

RCHS Girls' track team wins regional title for second year

The RCHS girls' varsity track and field team competed this past Thursday and Saturday in the Class 2A Region 4 Track and Field Championships held at Eastern Kentucky University. The girls sought to defend last season's regional championship and further establish themselves as one of the best teams in the state. The girls ended the regular season ranked first in the state in the final KHSAA Class 2A state rankings. The top twenty teams were as follows:

GIRLS SCORES - AA	
Rank	School
Score	
1	Rockcastle County 98.10
2	Paducah Tilghman 95
3	Russell 51.70
4	Western Hills 46
5	Fleming County 44.10
6	Warren East 40.10
7	Fort Campbell 33
8	Louis Marry Academy 31
9	Union County 25
10	Mercer County 22.10
11	Newport 22
12	Webster County 20.10
13	Boyle County 19.60
14	Rewas County 17.60
15	Franklin Simpson 14
16	Lexington Catholic 13.50
17	East Carter 13
18	Causey County 12
19	Mason County 11.70
20	West Jessamine 8
21	Lloyd Memorial 8

Several RCHS competitors finished ranked in the top ten in the state in their events. Senior Cheyenne Carmack ended the regular season ranked second in the 800-meter run and third in the 400-meter dash, adding to her status as one of the state's top mid-distance runners. Senior Rachelle Hammond ranked fourth in triple jump and fifth in long jump, continuing her dominance of the jumping events. Freshman Sheena Swinney ranked fourth in the 100-meter dash, third in the 200, and fourth in the 400 to firmly establish her as one of the state's premiere sprinters.

Eighth grader Heather Hammond finished as the top-ranked 400-meter sprinter and high jumper, while also ranking seventh in the 200, fourth in long jump, and ninth in triple jump. Heather has quickly become regarded as one of the best young track athletes in the state. Junior Clarissa Hubbard finished the season as the second ranked discus thrower in the state, while also finishing fifth in the shot put rankings. Clarissa is regarded as one of the top juniors in the state in her events. Senior Mindy Bullock has become a fixture in the state rankings in high jump and finished the year ranked third in the event.

Seventh grader Jessica Asher was the youngest RCHS competitor to make the top ten rankings. Jessica finished the season ranked eighth in the state in the 3200-meter run and is quickly gaining attention as one of the state's best young distance runners. The 400-meter relay team of Tara Abney, Mindy Bullock, Chere' Embs, and Johnna Abney finished the season ranked seventh. The 800-meter relay team of Johnna Abney, Chere' Embs, Sheena Swinney, and Rachelle Hammond finished as the number two ranked team in the state.

The 1600-meter relay team of Cheyenne, Heather, Rachelle, and Sheena finished as the top-ranked team in the state in the event. The 3200-meter relay team of Cheyenne, Jessica Asher, Danielle Arnold, and Kayla Hayes finished as the seventh ranked team in the state. Overall, twelve RCHS girls held nineteen places in the top ten rankings in fourteen different events.

With their final state-ranking goal achieved, the RCHS girls turned their attention toward their second straight regional crown. The girls finished as regional runner-up for two seasons before capturing their first title last season.

Class 2A Region 4 added some new teams this season as part of a consolidation process that reduced the number of regions within a class from eight to six, thereby strengthening each region. New teams included Lexington Catholic, Corbin, East Jessamine, West Jessamine, and Mercer County.

The RCHS girls' team welcomed the challenge and finished with their best team and individual regional performance ever. The girls dominated the competition, scoring a team record 192 points on their way to their second straight regional championship title. They defeated runner-up Mercer County by an unbelievable margin of 85 points. In the pro-

cess, RCHS claimed thirteen individual and relay championship titles, the most events they have ever won at a single regional meet.

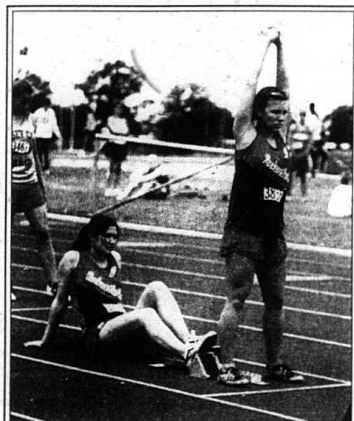
The 100-meter hurdles proved to be an exciting race with RCHS hurdle veterans Tara Abney and Theresa Chisum both qualifying for Saturday's finals in the event. Tara ran an awesome race and finished third overall with an excellent time of 18.3 seconds, even though the wind was very strong and blowing directly at the competitors. She narrowly missed a berth at state and finished the season very strong despite missing nearly six weeks of practice and competition with a fractured foot. Theresa also ran an awesome race and finished fourth overall with a great time of 18.7 seconds. Tara also ran exceptionally well in the 300-meter hurdles. She finished fifth

overall in the finals with her best time of the season, 54.22 seconds. This was a tremendous effort considering the difficulties Tara has had to overcome this season.

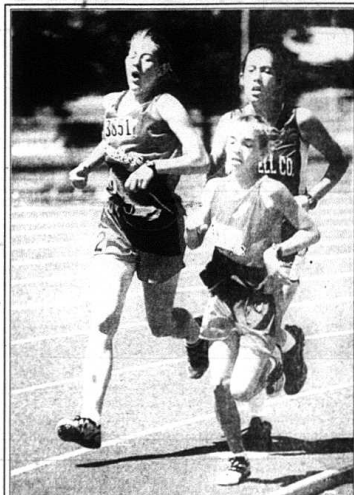
In the 100-meter dash, freshman Sheena Swinney dominated the competition. She easily made the 100-meter finals along with eighth grade teammate Johnna Abney. Sheena's strongest challenge came from the wind as she breezed her way to her second straight regional title in the event, finishing with an excellent time of 13.37 seconds. Johnna also ran a spectacular race and finished eighth overall in 14.1.

The 200-meter dash proved to be an exciting challenge for both Sheena and Johnna. Both ran great in the preliminaries and easily qualified for

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Tara Abney, right, finished third in the 100 meter hurdles. Mindy Bullock, seated, finished fourth in the high jump competition. Both girls are members of the 400-meter relay team which qualified for state by finishing second. Other members of that team are Chere' Embs and Johnna Abney.



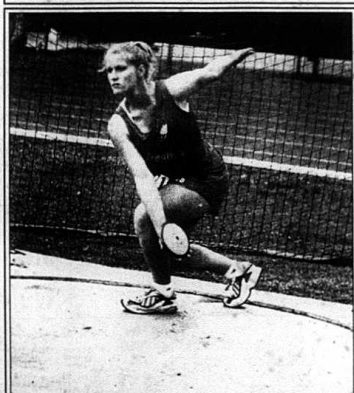
Jessica Asher captured the regional title in the 1600 and 3200-meter races. To her right is Danielle Arnold who finished as runner-up in the 1600.



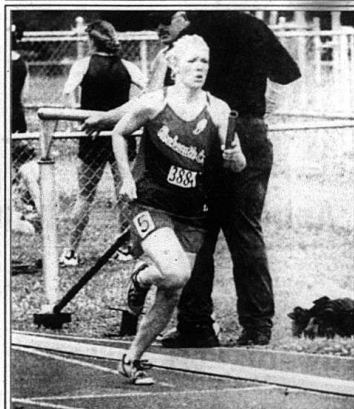
Cheyenne Carmack passes the baton to Heather Hammond in the 1600-meter relay. The team of Cheyenne, Heather, Rachelle Hammond and Sheena Swinney captured the regional title in the event.



Rachelle Hammond and Johnna Abney were members of the 800-meter relay team which captured the regional title. Chere' Embs and Sheena Swinney made up the rest of the team. Hammond also won the regional title in the long jump and triple jump competitions.



Clarissa Hubbard was the regional champion in the shot put and the regional runner-up in the discus competition.

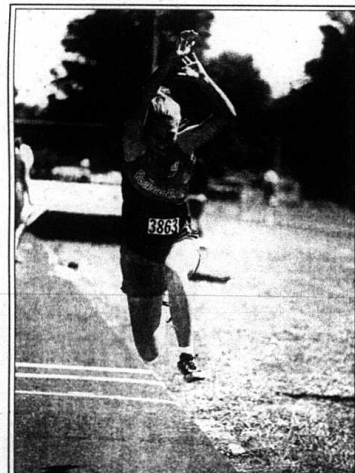


Sheena Swinney won the regional title in the 100 and 200-meter dashes.

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Heather Hammond was the region champion in the high jump competition with a leap of 5'2". Heather also finished as region champion in the 400-meter dash with an RCHS record of 58.86 seconds. This time is also the fastest time in Class 2A this season.



Chere' Embs finished fourth in the triple jump with a personal regional best effort of 31'0.5".



Cheyenne Carmack was the regional champion in the 800-meter run.