RCHS girls finish as region runner-up; ranked 5th in state

By Mark Brummett

The RCHS girls' and boys' track and field teams recently competed in the Class 2A Region IV Championships held at Eastern Kentucky University.

The girls' team is currently ranked fifth in the state in Class 2A, despite having only twelve athletes. An amazing accomplishment considering the average grade level of the team is ninth grade. Both boys' and girls' teams have had great seasons, despite possibly the most challenging schedule in the history of RCHS track and field.

This year's regional competition would prove to be the most competitive in recent years. On the girls' side, six of the top seventeen teams in the state are in Region IV. Among those, Mercer County ranks fourth and Casey County seventh.

On the boys' side, three of the top eleven teams compete in Region IV, including fifth ranked Boyle County and Lexington Catholic. Regional competition began on Wednesday with finals in the 3200-meter relay and all field events. Preliminaries for several other events were also held.

The girls' 3200-meter relay team got the meet off to a great start. The team of freshmen Kayla Hayes, Jessi Asher, Danielle Arnold, and eighth grader Morgan Kincer ran their best race ever, finishing in a state-qualifying second place. They shattered their previous best time from earlier this season by nearly twenty seconds, finishing with a season's best effort of 10:34.61.

Freshman Elizabeth Bussell and seventh grader Courtney Bullock competed in the 100-meter dash preliminaries. Elizabeth ran a great race and finished 14th in 15.39. Courtney also ran very well and placed 17th in 15.72.

Sophomore Sarah Parsons ran a great race in the 200-meter dash preliminaries. Sarah easily qualified for the finals on Saturday with a time of 28.28.

Six-time all-state sophomore Heather Hammond came into regional competition ranked among the top two competitors in the state in each of her four events. She easily qualified for the finals in the 400-meter dash, cruising her way to victory in her heat with a time of 59.55. Eighth grader Morgan Kincer also qualified for the finals with a great effort of 1:08.38.

Heather immediately followed her 400 with a tremendous qualifying race in the 300-meter hurdles. Despite the difficulty of back-to-back events with almost no recovery time, Heather sprinted her way to another easy win in her heat with a new RCHS record time of 47.22, shattering her own mark from a year ago.

After the 400-meter dash, no other running events were contested with all finals coming on Saturday. RCHS did have several field event competitors who completed competition on Wednesday.

Sophomore Chere' Embs entered the triple jump competition as one of the top seven jumpers in the state in Class 2A. She further solidified her position with an electrifying performance. Her last two jumps of the finals included efforts of 34'1" and 34'1.75." She narrowly missed the RCHS record by 0.25 inches and placed second overall, qualifying for the state championships. In the process, Chere' defeated last year's Class 2A state champion in the triple jump competition from Casey County. This also placed Chere' third in the state on the performance list going into the state finals.

Heather and Chere' swept the top two spots in the long jump competition. Heather won her first regional championship of this year's competition with an awesome leap of 15'9." This was her second straight regional title in long jump. Chere' also jumped exceptionally well and finished as regional runner-up with a leap of 14'7.5." Both girls qualified for the state championships.

Heather's dominance carried over to the high jump competition. She easily won her second regional title of the evening with a leap of 5'0." This marked the third straight year that Heather has won the regional high jump title.

Junior Anna Guilfoil competed exceptionally well in the discus competition. Anna placed seventh overall with a personal best effort of 69'8." Freshman teammate Ashley Bullock also performed very well and placed 16th overall with a throw of 47'2."

Anna also competed in shot put for RCHS. She threw exceptionally well and placed seventh overall with a throw of 25'1." Teammate Elizabeth Bussell also threw well and placed 12th overall with a great effort of 18'4."

The boys' have relied on the strength of a few to carry their team this year. Despite the lack of athletes, they've competed very well as a team thus far this season.

The boys' 3200-meter relay team ran exceptionally well in their only running event of the first day of competition. The team of junior Andrew Nelson and Florian Trummer, along with sophomore Brandon Cole and freshman Derrick Baker, broke their own RCHS record with a new best time of 9:03.63. Despite their awesome time, the team finished fifth overall due to the strength of the region in this particular area.

Florian Trummer also ran very well in the preliminaries of the 400-meter dash. He placed 11th overall with an exceptional effort of 59.3.

The only other event finals for the boys came in the shot put and discus competitions. Jackson Bray and Gabe Guilfoil both competed in shot put. Jackson threw very well and placed 13th overall with an effort of 33'11.5". Gabe also performed very well and placed 20th with a throw of 29'6." In the discus competition, Jackson placed 14th overall with an impressive throw of 82'7."

Saturday's regional finals would prove to be very exciting for both the girls' and boys' teams with several competitors qualifying for the state championships.

The girls' 800-meter relay team of Sarah Parsons, Morgan Kincer, Chere' Embs, and Morgan Thacker got the day off to a good start with a great effort. They finished sixth overall in 1:56.65. The same four girls also ran an awesome race in the 400-meter relay. They finished fifth overall with a season's best time of 54.66 and narrowly missed the school record in the event.

In the 400-meter dash finals, Heather Hammond dominated the competition and blazed her way to her third straight regional title in the event with an exceptional time of 59.19. Teammate Morgan Kincer also ran a tremendous race and finished sixth overall with a new personal best time of 1:06.02.

The 300-meter hurdles came next for Heather as she sought her second straight regional title in the event. Heather ran a great race and won the event going away with a time of 47.74. This marked Heather's fourth championship title of this year's regional competition and the eleventh of her career. She qualified for state in all four of her events for the third year in a row.

In the girls' 200-meter dash finals, Sarah Parsons came through with an awesome performance. She placed fourth overall with an excellent race and a time of 28.36.

Freshman Kayla Hayes looked to sweep the 1600 and 3200-meter runs after finishing as regional runner-up in both a year ago. Teammate Jessi Asher was unable to compete in both due to illness. Despite her valiant attempt to warm up, Jessi was just too ill to compete.

Kayla ran a very intelligent race in the 1600 and came away with her first regional crown in the event, winning the race with a time of 5:36.51. In the 3200-meter run, Kayla led the entire race and easily pulled away at the finish for her second regional title of the day. She won with a new RCHS record effort of 12:15.49, nearly two seconds better than the record she established earlier this season. Kayla automatically qualified for both the 1600 and 3200-meter run championships at state and ranks fourth in the 3200 going into state competition.

Kayla also had the daunting task of competing in the 800-meter run between her 1600 and 3200-meter races. She ran exceptionally well in the 800 and placed fourth overall in 2:36.01 due to an amazing finish. Teammate Danielle Arnold also ran extremely well in the 800 and finished eighth overall with an awesome time of 2:40.94.

The 1600-meter relay team ran one of the most exciting races of the day. Sarah Parsons, Courtney Bullock, Danielle Arnold, and Morgan Thacker finished fourth overall with an amazing race and a season's best time of 4:33.57. This shattered their previous best time this season by nearly twenty seconds.

Andrew Nelson and Brandon Cole started the scoring for the boys' team on Saturday. In the 1600-meter run, Andrew ran an unbelievable race and placed third overall, narrowly missing state qualification. Andrew finished with a tremendous time of 4:49.43. Brandon also had an awesome race and placed fourth overall with an amazing effort of 4:53.01.

Both Andrew and Brandon also ran extremely well in 3200-meter run. Andrew qualified for the state championships in the event after a brilliant race and a second place finish. He covered the two-mile race in an amazing 10:36.28. Brandon also ran exceptionally well and finished fifth overall in 11:06.13.

Florian made RCHS history in the 800-meter run with an awesome performance. He finished seventh overall with a new RCHS record time of 2:09.23. Teammate Derrick Baker also ran well and finished 13th in 2:22.29.

When all was said and done, the girls' team totaled 100 points and finished as regional runner-up to Mercer County. This marked six straight seasons that the girls' team has either been regional champion or runner-up. The girls' accomplishment was even more amazing considering that they have only one junior and no seniors on the team. Mercer County will lose five seniors from this year's team. Previously, the RCHS girls' had won three regional titles in a row. The team qualified for eight events at the state championships and hope to improve upon their fifth place ranking going into the state finals.

The boys' teams placed eighth overall despite having only six varsity competitors. Junior Andrew Nelson will represent the boys' team and will compete for the 3200-meter run state title.

The Class 2A Track and Field State Championships will be held Friday, May 30 and Saturday, May 31 at the University of Kentucky Track and Field Complex. Class 2A competition will begin at 8:30 each day.

Little League Update

Submitted by David Brock

Minor League-A

Yankees 8 - Rockies 3
A's 12 - Dodgers 10

Minor League - B

Mariners 15 - Reds 1
Indians 7 - Rangers 6
(Jon Paul Kidwell - HR for Indians)

Major League

Yankees 7 - Reds 5
Indians 8 - Diamondbacks 1

Home Runs

MINOR LEAGUE A
Brandon Burdette, Keiton Adams, Brandon Evans, Zack Dixon, Cody Lawson, Devin Didonato and Josh McKinney, 1 HR each; Tyler Smith, 3.

MINOR LEAGUE B
John Paul-Kidwell, Will Reynolds, T.J. Bussell, Jacob Bussell, Dylan Cromer, B.B. Cameron, Tyler Holman and William Milburn, 1 each; Tommy Shafer, 2; Brady McClure, 3 and Shaun King, 4.

MAJOR LEAGUE
Michel Nicely, 1 and Tanner Perkins, 4.

Standings

Minor League A
Rockies 8-2
Yankees 7-3
A's 4-6
Dodgers 1-9

Minor League B
Mariners 8-1
Rangers 5-5
Indians 5-5
Reds 4-6
Tigers 2-7

Major League
Yankees 8-1
Indians 9-2
Diamondbacks 4-4
Reds 2-8
Rangers 0-9

Note: Pictures have been rescheduled for May 31st.

Annual Rockcastle County Boys Basketball Camp
June 9, 10 and 11
9 a.m. to 12:00 Noon

Cost: $25.00 for one camper. $10 additional family member
If cost is unaffordable, a scholarship through Family Youth Services is available if needed
(Make checks payable to "RCHS Tip-Off Club")

Fundamentals of basketball will be taught daily.
Lunch will be provided.
All campers will receive a T-shirt
Lots of prizes and awards will be given

(Name)_____may participate in all activities involving basketball camp.
(Age)_____
(Grade)_____
(Shirt size)_____
Parent signature_____

Send to: Rockcastle Co. High School c/o Clayton Cash
Boys Basketball Coach
PO Box 1410
Mt. Vernon, KY 40456

Any questions? Please call 758-8994 or 256-4816

All Motor Carriers
Special Information Meeting
Thursday
June 5, 2003
2:00 & 6:30 P.M. (E.T.)
Center for Rural Development
2292 South Highway 27
Somerset

- Information on new motor carrier tax laws
- Free Transponders to the first fifty attendees

Questions: 1-502-564-4120

DOOR PRIZES REFRESHMENTS

Richmond Pro Rodeo Roundup
Richmond, Ky.
May 29 - 30 - 31
7:30 p.m. each night

Thursday, May 29 is Discount Night!
All tickets $8 at the gate!!
Friday, May 30 is Kids' Night!
The first 200 kids through the gate get a free cowboy hat! Kids' tickets are $6
Saturday, May 31 is Hot Rodeo Action
See cowboys & cowgirls in rodeo competition!
Pre-Rodeo Entertainment: 7 p.m. each night
Nashville recording artist DeWayne Spaw
A Tribute to Our Military:
Thurs., May 29 rodeo, get in gate for $7 with a military ID

Tickets available at all Redi-Marts
Call 859-622-1087 or 989-398-3149 for more information

SPECIAL DENTURES

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Brodhead Volunteer Fire Department
Car and Truck Show
Sunday, June 1, 2003
Brodhead Fairgrounds, Hwy. 150
Entry is 9:00 a.m. to 1:00 p.m.
Judging will begin at 1:30 p.m.
The D. J. will be the famous Country Charlie Napier a Rockcastle resident and veteran of many car shows.
For more information contact Tim Albright (606) 758-9630, Larry Taylor, at (606) 758-8993 or Brodhead City Hall (606) 758-8635.

Summer Meal Program

Rockcastle County to Participate in Summer Meal Program

Rockcastle County School System will participate in the federally funded Summer Food Service Program for children below the age of nineteen. The program operates under guidelines similar to those of public school food service programs. Participation in the program enables sponsors to provide lower program costs.

All children will be served the same meal at no separate charge regardless of race, color, national origin, sex, age or handicap. The following site(s) will be open for food service to all children under 19 years of age.

School	Dates of Service	Type of Meal	Time
Rockcastle Co. High School	May 30 - June 19, 2003 (Monday - Friday)	Breakfast Lunch	7:30 - 8:30 a.m. 11:00 a.m. - Noon
Rockcastle Co. Middle School	June 9 - 18, 2003 (Monday - Friday)	Breakfast Only	7:30 - 8:30 a.m.

Persons who believe they have been discriminated against in the Summer Food Service Program should write the Secretary of Agriculture, Washington, D.C. 20250.

For more information, call Jeannine M. Parsons at 606-256-2125.