Sheena also ran well and finished 14th with a time of 13.5. Both girls just missed qualifying for the finals.

The 800-meter relay team of Tara Abney, seventh grader Casey Taylor,

seventh grader Johnna Abney, and Sheena Swinney hoped to improve upon their regional runner-up performance with an impressive showing at state. Despite having the youngest relay team to qualify for state with an average grade level slightly above eighth, the girls performed exceptionally well. The team did not make the finals, however, they did finish 15th overall with a time of 1:57.41. The team gained valuable experience from the competition, especially considering the fact that two members had never competed at the state level before. The girls should be the regional favorites next season in the event and will have another excellent opportunity to compete for the state championship.

Cheyenne Carmack sought her first outdoor state championship in the 400-meter dash. Cheyenne came into the races as the defending indoor state champion and had finished fourth in the event during the outdoor season the past two years. At the end of this year's regular season, Cheyenne easily ranked first in the final state rankings and had maintained her ranking nearly the entire season. In the preliminaries, Cheyenne hoped to run a strong race and simply qualify with a decent time for the finals. She ran an exceptionally well and finished second in her heat with a time of 1:00.44, easily qualifying her for the Saturday's finals.

Cheyenne and teammate Sheena Swinney next competed in the 200-meter dash preliminaries. Coming into the event, both girls were favored to make the finals due to their top ten rankings from the regular season. Cheyenne finished the season ranked fourth in the state and Sheena was ranked fifth. The girls also dominated regional competition with Cheyenne winning the regional title and Sheena placing with a time of 27.44, while Sheena also qualified with a time of 28.03. This guaranteed that at least one of the pair, if not both, would earn a medal in Saturday's finals.

The last preliminary race for the girls came in the form of the 1600-meter relay. The team of Cheyenne, Tara, Rachelle and Sheena had hoped to build upon their inspiring first place performance of the regional championships with a spot in the relay finals on Saturday. Coming into the event, the girls had enjoyed a top ten ranking in the event nearly the entire season and were a definite contender for the state title. The girls ran a tightly contested race three-fourths of the way through; however, anchor leg Sheena Swinney ran into difficulties causing her to be unable to put forth her best effort. The team still managed to finish 11th overall with a time of 4:29.54, not a bad time, but around sixteen seconds away from their best.

Senior Dustin Crawford was the only RCHS boy that qualified for the state championships. Dustin's impressive second place finish in the 300-meter hurdles had earned him a well-deserved spot at state. Dustin had an outstanding year for RCHS, including a new record in the 200-meter dash, as well as top ten rankings in the 100-meter dash, 200-meter dash, and the 300-meter hurdles. Dustin ran a great preliminary race at state and finished 15th overall with an exceptional time of 45.28. He narrowly missed qualifying for the finals. Dustin's accomplishment was even more impressive considering the fact that he had competed in the 300-meter hurdles in only one meet before region and had only practiced

the event a few times.

Saturday's finals proved to be very exciting for the girls' team, as well as several individual competitors.

Sophomore Clarissa Hubbard competed in the shot put competition for the first time ever at the state level. Clarissa ranked second in the state in the event during the regular season and claimed her first indoor state championship in shot put last spring. She also broke her own RCHS record twice during the season. Clarissa threw very well in the preliminaries, but fell short of her best. She placed 11th overall with a throw of 29'4.25", nearly six feet short of her personal best. Nevertheless, Clarissa put forth a great effort and finished with an awesome overall season. She will be the favorite for the state title next season with her nearest competitor throwing nearly three feet less than her best.

Junior Cheyenne Carmack, hoped to continue her brilliance in the 400-meter dash with three regional championships and an indoor state title under her belt. Cheyenne sought to win her first outdoor title in the 400 against two of her longstanding foes from rival schools. Cheyenne's game plan was evident early on in the race as she gave the first jump to the seniors. Continuing her rapid pace, she quickly buried one of her toughest all-state competitors who had extreme difficulty keeping up with the blistering pace. Coming into the last hundred meters, Cheyenne seemed to be cruising in for the easy victory when, at the last second, the two-time defending champion from Fort Campbell barely caught her at the finish. Cheyenne's lead had been so significant that she didn't feel the girl's presence until the very end.

Cheyenne finished the race with an awesome second place state runner-up finish and a personal state championship best time of 59.64. Since Cheyenne finished the regular season ranked first in the state in the 400, her state championship runner-up performance should earn her a place on the 400-meter all-state first team. Only two girls in the state in Class 2A are selected for this honor. Cheyenne received the second team all-state award in the 400-meter dash last season.

Junior Rachelle Hammond, coming off her eighth place performance in the long jump competition on Friday, hoped to do equally well in Saturday's triple jump competition. Rachelle also hoped to defeat the former triple jump champion from Western Hills as she had in long jump the day before. The girls began with a series of three jumps. The top nine would advance to the finals. Rachelle performed exceptionally well and made it to the finals with a great series of jumps. Rachelle's best overall effort was 33'5" and placed her seventh overall in the event. Her

amazing state performance came on the heels of her first regional championship in the event. She ranked in the top ten in triple jump for much of the regular season and held at fourth place ranking at season's end. She will be a top contender for the indoor and outdoor state titles next season.

Cheyenne and Sheena Swinney, also competed in the finals of the 200-meter dash on Saturday. Both girls ran fantastic races in the finals and finished very strong. Cheyenne ran her best ever 200 at the state championships and finished seventh with an exceptional time of 22.25. Cheyenne missed a fifth place finish by only eight hundredths of a second. Sheena also ran a superb race and remained in contention throughout the entire run. She finished eighth overall with an excellent time of 27.48. This was Sheena's first ever appearance in the 200-meter finals, while Cheyenne completed her third finals competition in the event at the state level. Both girls will be strong contenders for the 200-meter title next season as well.

Junior Mindy Bullock hoped to live up to her top ten state ranking with an impressive performance in the high jump competition. Mindy finished the season ranked fourth in the event. At last season's state championships, Mindy placed sixth overall in her first ever attempt at a state title. Mindy jumped exceptionally well and improved upon last season's performance with an amazing fourth place finish. She leaped an incredible 4'10" on her way to her second state medal in as many years. Mindy will be a strong contender for the state title next season.

Overall, the girls' team finished with 18.5 points, a new RCHS state competition record, and placed 12th out of over 40 teams that scored at the state level. Around 90 teams participate in track and field in Class 2A. The girls were less than seven points away from an eighth place finish and could have easily finished as high as fourth with a few breaks. The team finished the season with an outstanding record of 111 wins with only three losses. Along the way, the girls won several prestigious invitational track meets and finished no worse than second in any particular meet. The girls broke RCHS records in twelve different events and also broke numerous stadium and invitational meet records as well. During the regular season, the team ranked from fourth to sixth place in the state and maintained this high standard of excellence throughout the entire season, culminating with an impressive regional championship performance in May and extending to the state championships in June. Undoubtedly this was the greatest girls' track season in RCHS history and perhaps one of the most successful girls' teams in the history of RCHS sports.

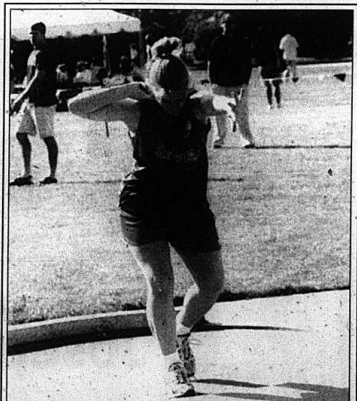
Little League Update

Submitted By David Brock

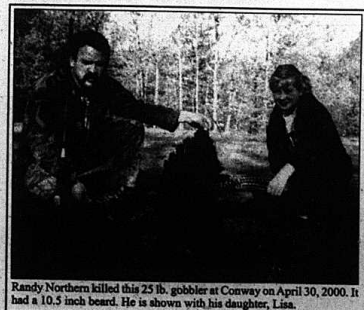
Minor League
Sat. June 3rd
Cubs 18 Indians 8
Red Sox 15 Reds 14
Sun. June 4th
Indians 14 Reds 10
Cubs 13 Red Sox 6
Grand Slam: Dustin Bullock, Cubs.
Tournament
Sat. June 10th
Indians 9 Reds 3
Cubs 7 Red Sox 3
Sun. June 11th
Red Sox 13 Reds 5
Cubs 16 Indians 10
Mon. June 12th
Indians 16 Red Sox 6
Home run: Indians, Brandon Burkhardt
Major League
Tues. May 30th
Cubs 10 Indians 5
White Sox 4 Reds 3
Fri. June 2nd
Cubs 3 White Sox 2

Sat. June 3rd
White Sox 15 Indians 9
Reds 4 Cubs 0
Tournament
Tues. June 6th
Cubs 5 Indians 1
Reds 2 White Sox 0
Home run: Jarrod Brown, Reds.
Fri. June 9th
White Sox 13 Indians 3
Cubs 8 Reds 5
Sat. June 10th
White Sox 13 Reds 0

Standings
Minor League
Cubs 14-1
Indians 8-7
Reds 5-10
Red Sox 2-13
Major League
White Sox 11-3
Cubs 10-4
Indians 6-8
Reds 2-12



Clarissa Hubbard competes in the shot-put competition at the state championships. Clarissa finished 11th in the preliminaries after winning the indoor state championship earlier in the year.



Randy Northern killed this 25 lb. gobbler at Conway on April 30, 2000. It had a 10.5 inch beard. He is shown with his daughter, Lisa.