

Cross-Country Teams win at Mercer County

The RCHS cross-country teams recently competed in three cross-country meets, including a meet at Mercer County, the Franklin County Invitational, and the Henry Clay Invitational. All three meets were extremely challenging with many of the top teams and runners from throughout the state competing.

The middle school girls' team dominated the competition at Mercer County, easily winning the meet by placing five competitors in the top eleven. 6th grader Kristen Baker won the meet with an exceptional race on a 3500-meter course that's regarded as one of the most difficult in the state. She finished in 16:42.77. 6th grader Bethany Clontz also ran a great race and finished 2nd overall in 17:32.37. 5th grader Kristen Bullock ran well and placed 3rd in 17:42.85. 5th grader Sara Hammond managed a 4th place finish in 18:00.53, despite feeling a little under the weather. 5th grader Jasmine Johnson completed the scoring for the girls' team with an 11th place finish in an impressive 22:42.46.

The RCHS boys' team also had a great meet. 4th grader Eric Baker paced Rockcastle with an awesome 7th place finish in 17:12.53. 6th grader Devin Davidson ran very well and finished 15th in 20:32.97. 5th grader Elliott Jackson also had an excellent race and finished 17th overall in 21:02.91.

The girls' varsity team totally dominated the competition taking the first four places in the race and easily winning the meet. Sophomore Kayla Hayes led the way for the girls' team with an awesome 1st place finish in 22:44.95. Sophomore Jessi Asher ran very well and finished 2nd overall in 23:25.21. 3rd grader Michaela Hunter continues to be impressive and finished 3rd in 24:11.08. 6th grader Courtney Bullock finished 4th with an exceptional effort of 24:18.32. Junior Heather Hammond placed 7th in 25:52.6. Sophomore Elizabeth Buagell placed 12th overall in 27:59.3. Senior Anna Guilfoil finished 14th in 29:32.33. Sophomore Ashley Bullock finished 15th in 30:24.12.

The boys' team also had a great competition and easily won the meet dominating the top three spots in the race. Senior Andrew Nelson won the race with a spectacular effort and a time of 18:50.87. Junior Brandon Cole ran very well and placed 2nd in 19:16.19. Junior Bill Burdett also ran extremely well and finished 3rd in 20:18.53. Sophomore Derrick Baker

had a great race and finished 7th overall in 21:39.83. 6th grader Blake Parsons also ran a strong race and finished 9th overall in an impressive 21:41.23. 6th grader Andrew Penrod finished 20th in a great race with a time of 24:50.08. Freshman Chandler Hunter placed 23rd overall in 26:18.57.

The cross-country teams also competed in the Franklin County Invitational at the Kentucky Horse Park. The meet proved to be one of the largest invitational meets that the state's ever had. Over 1800 runners were on hand for the competition, including 66 boys' varsity teams and 54 girls' varsity teams.

The RCHS girls' team got the day off to a great start with a 5th place finish in the girls' race out of thirty teams that competed. Even more impressive was the fact that the top two RCHS runners, Michaela Hunter and Courtney Bullock, ran in the varsity race. With the addition of those two, RCHS would have won the competition. Sara Hammond led the way for RCHS with an awesome performance. She finished 12th out of 157 runners with a time of 12:42.26. Kristen Bullock also ran an exceptional race and finished 19th overall in 13:12.75. Bethany Clontz placed 34th overall in an impressive 13:45.72. Kristen Baker ran a great race and finished 43rd in 13:56.14. Jasmine Johnson, who is still conditioning due to a late start this season, continued to improve and finished 134th overall in 16:41.7.

The RCHS boys' team ran well in a field of 212 runners. RCHS was led by Eric Roberts. Eric placed 126th overall with an impressive effort of 15:54.16. Devin Davidson also ran a great race and finished 194th in 18:06.39.

Sophomore Ashley Bullock ran in the girls' junior varsity race for RCHS. Ashley ran very well and finished 67th overall out of 124 junior varsity competitors with a new, personal best time of 26:01.36.

The RCHS girls' varsity team had an awesome competition, finishing 9th overall out of 54 schools that competed. They were also an amazing 275 competitors in the race.

Kayla Hayes led RCHS for the 7th straight meet this season. She finished in 16th place overall with an awesome performance and an impressive time of 20:43.87, one of her best of the season. Jessi Asher turned

in her best performance of the year, finishing 45th overall in 21:47.56. 3rd grader Michaela Hunter ran a personal best 22:43.31 and finished a very impressive 82nd overall. Courtney Bullock also ran the best race of her cross-country career. She finished 89th overall in a personal best 22:58.01. Elizabeth Buagell ran very well and finished 15th overall in 24:46.57, one of her season's best efforts. Anna Guilfoil also ran a personal best with an awesome time of 26:23.21 and a 212th place finish.

The RCHS boys' varsity team also had a great meet despite having only four competitors. 66 boys' schools were in the competition, along with an unbelievable 414 runners. Brandon Cole led the way for RCHS with an incredible performance. Brandon finished 38th overall with an impressive time of 17:49.86. Andrew Nelson finished close behind with a great race of his own. Andrew covered the 3.1-mile course in 15:57.76 and finished 50th. Derrick Baker ran his best race ever, finishing 24th overall with a new personal best time of 20:17.27. 6th grader Blake Parsons ran an awesome race and finished 242nd overall in a season's best time of 20:31.96.

This past Saturday, RCHS competed in the Henry Clay Invitational, which also served as the Fayette County Cross-Country Championships. Among the teams that competed were Dunbar, Lafayette, Bates Creek, Villa Madonna, Harrison County, Walnut Hills (Ohio), Woodford County, Rowan County, and host Henry Clay.

The RCHS girls' team won the meet with an awesome team performance. They defeated Dunbar, Beaumont Middle School by three points for the team title. 5th grader Kristen Bullock won the competition with her best race of the season. Kristen finished the 3.2-mile course in an impressive 15:01.82. 6th grader Bethany Clontz finished close behind, placing 3rd overall with a terrific effort of 15:32.16. 4th grader Kristin Baker ran exceptionally well and placed 5th overall in 15:48.71. 5th grader Sara Hammond also placed in the top ten. Sara ran well and finished 9th overall in 16:37.26. 5th grader Jasmine Johnson completed the scoring for RCHS with an 18th place finish in an impressive 19:39.86.

The RCHS boys' team had a great meet with several impressive performances. 6th grader Blake Parsons ran an awesome race and finished 4th overall in 15:32. 6th grader Andrew Penrod ran exceptionally well and finished 12th overall in 15:01. 4th grader Eric Roberts also ran very well and placed 20th in 16:24. Ashley Bullock participated in the girls' junior varsity race. She finished an impressive 4th overall with her best race ever. Ashley covered the 3.0-mile course in a new personal best time of 25:59.08.

The RCHS girls' team had a great team meet against some very tough competition and a very challenging course. Despite missing a team member, the girls' put together sev-

eral great performances and finished 2nd overall, just behind Dunbar who took the team title. Kayla Hayes led RCHS with an impressive 5th place finish in 20:39.27. Jessi Asher ran her best race of the season. She finished 7th overall with an impressive effort of 21:29.32. 3rd grader Michaela Hunter continued to make a significant contribution to the varsity team. Michaela finished 21st overall with a new personal best time of 22:42.68. 8th grader Courtney Bullock ran a spectacular race and finished 24th overall. Her time of 22:54.52 was a new personal best.

Elizabeth Buagell came through with a solid effort and finished 36th overall in 24:54.77. Anna Guilfoil also ran well and placed 50th in 26:54.79. The RCHS boys' team faced some incredible competition including many of the best runners in Class 3A. Andrew Nelson ran very well and led RCHS with a 12th place finish in an impressive 17:33.18. Brandon Cole also ran a great race and finished 23rd overall with an exceptional time of 18:15.05. Bill Burdett came in 42nd overall with an impressive effort of 19:21.5. Derrick Baker also ran well and finished 56th overall in 20:26.95. Despite, the boys' great individual performances, they were one team member short of qualifying for a team score.

RCHS will next compete this Saturday at the Lexington Catholic Invitational held at the Kentucky Horse Park; the site of this year's state championships.

WKU swim team set to begin record-breaking year

Andrew Hammond prepares to improve on freshman year

The 2003-04 Western Kentucky University swim team will begin this Saturday with the annual Red/White intra squad swim meet, beginning at 1 p.m. (CDSST) in the Preston Center pool on the campus of WKU.

This year could prove to be a record-breaking year for legendary coach Bill Powell who has been Western's swim coach since 1969 and is two wins short of second place in NCAA history.

After swimming as an independent for the last several years, the Hilltoppers' men's team will swim as part of the Missouri Valley Conference. This year's team for men and women is very talented with swimmers from three foreign countries and over 20 states. The men are coming off an undefeated 15-0 season and third place finish at the National Independent Championships.

Rockcastle County graduate Andrew Hammond is working very hard to improve on a freshman season which saw great strides, especially for a swimmer who had not trained

year round. Andrew's goal is to swim the 100 free in 46 seconds and under, the 50 free in 21 seconds and under. His coaches are exploring the possibility of Andrew swimming the 200 free and 100 backstroke.

Andrew coached the Cedar Rapids Dolphins this past summer. For those Dolphins interested in going down this Saturday, October 11, for the intra squad meet, the meet starts at 1 p.m. central time. Directions to the Preston Center: take the Cumberland Parkway to I-65 south, take exit 28 off I-65 and follow to WKU campus. The Preston Center is located next to the football stadium on the lower end of the campus.

The Hilltoppers have only three home meets this season: Sat. Nov. 8th against Wisc.-Green Bay (Men); Sat./Dec. 6, Evansville and Sat. Jan. 17th, Southern Indiana. All meets start at 1 p.m.

Golf Team at State Thursday and Friday

The RCHS Golf Team are participating in the state tournament Thursday and Friday.

A complete wrap-up of their excellent season will appear in next week's Signal.



The 7th grade Lady Rockets basketball team is shown above with their trophy and medals they won by placing second in the Lexington Christian Tournament last weekend. There were 14 teams participating in the tournament. Members of the team are, back row from left: Kayla Cameron, Jillisa Lay, Sasha Bullock. Middle row from left: Ashley Robinson, Nicole Locklear, Sarah McKinney, Rachel Cash. Front row from left: Katy Mattingly, Morgan Collins, Tamara Blanton, Megan Mazurek. Not pictured is Sara Barnett, Ashley Robinson and Sasha Bullock were both selected All Tournament Team. The team is coached by Ken Mattingly.



Fifth grader Sara Hammond led RCHS to a fifth place team finish, out of 30 schools, in the Franklin County Invitational. Sara finished 12th out of over 160 runners.



RCHS sophomore cross-country runner Ashley Bullock ran a personal best 5,000 meter time at the Franklin County Invitational.



Jacob Logan Bustle killed this 58 inch Timber Rattlesnake on his Papaw's farm in Possum Kingdom.

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