

RCHS girls' track team wins Lake Cumberland Classic

The RCHS girls' and boys' varsity track and field teams recently competed in the 25th Annual Lake Cumberland Classic Track and Field Meet at Somerset. Twenty-five teams were on hand for the annual competition of some of the state's best track and field teams.

The girls' team dominated the competition for the second meet in a row and defeated Danville, ranked second in Class A, by 42 points (129 to 87).

With the victory and improved performances, the girls held on to their #1 state ranking in Class 2A for the second week in a row.

Freshman Sheena Swinney led the girls' team in scoring with her best meet ever. Sheena tallied 25 points and also led the scoring for the entire meet. Sheena broke her own RCHS 100-meter dash record with an outstanding Class 2A best time of 1:29.5 seconds. She placed first in the 200-meter dash in Class 2A this season. She blazed her way to an easy victory with a new RCHS record time of 2:6.5 seconds.

Teammate Johanna Ashley ran her best time of the season in the 100-meter dash and finished 11th in 13.64 seconds. In the 200-meter dash, Ashley also had an outstanding season's best performance and finished 10th in 28.8 seconds.

Senior Rachelle Hammond kept her undefeated streaks alive in both the long jump and triple jump competitions. Rachelle led in the long jump (15'11.5") to edge out teammate Heather Hammond who finished second with a great effort of 15'7". In triple jump, Rachelle broke her own Lake Cumberland Classic record with an awesome effort of 33'3". Teammate Chere' Emba also jumped exceptionally well and finished fourth overall with an outstanding mark of 29'7.5".

Senior Cheyenne Carmack continues to excel in the 800-meter run. Cheyenne shattered her own school record in the event and easily captured first place with a time of 2:26.26.

The win by more than seven seconds over her nearest competitor, Kayla Hayes also ran a great race and finished 10th in 2:53.6.

In the 400-meter dash, Rachelle ran a hard-fought race and finished fifth overall with a time of 1:06.

Seventh grader Jessica Asher ran an awesome 1600-meter run and finished sixth overall in 6:07.3. Teammate Danielle Arnold also ran very well and finished ninth in 6:28.1.

In the 3200-meter run, Jessica Asher successfully broke the RCHS record in her first ever attempt at the event. She finished fifth overall with an amazing time of 13:45, shattering

the old RCHS record by 32 seconds. Teammate Elizabeth Bussell also ran very well and finished 10th in 14:45.7.

Juniata Clarissa Hubbard competed in shot put and discus for the first time this outdoor season. In shot put, Clarissa threw an amazing 31'10.5" and finished second. Teammate Ashley Lawson finished 10th with an effort of 26.10.5. In discus, Clarissa threw very well and also finished second with an outstanding effort of 99'1". Ashley also threw very well and finished ninth with a throw of 79'1".

In the 100-meter hurdles, Senior Theresa Chishum ran a great first race of the season and finished eighth

overall in 19.2 seconds. Teammate Casey Taylor took a very hard fall and did not get to finish the race; however, Casey would have returned to run spectacularly in her relay events.

Theresa also ran well in the 300-meter hurdles and finished eighth overall in 56.3 seconds. Senior Mindy Bullock ran in her first 300-hurdle race in several years and performed extremely well. She finished sixth overall with a great time of 54.6 seconds.

Heather Hammond won her second straight high jump competition with an outstanding leap of 5'0". Mindy placed second with a great effort of 4'10". Both girls have swept



Members of the girls' track team are pictured above, front row from left: Sarah Parsons, Jessica Asher, Elizabeth Bussell, Theresa Chishum; Second row from left: Coach Mark Brunette, Sheena Swinney, Cheyenne Carmack, Mindy Bullock, Rachelle Hammond. Back row from left: Kayla Hayes, Jessica Robinson, Tressie Robinson, Chere' Emba, Heather Hammond.

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the top two spots in two straight competitions this far.

The 400-meter relay team of Theresa Chishum, Casey Taylor, Chere' Emba, and Johanna Asher ran an exceptional 400-meter relay and finished third overall in 54.6 seconds.

The 800-meter relay team of Johanna, Casey, Heather, and Sheena Swinney had their sights set on the RCHS record for the event. The girls did not disappoint. They dominated

the competition and easily placed first with a new RCHS record time of 1:51.4 seconds. This also ranks them first in the state in the event.

The 1600-meter relay team of Cheyenne, Heather, Rachelle, and Sheena ran a tremendous race and finished first in 4:18, easily defeating the runner-up team by over ten seconds.

The 3200-meter relay team of Kayla Hayes, Elizabeth Bussell,

Danielle Arnold, and Jessica Asher closed in on the RCHS record with a sixth place finish and an awesome time of 11:22.9.

The boys' team also had a great meet with many outstanding performances. Complete team and individual results from the boys' competition, as well as results from the first middle school competition will appear in next week's Signal.



Rockcastle girls advance to Sweet 16 in AAU

The Rockcastle 11-and-under girls basketball team advanced to the round of sixteen in the Kentucky State AAU Tournament held in Danville April 20-22. Forty teams in 10 pools began the tournament on Friday night. Rockcastle defeated Calloway County and Lewisport in pool play before advancing to the single elimination tournament on Saturday night. The girls were knocked out of the tournament by Nelson County Fireballs All-Star team. The Rockcastle team is comprised of members of the sixth grade RCMS Lady Rocket basketball team who were undefeated in conference play during the regular season and captured the SCMSAC 6th grade tournament championship in October. Team members are pictured above, back row from left: Holly Dollins, Ainsley Bussell, Lura Cash, Ashley Stewart, Kanna Mink, and Anna Reynolds. Front row from left: Debbie Barnett, Victoria Cloutz, Jill Owens, Leanne Holden, and Morgan Kinter. The AAU team is coached by Hobie Coleman and John Cloutz.

Rockcastle County WHAS Crusade for Children

First Annual Class C and D Softball Tournament
5 Home Run Limit

May 12, 2001
@ 8:00 a.m.

Roundstone Elementary School

\$125.00 Entry Fee

Team:
Contact Person:

All proceeds go to WHAS Crusade for Children.
T-shirts to be given to 1st and 2nd place winners.

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Memorial Day hours: 9 a.m. - 3 p.m. Monday, May 28th

"Lady Rockets"

(Cont. from A10)

Childrens' which scored Hayes and Jessie Thacker who had walked. Childrens' later scored on a wild pitch.

The Lady Warriors tied the score in the second and went ahead in the third when they picked up three runs on one hit and three Rocket errors.

However, the Rockets came back in their half of the inning to go ahead, 2-1. Falin was safe on a fielder's choice, stole second, went to third on the throw and later scored on a wild pitch. Childrens' drew a walk and later scored on a wild pitch. Allison Anderson also drew a walk and scored on Bengie's home run.

The Warriors reclaimed the lead in the fourth in five runs on three hits and three errors. In their half of the inning, the Rockets got back three of the runs. With one out, Hayes and Thacker drew walks. Falin singled Hayes home, Childrens' followed with a single, scoring Thacker and Bengie singled to drive in Falin and make it 11-10.

The Warriors came back in the 5th with two runs on two hits, making it 13-10 but the Rockets came back with three runs on two hits to tie the score.

Dioni Howard walked to begin the inning and later scored on a hit by Amanda Rogers. Hayes followed with a hit, scoring Rogers and Falin got the third RBI of the inning on SAC fly, scoring Hayes.

After the warriors went ahead 15-13 in the 6th, the Rockets kept pace with two runs, one on another single by Rogers which scored Bengie, who was home after being hit by a pitch and Ashley Carter, who drew a walk, scored on a wild pitch.

Bored in the seventh, the Warriors cut three runs on one hit and six walks to take an 18-15 lead and the Rockets could answer.

On Thursday night, with Amber Falin on the mound, the Lady Rockets got their second win of the season, beating Somerset 6-2. All the Rocket scorers played in the second

inning, beginning with a walk by Bengie. Childrens' then got a hit, Dioni Howard walked, Rogers singled, Hayes doubled, Falin drew a base on ball and Rachelle Riddle got a hit.

The Jayvee led 16-3 with Jessica Jones, Tammy Dees and Childrens' all accounting for the Rocket runs.

Against Lincoln on Friday night, with Jessica Thacker on the mound, the Rockets out hit the Lady Patriots 8-4 but a disastrous 7th inning gave the Patriots the 9-4 win.

Jessie Hayes singled to lead off the Rockets first and Jessica Thacker drew a walk. Both scored on a single by Rachel Childrens' to put the Rockets up 2-0. In the third, Thacker singled, stole second and later scored when Rachelle Riddle was safe on a Parrot error. The last run of the game for the Rockets came in the third

when Allison Anderson led off with a single and scored on a double by Josie Bengie who was later thrown out stealing third.

The Patriots got two runs back in the 5th on a hit and a Rocket error and then got 7 runs in the seventh on three hits and three Rocket errors.

The Jayvee lost 21-16. Scoring runs for the Rockets were: Amanda Rogers (3), Rachel Childrens', Cassie Hamilton, Jessica Thacker, Brittany Cromer and Candace Blair. 2 each and Jessica Denney, who got a triple. Tammy Dees and Dioni Howard each scored once.

Monday night, the Rockets traveled to Pulaski Southwestern and lost in the 8th 12-11.

With two out and two on in the first, Cassie Hamilton drove in Jessie Hayes with a single and Allison Anderson then drove in Rachel Childrens' and Hamilton for a 3-0 lead. Southwestern came back to even the score in the first one four walks and one Rocket error and went ahead in the second on four runs on three hits. They added a run in the third but the Rockets scored five runs in the fourth to tie the score at 4-4.

Hamilton led off the inning with a walk and later scored on a wild pitch. Anderson and Bengie were both hit by pitches and Krystal Parsons drew a walk to load the bases. Hayes drew a walk, scoring the second run of the inning and Falin doubled to left to score two more runs. Hayes then scored on a wild pitch to tie the score at 8-8.

Southwestern went back ahead in the bottom of the fourth with two runs on one hit.

Parsons and Hayes both walked in the 6th and scored on wild pitches to tie the game at 10-10.

Neither team scored in the seventh but Hayes, who was safe on an error, scored on a wild pitch in the 8th. However, Southwestern came back in the bottom of the inning to get four straight hits and win the game 12-11.

The Jayvee team won their game against Southwestern 5-4. Brittany Cromer led off with a double, Jessica Jones and Tammy Dees both drew walks and all three scored on a hit by Dioni Howard. The Jayvees