



The RCMS Middle School girls' team was crowned state champions for the second straight season at the 41st Annual Mason-Dixon Games Middle School Indoor State Championships. Team members are shown above, front row from left: Danielle Arnold, Chere' Emba, Casey Taylor, Heather Hammond, Jessica Asher. Back row from left: Elizabeth Bussell, Tressie Robinson, Kelli Doan, Kayla Hayes and Makayla Bryant.

RCMS girls' finish runner-up in indoor state championship

On Saturday, the RCMS girls' and boys' varsity teams picked up where the middle school left off. Both teams were seeking their first-ever indoor state championships. The girls' team finished as state runner-up last indoor season to Fleming County.

The RCMS girls' team continued their brilliance and finished as state

runner-up for the second straight season at the 41st Annual Mason-Dixon Games Indoor High School State Championships.

The team competed without the services of senior jumper Rachelle Hammond, the RCMS record holder in both the long jump and triple jump events, who was not cleared to play due to basketball obligations.

girls lost a close competition to defending outdoor state champion Paducah Tilghman, a team rich in tradition with over twenty boys' and girls' state championships to their credit.

Paducah's girls benefited with the help of transfer Temi Akojie from St. Mary's who was a multi-event state champion. She scored 25 points for Paducah, who defeated RCMS by 12. The girls did average last season's loss to Fleming County, the Class 2A indoor state champion the past two seasons. Fleming County finished third. The girls' efforts included one individual state title, along with four state runner-up performances.

Senior Cheyenne Carmack captured the individual state championship title in the 800-meter run with an extraordinary performance. She dominated the race and defeated this year's favorite for the outdoor state championship by an incredible six seconds on her way to a new RCMS record time of 2:29. She missed the Class 2A State record by less than two seconds. In the 400-meter dash, Cheyenne, the defending indoor state champion, finished as state runner-up losing a close one to Paducah's Temi Akojie. Cheyenne finished with a new RCMS Mason-Dixon record time in the event with an effort of 1:02.2.

At the present, Cheyenne is being



The 1600-meter relay team of Sheena Swinney, Cheyenne Carmack, Tara Abney and Heather Hammond placed fourth.



The RCMS girls' varsity team finished as state runner-up in the 41st Annual Mason-Dixon Games Indoor High School State Championship for the second straight year. Team members are shown above, front row from left: Elizabeth Bussell, Jessica Asher, Sheena Swinney, Cheyenne Carmack, Tara Abney, Makayla Bryant, Kelli Doan. Back row, from left: Mindy Bullock, Tressie Robinson, Chere' Emba, Heather Hammond, Casey Taylor, Danielle Arnold, Kayla Hayes and Clarissa Hubbard.



The girls' 3200-meter relay team placed sixth in the high school indoor state championships. The team comprised entirely of seventh graders, includes Makayla Bryant, Kayla Hayes, Danielle Arnold, and Tressie Robinson.



The 800-meter relay team of Sheena Swinney, Casey Taylor, Heather Hammond and Tara Abney finished as state runner-up while shattering the previous RCMS record in the event.

Two years in a row

RCMS girls' track team wins indoor state championship

The Rockcastle County Middle School track and field teams competed in the 41st Annual Mason-Dixon Games Middle School State Championships this past Friday in Louisville.

Thirty-seven teams were present for the annual competition of the state's best middle school track and field athletes and teams. Over six hundred competitors were on hand, the largest group of athletes ever to compete.

The RCMS girls' team sought their second straight middle school state championship, while the boys' team looked to improve upon last year's performance.

The girls' team put together many exceptional performances and captured the Mason-Dixon Games Middle School Indoor State Championship title for the second straight season. They easily dominated the competition with 39 points and defeated their nearest opponent by 15 points.

Eighth grader Casey Taylor got the girls' competition off to a great start in the 55-meter dash. She blazed her way to a third-place finish out of sixty-six competitors with an awesome time of 8.17. This was an outstanding performance despite the fact that the competitors were not allowed to use starting blocks due to the large number of participants. Casey had

worked really hard on her starts and would have easily won the competition with the use of blocks. Seventh grader teammate Tressie Robinson ran exceptionally well and placed 33rd with a time of 9.11. Eighth grader Kelli Doan finished in 64th place with a terrific time of 10.82.

In the long jump competition, all eyes were on eighth graders Heather Hammond and Chere' Emba as both girls sought to break the ten-year-old Mason-Dixon Games long jump record of 15'1". Both girls did an excellent job staying loose despite the length of the competition and the vast number of competitors. Heather won the individual state championship title with an unbelievable leap of 15'8", shattering the previous Mason-Dixon Games mark by an incredible 7". Chere' was not far behind and finished as state runner-up with an awesome effort of 14'8.5". Both girls established career personal bests in the event.

The 200-meter dash has always been a strong event for Rockcastle's girls. This year's team hoped to duplicate the state championship performance of Sheena Swinney from a year ago. Heather Hammond ran her best 200-meter dash ever and sprinted her way to another individual state championship with a personal record time of 28.32. Casey Taylor ran an awesome race and finished seventh overall with an indoor personal best time of 29.63. Chere'

Emba also ran exceptionally well and finished in 11th place with a career best time of 30.21. Seventh grader Elizabeth Bussell, running in her first-ever 200-meter dash, ran very well and placed 62nd in 35.22. There were seventy-six competitors in the event.

In the 400-meter dash, the girls added to their overall point total with some outstanding performances. Sixty-seven runners competed in the event. Seventh grader Makayla Bryant ran a spectacular race and finished seventh with a personal best time of 1:10.68. This established a new Mason-Dixon Games record for an RCMS competitor. Seventh grader Danielle Arnold ran exceptionally well and finished eighth with an awesome time of 1:11.15. Seventh grader Kayla Hayes ran a fantastic race and finished 10th in 1:11.66. Seventh grader Jessica Asher ran an outstanding race and placed 14th in 1:12.47. Elizabeth Bussell also ran a great 400 and finished 48th, with a personal best of 1:19.99.

In the 800-meter run, forty-nine girls participated. Kayla Hayes ran an exceptional race and finished 11th overall in 2:50.67. Teammate Jessica Asher ran a great race and was not far behind, finishing 12th in 2:50.71. Makayla Bryant also ran very well and placed 14th in 2:53.81. Danielle Arnold ran very well and made the top twenty with a 17th place finish

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Freshman Sheena Swinney finished as state runner-up in the 55-meter dash while establishing a new RCMS record in the event.



Senior Cheyenne Carmack won the 800-meter state championship with a new RCMS record time. She missed the state record in the event by only two seconds.



Freshman Steven Shackleford placed eighth in the high jump competition.



Eighth grader Casey Taylor placed third in the 55-meter dash and seventh in the 200-meter dash.



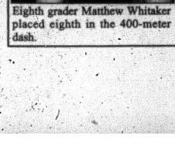
Seventh grader Makayla Bryant placed seventh in the 400-meter dash.



Seventh grader Danielle Arnold placed eighth in the 400-meter dash.



Eighth grader Chere' Emba finished as state runner-up in the long jump competition.



Eighth grader Matthew Whitaker placed eighth in the 400-meter dash.



Eighth grader Heather Hammond captured middle school state championship titles in the 200-meter dash and long jump. Heather set a new Mason-Dixon Games record in the long jump, shattering the ten-year-old record by seven inches.



Junior Clarissa Hubbard finished as state runner-up in shot put.



Senior Tara Abney placed third in the 55-meter hurdles.



Senior Mindy Bullock placed fourth in the high jump.