

Holds on to #1 ranking in Class 2A

RCHS girls' track team wins Heart of Bluegrass Meet and Kiwanis Relays

The RCHS girls' varsity track team held on to its #1 Class 2A state ranking for the third week in a row. Defending outdoor and indoor state champion Paducah Tighman is coming on strong and has closed to #2 in the state. At the present, the RCHS girls' varsity team has fourteen girls ranked in the top ten in the state in fifteen different events. The top ten Class 2A state team rankings are as follows:

1. Rockcastle County, 91.83; 2.

Paducah Tighman, 90.53; 3. Russell, 86.4; Louisville Mercy Academy, 53.50; 5. Warren East, 49.6; Boyle County, 44; 7. Fleming County, 30.50; 7. Fort Campbell, 30.50; 9. Mercer County, 28.33 and 10. Western Hills, 28.

The RCHS girls' team dominated the 5th Annual Kiwanis Relays last week. The girls won eleven of twelve events and defeated second place Paducah by 32 points - 110 to 78. Other teams present were Corbin,

Williamsburg, Bell County, and Clay County. Eighth grader Heather Hammond won the MVP award for her outstanding performance in five different events.

The 3200-meter relay team of Cheyenne Carmack, Kayla Hayes, Danielle Arnold, and Jessica Asher ran an awesome race and finished first with a new RCHS record time of 10:52.93. Their effort placed them fourth in the state in the event.

The sprint medley team of Johnny Abney, Sarah Parsons, Sheena Swintney, and Cheyenne Carmack finished first with a spectacular race and a winning time of 1:57.31.

The discus team of Clarissa Hubbard, Ashley Lawson, and Tara Abney won their event by over thirty feet, finishing with a combined distance of 228'. The same trio also dominated the shot put competition with a total effort of 76' 9".

In the high jump competition, Heather Hammond, Mindy Bullock, and Theresa Chishum placed first with a combined effort of 13' 1".

The distance medley team of Kayla Hayes, Danielle Arnold, Jessica Asher, and Elizabeth Bassell ran very well and finished second behind a tough Paducah team in 15:07.78.

In the long jump competition, Rachelle Hammond, Heather Hammond, and Cher' Emb's dominated the field of competitors and placed first with a total of 45' 8". The girls also won the triple jump competition, while each had their best performance this season in the event.

Heather jumped a personal record 33' 2". Rachelle jumped 32' 3" and Cher' leaped a personal best 31' 6". The girls combined for 97' 2" and won the event by over 10'.

The 400-meter relay team of Theresa Chishum, Casey Taylor, Cher' Emb's, and Johanna Abney easily won with an amazing time of 1:52.95.

The 100-meter shuttle hurdle relay team of Theresa Chishum, Casey Taylor, Mindy Bullock, and Tara Abney dominated the competition and placed first with a time of 1:07.44.

The final event of the evening was the 1600-meter relay. The team comprised of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney placed first with a time of 6:13.37.

The girls' combined for 97' 2" and won the event by over 10'.

The 800-meter relay team of Johanna Abney, Casey Taylor, Heather Hammond, and Sheena Swintney easily won with an amazing time of 1:52.95.

The 100-meter shuttle hurdle relay team of Theresa Chishum, Casey Taylor, Mindy Bullock, and Tara Abney dominated the competition and placed first with a time of 1:07.44.

The final event of the evening was the 1600-meter relay. The team comprised of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney placed first with a time of 6:13.37.

The girls' combined for 97' 2" and won the event by over 10'.

The 800-meter relay team of Johanna Abney, Casey Taylor, Heather Hammond, and Sheena Swintney easily won with an amazing time of 1:52.95.

The 100-meter shuttle hurdle relay team of Theresa Chishum, Casey Taylor, Mindy Bullock, and Tara Abney dominated the competition and placed first with a time of 1:07.44.

The final event of the evening was the 1600-meter relay. The team comprised of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney placed first with a time of 6:13.37.

The girls' combined for 97' 2" and won the event by over 10'.

The 800-meter relay team of Johanna Abney, Casey Taylor, Heather Hammond, and Sheena Swintney easily won with an amazing time of 1:52.95.

The 100-meter shuttle hurdle relay team of Theresa Chishum, Casey Taylor, Mindy Bullock, and Tara Abney dominated the competition and placed first with a time of 1:07.44.

The final event of the evening was the 1600-meter relay. The team comprised of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney placed first with a time of 6:13.37.

The girls' combined for 97' 2" and won the event by over 10'.

The 800-meter relay team of Johanna Abney, Casey Taylor, Heather Hammond, and Sheena Swintney easily won with an amazing time of 1:52.95.

The 100-meter shuttle hurdle relay team of Theresa Chishum, Casey Taylor, Mindy Bullock, and Tara Abney dominated the competition and placed first with a time of 1:07.44.

The final event of the evening was the 1600-meter relay. The team comprised of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney placed first with a time of 6:13.37.

The girls' combined for 97' 2" and won the event by over 10'.

day in the Heart of the Bluegrass Track and Field Meet at Harrodsburg. 30 girls' teams were on hand for the weekend's largest and most competitive track meet in the state.

The top ten teams in Class A were present, as well as five of the top ten teams in Class 3A, including South Oldham who is currently ranked second in Class 3A. The RCHS girls' team turned in an awesome team performance and came away with the win in dramatic fashion. Going into the 8th and final event, RCHS trailed 3A power Louisville Iroquois by 2.5 points. The 1600-meter relay would decide the outcome of the meet.

The team of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney rose to the challenge and easily won the event, finishing ahead of South Oldham by over nine seconds. The girls ran a new RCHS record and Class 2A state-best time of 4:12.6. The only team that has run a better time, including all three classes, is Class 3A powerhouse Louisville Ballard. The team's brilliant effort, combined with many other outstanding performances throughout the meet, earned RCHS the first place team win by 6.5 points. The final team standings were as follows:

Girls Scores - Varsity
1. Rockcastle County, 75.50; 2. Iroquois, 69; 3. South Oldham, 64; 4. Paul Dunbar, 57; 5. Lafayette, 50; 6. Danville, 39; 7. Frankfort, 38; 8. Western Hills, 35; 9. Berea, 31; 10. St. Henry, 30; 11. Dupont Manual, 29; 12. Paducah Tighman, 23; 13. Casey County, 23; 14. Ryle, 22; 15. St. Mary, 20; 16. Mercer County, 16; 17. Sacred Heart, 15; 18. Woodford

County, 13; 19. Madison Central, 12; 20. Harrodsburg, 10; 21. Franklin County, 7.50; 22. Lexington Catholic, 6; 23. Bryan Station, 5.24; Tates Creek, 4; 25. Green County, 3; 25. Pikeville, 3; 27. Marion County, 2.

There were many other outstanding performances for the RCHS girls' team throughout the meet. Senior Cheyenne Carmack shattered her own RCHS record in the 800-meter run. Cheyenne finished second in the event with a Class 2A state best time of 2:21.4. This was nearly five seconds better than her previous record. She also ran an excellent 400-meter dash and finished second overall in 1:02.5.

Senior Rachelle Hammond broke her own RCHS long jump record by a inch, leaping an incredible 16' 4". She placed fifth in the event. Shortly thereafter, eighth grader teammate Heather Hammond took her own shot at the record and jumped an untouchable 17' 3" to set a new RCHS mark and win the event. The jump was also the second longest in Class 2A this season.

Heather also finished third in the high jump competition with a leap of 5' 0". Teammate Mindy Bullock finished eighth with an awesome leap of 4' 10".

Froman Sheena Swintney ran extremely well against a star-studded field of sprinters to finish seventh in the 200-meter dash and ninth in the 100-meter dash. Sheena also ran on the fifth place 800-meter relay team.

Junior Clarissa Hubbard set an awesome season's best 104' 11" and finished second in the discus competition.

Boys' track team finishes sixth at Kiwanis Relays; 12th at Lake Cumberland Classic

The RCHS boys' team had an excellent showing at the 5th Annual Kiwanis Relays. The team managed a sixth place finish out of eight teams.

Several outstanding performances highlighted the boys' competition. The 3200-meter relay team of Brandon Cole, Andrew Nelson, Matthew Whitaker, and Jeremy Neely set their sights on the all-time RCHS record in the event. The boys ran a spectacular race and finished third overall with a new RCHS record time of 9:27.47.

The shot put team of Eric Denney, Stephen Carrera, and Doug French threw well and finished fourth with a combined effort of 105' 0".

The 100-meter relay team of Jeremiah Myers, Josh Hale, Andrew Hammond, and Jeremiah Myers ran their best race of the season and placed seventh overall with a tremendous effort of 3:53.7.

The 3200-meter relay team of Jeremiah Neely, Stephen Hopkins, Andrew Nelson, and Brandon Cole ran an awesome race and finished eighth with a time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

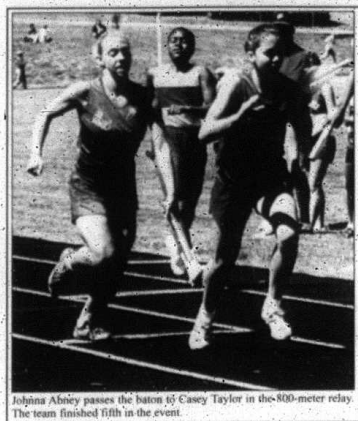
time of 9:46.6.

Andrew Hammond jumped extremely well in the high jump competition. He leaped an incredible 9' 10" and placed sixth overall in the event.

In the triple jump competition, Andrew continues to improve. He finished 11th overall with a great effort of 35' 1".

Shot put and last season's MVP Eric Denney threw extremely well and finished with a spectacular season's best effort of 41' 10.5". Eric finished seventh overall out of a very talented field of throwers. Stephen Carrera finished 20th overall with a

time of 9:46.6.



Johanna Abney passes the baton to Casey Taylor in the 800-meter relay. The team finished fifth in the event.



Clarissa Hubbard unleashes her best throw in the discus competition. She placed second in the event.



Rachelle Hammond finished fifth in the long jump competition with a new RCHS record jump of 16' 4".



Cheyenne Carmack battles multi-state champion Jackie Gordon from Frankfort in the 400-meter dash. Cheyenne placed second in the event and later broke the RCHS record in the 400-meter run.



Sheena Swintney runs the last leg of the 1600-meter relay. The team of Cheyenne Carmack, Heather Hammond, Rachelle Hammond, and Sheena Swintney placed first in the event and are ranked first in the state.



The RCHS girls' varsity track and field team is ranked #1 in the state in Class 2A after four weeks of action. The team won the Heart of the Bluegrass meet in Harrodsburg this past weekend featuring 30 of the state's top-ranked teams. They now have a combined seasonal record of 67-0. Team members are shown above, first row from left: Jessica Asher and Elizabeth Bassell. Second row from left: head coach Mark Brunnett, Trevis Robinson, Rachelle Hammond, Cheyenne Carmack, Tara Abney, Theresa Chishum, Heather Hammond, Kayla Hayes and assistant coach Katy Fritz. Back row from left: Danielle Arnold, Sheena Swintney, Sarah Parsons, Cher' Emb's, Mourine Ramsey, and Jessica Robinson. Now shown are Johanna Abney, Casey Taylor, Clarissa Hubbard and Mindy Bullock.

RCMS girls' track wins at Pulaski; boys finish third

In their first meet of the season, the RCMS girls' team dominated the competition and defeated second place Pulaski County by 79 points.

Several outstanding performances highlighted the girls' competition. Most notably, seventh grader Jessica Asher shattered the 1600 and 3200-meter run records for both RCMS and RCHS. Those scoring in the meet were as follows:

Johanna Abney - 100-meter dash - 1st - 13.8; 200-meter dash - 1st - 28.6; Casey Taylor - 100-meter dash - 2nd - 13.9; 200-meter dash - 3rd - 29.7.

Sarah Parsons - 200-meter dash - 2nd - 29.6; 100-meter dash - 3rd - 14.1.

Heather Hammond - 400-meter dash - 1st - 1:03.6; high jump - 1st - 4' 6"; long jump - 1st - 15' 4"; triple jump - 1st - 31' 6".

Cher' Emb's - long jump - 2nd - 14' 3"; triple jump - 2nd - 31' 5".

Jessica Robinson - 1600-meter dash - 1st - 6:01.39; 3200-meter run - 1st - 13:23.81.

Danielle Arnold - 400-meter dash - 2nd - 1:05.5.

Kayla Hayes - 800-meter run - 2nd - 2:47.

Jessica Robinson - 800-meter run - 3rd - 3:23.

Elizabeth Bassell - 3200-meter run - 4th - 14:38.

Mourine Ramsey - 1600-meter run - 6th - 7:06.

Jessica Asher, Danielle Arnold, Kayla Hayes, Elizabeth Bassell - 3200-meter relay - 1st - 11:25.13 and 1600-meter relay - 2nd - 5:10.8.

Johanna Abney, Casey Taylor, Cher' Emb's, Sarah Parsons - 400-meter relay - 1st - 5:51 and 800-meter relay - 1st - 1:56.1.

The RCMS boys also had an exceptional meet and finished third overall.

The boys' efforts were highlighted by many spectacular performances in the distance events including several personal bests. Those scoring included:

Matthew Whitaker - 100-meter dash - 5th - 13.6; 400-meter dash - 3rd - 59.3; 800-meter run - 1st - 2:19.4.

Brandon Cole - 1600-meter run - 1st - 7:06.

(Cont. to A10)