In Class 2A

RCHS girls' track team ranked first in state; boys' 15th

The RCHS girls' varsity track and field team has moved from fourth to first place in the latest Class 2A State Track and Field rankings. The top proved ranking comes as a result of the team's first outdoor meet of the season at Lincoln County on Friday, April 6. The girls are ahead of second place Russell by over 25 points. The top twenty-five team rankings are as follows:

Rank	School	Score
1	Rockcastle County	91.75
2	Russell	66.08
3	Boyle County	63
4	Louisville Mary Academy	59.50
5	Warren East	50.50
6	Paducah Tilghman	43.75
7	Fort Campbell	42.83
8	East Carter	35
9	Western Hills	35
10	Meadowview	28.50
11	Marion County	28.50
12	Rowan County	25.50
13	Casey County	23
14	Fleming County	16.25
15	Malcom County	15
16	Muhlenberg North	12.50
17	East Jessamine	10
18	Franklin County	9
18	West Jessamine	9
20	Lloyd Memorial	7
21	Lexington Catholic	6.33
22	Marion County	6.25
23	Bullitt East	6.25
24	Union County	6
25	Pendleton County	4.50

The RCHS boys' varsity team also broke into the top twenty-five teams in the state with several exceptional performances at Lincoln County. The boys are currently ranked 15th in the state. The top twenty-five team rankings are as follows:

Rank	School	Score
1	Nelson County	74.50
2	Boyle County	65.50
3	Rowan County	65.33
4	East Jessamine	50.50
5	Fort Campbell	46.50
6	Madison Southern	41.50
7	Newport	33
8	Muhlenberg North	30
9	Paducah Tilghman	28.17
10	Russell	28
11	Warren East	27
12	Casey County	20.17
13	Marion County	19
14	Pendleton County	19
15	Rockcastle County	14.50
16	Fleming County	14.17
17	Hopkins County Central	14
18	Lloyd Memorial	12
19	Lexington Catholic	11.17
20	Bullitt East	10
20	Heath	10
20	Glasgow	10
23	Henry County	9
24	East Carter	7
25	Caldwell County	6
25	Prestonsburg	6

Several individuals from both boys' and girls' teams are ranked in the top ten in the state in their respective events including 15 girls and 6 boys. Those currently ranked in the top ten in the state are as follows:

GIRLS:

Cheyenne Carmack: 2nd - 400-meter dash
2nd - 800-meter run
1st - 1600-meter relay

Sheena Swinney: 1st - 1600-meter relay
2nd - 400-meter relay
4th - 100-meter dash
2nd - 200-meter dash

Rachelle Hammond: 5th - triple jump
4th - long jump
7th - 400-meter dash
1st - 1600-meter relay

Clarissa Hubbard: 5th - shot put

Mindy Bullock: 2nd - high jump
8th - 100-meter hurdles

Chele Embs: 9th - triple jump
4th - 400-meter relay

Heather Hammond: 1st - high jump
9th - 200-meter dash
7th - long jump
1st - 1600-meter relay
2nd - 800-meter relay

Casey Taylor: 2nd - 800-meter relay
8th - 100-meter hurdles
6th - 300-meter hurdles
4th - 400-meter relay

Jessica Asher: 8th - 1600-meter run
7th - 3200-meter relay

Elizabeth Bussell: 10th - 3200-meter run
7th - 3200-meter relay

Johnna Abney: 4th - 400-meter relay
2nd - 800-meter relay

Ashley Lawson: 6th - discus

Sarah Parsons: 4th - 400-meter relay

Kayla Hayes: 7th - 3200-meter relay

Danielle Arnold: 7th - 3200-meter relay

BOYS:

Josh Hale: 5th - 200-meter dash

Jeremiah Myers: 8th - 400-meter dash

Josh Ramsey: 7th - 800-meter run

Jeremy Neeley: 4th - 1600-meter run

Andrew Hammond: 7th - high jump

Erik Downey: 7th - discus

The first meet for RCHS was the Patriot Games Invitational held at Lincoln County High School this past Friday. The RCHS girls' team hoped to defend last year's Patriot Games win, while the boys' team sought to win the meet for the first time.

The girls had to overcome the absence of five key team members due to injuries including seniors Tara Abney, Theresa Chislum, and Martina Maurer. Also unable to attend was junior Clarissa Hubbard and seventh grader Mourine Ramsey. All five girls are very valuable members of the team and account for over fifty points a meet on average.

The depth and talent of the RCHS girls' team proved to be too much for the opposition as they dominated a field of ten teams to come away with the victory and defend their Patriot Games' title. The girls' defeated runner-up Danville, ranked 2nd in Class A, by an unbelievable margin of 90 points - 158.5 to 88.5. Other teams competing included Harrodsburg, Williamsburg, Lincoln County, Oneida Baptist, Pulaski County, Casey County and Pulaski Southwestern. The girls also defeated Madison Central, ranked eighth in Class 3A, by 116 points.

Along the way, the girls established three new RCHS track and field records: Senior Rachèlle Hammond was named the meet's most outstanding female girl for her many spectacular performances.

The girls' 3200-meter relay team got the meet off to a great start with a tremendous performance. The team of Kayla Hayes, Elizabeth Bussell, Danielle Arnold, and Jessica Asher ran a season-best time of 11:30.7 and finished second overall in an amazing race.

Casey Taylor and Mindy Bullock ran extremely well in the 100-meter hurdles. Both girls had very little experience in the event; however, they were willing to try and fill in for their absent teammates.

Casey ran exceptionally well and finished third overall with an awesome time of 18.9 seconds. Mindy ran equally well and finished in a tie for third with Casey, also running 18.9. Casey also ran the grueling 300-meter hurdles. She finished 3rd in an awesome race with a personal record time of 53.7.

In the 100-meter dash, Sheena Swinney ran an awesome race and finished third with an exceptional time of 13.5. Teammate Johnna Abney also ran a great race and placed fifth overall in 14.0. Both girls also ran awesome 200-meter dashes. Sheena dominated the competition and blazed her way to a 1st place finish with an incredible effort of 27.1 seconds. Johnna also ran a spectacular race and finished fifth in 29.0.

Seventh-grader Jessie Asher ran an inspiring 1600-meter run and broke the RCHS record with an amazing effort of 6:05.9.

She finished fifth overall in the race. Teammate Danielle Arnold also ran a spectacular race and finished sixth overall with a great time of 6:22.2.

The 400-meter relay team of Johnna Abney, Casey Taylor, Chere' Embs, and Sarah Parsons ran an unbelievable race and finished a close second. The girls ran an awesome time of 54.2, missing the school record in the event by only five hundredths of a second.

In the 400-meter dash, Cheyenne Carmack dominated the race and finished first overall with a season's best time of 1:01.3. Rachelle Hammond also ran an exceptional race and finished third overall in 1:04.3.

Cheyenne broke her own RCHS 800-meter record with an awesome winning time of 2:28.7. She easily defeated all competitors. Kayla Hayes also ran a great race and finished ninth with a time of 2:51.8.

In the 3200-meter run, seventh grader Elizabeth Bussell ran a superb race and finished fifth overall with a personal best time of 14:08.

The 1600-meter relay team of Cheyenne, Heather, Rachelle, and Sheena blazed their way to an easy first place finish in an unbelievable race. The girls finished with an awesome time of 4:17.

Senior Ashley Lawson performed exceptionally well in both shot put and discus. Ashley threw 26'8.5" in the shot put competition and finished third. She also placed third in discus with a personal best effort of 89'8.5"

Rachelle Hammond dominated both the long and triple jump competitions. In long jump, Rachelle leaped a season's best 15'11" and placed first. Teammate Heather Hammond placed fourth with a solid effort of 14'2". In triple jump, Rachelle placed first with a spectacular effort of 31'4.5". Teammate Chere' Embs also jumped extremely well and finished fourth overall with a superb effort of 29'11.5".

Eighth-grader Heather Hammond broke the RCHS high jump mark of 5'0" with an incredible Class 2A state-best jump of 5'2".

Heather placed first in the event. Teammate Mindy Bullock also jumped extremely well and placed second with an incredible leap of 4'10".

The 800-meter relay team of Johnna Abney, Casey Taylor, Heather Hammond, and Sheena Swinney ran a sensational time for the first meet of the season and finished second overall. The girls posted an exceptional time of 1:52.8 and narrowly missed first.

The RCHS boys' team also had a tremendous meet and will be strong this season in many different track and field events. The boys did not compete in every event at Lincoln County due to the lack of depth; however, they remained in the top five teams up until the end of the meet. They finished ninth overall out of twelve teams. The boys had many outstanding performances and established two new RCHS records during the course of the meet.

In the 100-meter dash, junior Josh Hale sprinted his way to a fifth place finish in 12.2 seconds. Josh also ran an exceptional 200-meter dash and finished third overall in 24.2. Teammate Derrick Baker also ran a great 100-meter race and finished 20th in 15.1 seconds. Stephen Hopkins ran well in the 200 and finished 14th in 27.7 seconds.

The 3200-meter relay team of Andrew Nelson, Brandon Cole, Jeremy Neeley, and Stephen Hopkins ran an awesome race and nearly broke the RCHS record in the event. The team finished fourth overall with a very fast time of 9:38.4.

Senior Jeremy Neeley shattered the RCHS record in the 1600-meter run with an impressive time of 4:57. He finished third overall in the event. Andrew Nelson also ran a great race and finished 10th with a time of 5:19.8.

In the 400-meter dash, senior Jeremiah Myers ran an awesome race and finished third in 55.6 seconds, a personal record. Teammate Andrew Hammond also ran well and finished 11th in 59.6 seconds.

In the 300-meter hurdles, Elijah Lunsford ran very well and finished 11th in 51.2 seconds.

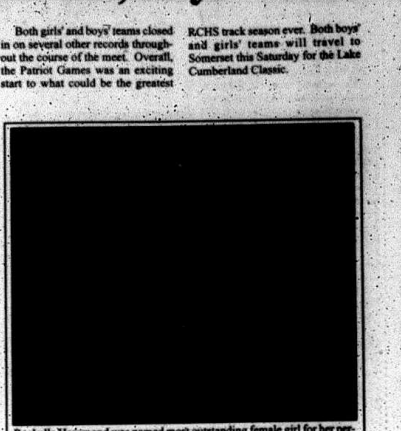
In the 800-meter run, junior Josh Ramsey ran an unbelievable race and finished with an amazing time of 2:14.8. Josh finished fifth overall and narrowly missed the RCHS record.

Eighth-grader Brandon Cole ran an exceptional 3200-meter run on his way to a new RCHS record time of 11:24. Brandon finished fifth overall. Teammate Andrew Nelson also ran well and finished ninth in 11:54.4.

Both girls' and boys' teams closed in on several other records throughout the course of the meet. Overall, the Patriot Games was an exciting start to what could be the greatest RCHS track season ever. Both boys' and girls' teams will travel to Somerset this Saturday for the Lake Cumberland Classic.

The RCHS boys' varsity track and field team is currently ranked 15th in the state in Class 2A.

The RCHS girls' varsity track and field team is gearing up for perhaps their best season ever as they have been ranked first in the state in Class 2A. The ranking comes as a result of the team's first outdoor meet of the season at Lincoln County on April 6th. The girls won the Patriot Games Invitational dominating the field of ten teams.



Rachelle Hammond was named most outstanding female girl for her performances during the Patriot Games invitational held at Lincoln County High School.

The Racing Reporter

Greg Biffle gets first Busch win

By Gerald Hodges
The Racing Reporter

LEBANON, Tenn. -- Greg Biffle won his first Busch Series victory Saturday, holding off Jason Keller in the Pepsi 300 at the new Nashville Superspeedway. It was his first Busch win in eight starts, since moving up from the Craftsman Truck series.

Jason Keller finished second for his third top-five finish this season. Rookie Scott Wimmer was third, followed by Randy LaJoie and Elton Sawyer. Pole-winner Kevin Harvick was seventh as 10 drivers swapped the lead 15 times.

"I felt a little restless sleeping last night and actually really nervous because when you have a good car it's like my crew chief says. 'The only thing you can do is make a mistake or mess it up.' That's what we didn't want to do today was make a mistake. I'm thankful we didn't," Biffle said.

Biffle took the lead for good on lap 187. Keller had been working all day to loosen up his Ford, and he said his crew got the car a little too loose during the 10th caution. Going into turn four, Biffle worked his Ford underneath Keller and gave himself enough room to go by for the lead.

Finishing Order: 1. Greg Biffle, 2. Jason Keller, 3. Scott Wimmer, 4. Randy LaJoie, 5. Elton Sawyer, 6. Mike Skinner, 7. Kevin Harvick, 8. Jeff Green, 9. Mike McLaughlin, 10. Todd Bodine, 11. Frank Kimmel, 12. Rich Bickle, 13. Brad Baker, 14. Jeff Purvis, 15. Kevin LePage, 16. Tim Sauter, 17. Tony Raines, 18. Tim Fedewa, 19. Jamie McMurray, 20. Bobby Hamilton Sr., 21. Mark Green, 22. Steadman Marlin, 23. Marty Houston, 24. David Green, 25. Hank Parker, 26. Bobby Hamilton Jr, 27. Chad Little, 28. Jimmie Johnson, 29. Larry Foyt, 30. Shane Hall, 31. Mark Day, 32. David Donahue, 33. Andy Santerre, 34. Kevin Grubb, 35. Dan Pardus, 36. Kenny Wallace, 37. Clay Rogers, 38. AJ Frank, 39. Jay Sauter, 40. Mike Harmon, 41. Jeff Streeter, 42. Ashton Lewis, 43. Shawna Robinson

Harvick continues as points leader

The top-10 points leaders: 1. Harvick 1248, 2. Keller 1157, 3. Biffle 1156, 4. J. Green 1070, 5. McLaughlin 1013, 6. Johnson 999, 7. Purvis 979, 8. T. Bodine 943, 9. LaJoie 935, Wimmer 935

Schrader wins inaugural Arca 150

LEBANON, Tenn.--Veteran Ken Schrader, in his own Federated Auto Parts Pontiac, held off late-race charges from Frank Kimmel and Shawna Robinson to win the thrilling, inaugural PFG Lester ARCA 150 Friday afternoon at Nashville Superspeedway. Kimmel out-dueled Robinson for second. It was Schrader's eighth career ARCA RE/MAX Series victory.

Finishing Order: 1. Ken Schrader, 2. Frank Kimmel, 3. Shawna Robinson, 4. Rick Carelli, 5. Mike Swain Jr., 6. Jason Jarrett, 7. Tim Steele, 8. Stanton Barrett, 9. Andy Belmont, 10. Mike Harmon, 11. Ron Cox, 12. Rick Markle, 13. Steadman Marlin, 14. AJ Henriksen, 15. Randy Briggs, 16. Chuck Weber, 17. Randal Ritter, 18. Jeffrey Falk, 19. Greg Sarff, 20. Mike Buckley, 21. Norm Benning, 22. Donny Morelock, 23. Nate Monteith, 24. Stuart Kirby, 25 Todd Bowsher, 26. Billy Venturini, 27. Robert Burroughs, 28. Joe Cooksey, 29. Cavin Councilor, 30. Phillip Kranefuss, 31. Mark Gibson, 32. Jeff Streeter, 33. James Hylton, 34. Chase Montgomery, 35. Anthony Hill, 36. Kevin Belmont, 37. Brad Smith, 38. Dion Ciccarelli

Tony Stewart confident going to Talladega

The NASCAR Winston Cup Series had the weekend Easter holiday off before heading to Talladega (Ala.) Superspeedway for the April 22 Talladega 500.

As the second restrictor plate race this season and the first since the season-opening Daytona 500, the 500-mile Talladega event has proven to be a controversial subject in terms of the standard garage area chatter.

While the Daytona 500 featured an unbelievable 49 lead changes and exciting racing, some would argue that it became too exciting. An 18-car pileup on lap 174 saw The Home Depot Pontiac of Tony Stewart become airborne before landing on the roof of another car and barrel rolling to a stop midway down the backstretch.

Despite the obvious severity of that accident, it paled in comparison to the tragedy that occurred in the final corner of the final lap of the sport's biggest race.

There, in an accident that didn't seem near as horrific as the one that preceded it roughly 30 laps earlier, Dale Earnhardt died after making abrupt, nearly head-on contact with the turn four wall.

Losing the icon of NASCAR changed the sport forever, and the reverberations created by Earnhardt's loss still resound throughout the motorsports community.

In recent weeks, those reverberations have increased as the Talladega event has neared. The ruse is, for all intents and purposes, the closest thing to the kind of driving conditions competitors experienced back at Daytona. Many wonder, openly and privately, what the second round of restrictor plate racing will have in store.

There's been a lot of speculation regarding this race at Talladega.

"It's just another race to me," said Tony Stewart. "As far as my accident is concerned, it was a racing accident. It's over with and I'm fine. I'm very thankful to the man upstairs that I am. Our team has one of the safest cars out there. We had engineers who specialize in analyzing those types of crashes come to the race shop after Daytona to look at our Daytona car, and they said that it was the best car they had seen preparation-wise as far as safety was concerned. That makes me feel really good and confident as a driver that if I'm ever put in that same situation again that everything will come out the same way. I'm a racecar driver, and I know what can happen every time I get in the racecar and go out on the racetrack. If something happens, it happens. But I have the confidence knowing that my team and I have done everything that we can do to prevent something bad from happening."

Stewart does not believe there is a heightened sense of awareness going into Talladega just because of everything that transpired at Daytona.

"No, I think the crews will be doing the same things they always do because safety has always been an important issue," said Stewart. They've always done a good job, so I don't feel like they have to do anything extra. As long as they keep doing what they've been doing than everything's good."

FANFARE: Teams in The Pits

In the early days of racing most races were a one- day affair that usually consisted of only 100 or 150 laps, so crews weren't needed except to change an occasional tire and add fuel.

The Wood Brothers was one of the first teams to recognize the need for faster and better pit strategy in the early 1960's. They were recruited by Graham Hill to service his car at Indianapolis Motor Speedway. When he won the 1965 Indianapolis 500, because he spent less time in the pits than other teams; pit stops and pit strategy was born.

Pit stops for four fresh tires in Winston Cup events have been reduced from 35 seconds to 15 seconds and, sometime less. Each half-second is so precious that teams have hired physical fitness experts to train and keep them in top physical form for Sunday races.

Almost every team reviews their crew's performance with a small camera that is mounted on a pole and hangs out over the car when it stops. The camera is triggered when the car enters their respective spot on pit road.

In a regular four tire pit stop, it can take less than 16 seconds to change four 40-pound tires and empty two 11-gallon cans of fuel. The windshield and radiator are cleaned and the driver is handed a cup or bottle of water or cold drink. If the crew chief or driver decides adjustments are necessary, those are made.

The contribution of pit crews might be no more than 90 seconds during a 500-lap race, but they are very crucial seconds. At superspeedways like Daytona and Talladega, one second in the pits would be equal to a car traveling 100 yards on the track.

Next Week: When and Why Teams Decide to Pit.

Weekend Racing: Both the NASCAR Winston Cup and Busch Series will be at Talladega Superspeedway.

Saturday, April 21: Busch Series 300, event 9 of 33 events; Distance: 113 laps/300 miles; Starting Time: 1 p.m. (EST); TV: Fox; Defending Champion: Joe Nemechek

Sunday, April 22: Winston Cup, Talladega 500; event 9 of 36 events; Distance: 188 laps/500 miles; Starting Time: 12:30 p.m. (EST); TV: Fox; Defending Champion: Jeff Gordon.

Racing Trivia Question: What year was the first race held at Talladega Superspeedway?

Answer To Last Week's Question: Winston Cup driver Joe Nemechek's home state is Florida.

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