

"Girls Track"

(Cont. from A-8)

Elizabeth Buswell, Kayla Hayes, Danielle Arnold) - 6th - 11:21; 800-meter relay (Johnna Abney, Casey Taylor, Chere' Emb's, Sheena Swinney) - 1st - 1:53.7; 400-meter relay (Johnna Abney, Casey Taylor, Chere' Emb's, Sarah Parsons) - 1st - 54.12; - new RCHS record; 1600-meter relay (Danielle Arnold, Heather Hammond, Rachelle Hammond, Sheena Swinney) - 1st - 5:56; 100-meter hurdles - Tara Abney - 3rd - 18.09; Theresa Chislum - 4th - 18.12; 100-meter dash - Sheena Swinney - 1st - 12.73 - new RCHS record; 1600-meter run - Jessica Asher - 5th - 6:24 - new RCHS record; 400-meter dash - Cheyenne Carmack - 2nd - 1:02.68; Rachelle Hammond - 3rd - 1:06.5; 300-meter hurdles - Theresa Chislum - 5th - 55.91; Tara Abney - 2nd - 18.69; 200-meter dash - Sheena Swinney - 1st - 26.55 - tied her own RCHS record; Johnna Abney - 4th - 28.75; 3200-meter run - Jessica Asher - 4th - 13:03 - new RCHS record; high jump - Heather Hammond - 1st - 4' 10"; Mindy Bullock - 2nd - 4' 8"; triple jump - Rachelle Hammond - 1st - 32' 9.5"; Chere' Emb's - 2nd - 31' 7"; long jump - Rachelle Hammond - 1st - 15' 7.5"; Heather Hammond - 2nd - 15' 4.5"; shot put - Clarissa Hubbard - 1st - 30' 7.5"; Ashley Lawson - 3rd - 26' 5.5"; discus - Clarissa Hubbard - 2nd - 100' 9.5"; Ashley Lawson - 5th - 80' 2".

The girls' team next competed in the Fellowship of Christian Athletes Meet at Cumberland College in Williamsburg. Nearly twenty teams were present for the competition. The RCHS competed in the large school division with eight other Class 3A teams. The team also had to overcome the loss of senior Cheyenne Carmack due to illness and senior Mindy Bullock who had other obligations.

The competition was close midway through the meet; however, as the evening drew to a close, the girls' dominance began to become apparent. They placed first overall with 133 points and defeated runner-up Henderson County by 16 points. Highlights of the meet included a new RCHS record for Sheena Swinney in the 200-meter dash (26.47) and Jessica Asher's new RCHS mile record of 5:53.18.

Those RCHS athletes placing in the top six and scoring in the meet included:

400-meter relay (Jessica Asher, Elizabeth Buswell, Kayla Hayes, Danielle Arnold) - 4th - 11:12; 800-meter relay (Johnna Abney, Sarah Parsons, Chere' Emb's, Sheena Swinney) - 3rd - 1:54.85; 400-meter relay (Johnna Abney, Theresa Chislum, Chere' Emb's, Sarah Parsons) - 1st - 55.6; 100-meter hurdles - Tara Abney - 1st - 18.17; Theresa Chislum - 2nd - 18.56; 100-meter dash - Sheena Swinney - 2nd - 13.2; 400-meter dash - Danielle Arnold - 6th - 1:06.9; 300-meter hurdles - Theresa Chislum - 3rd - 54.07; Tara Abney - 4th - 55.31; 200-meter dash - Sheena Swinney - 1st - 26.47 - new RCHS record; Heather Hammond - 2nd - 26.62; 3200-meter run - Jessica Asher - 4th - 13:18.77; high jump - Heather Hammond - 1st - 5' 0"; triple jump - Rachelle Hammond - 1st - 34' 0.5"; Chere' Emb's - 4th - 29' 9"; long jump - Rachelle Hammond - 4th - 15' 7"; Heather Hammond - 3rd - 15' 9.5"; shot put - Clarissa Hubbard - 2nd - 31' 4"; discus - Clarissa Hubbard - 1st - 110' 3"; Ashley Lawson - 4th - 86.

The RCHS girls' varsity track and field teams also recently competed in the 5th Annual E.G. Plummer Track and Field Invitational in Danville. Twenty-three teams were on for the annual competition of some of the state's best track and field teams.

The RCHS girls' team continued their dominance this season and easily placed first overall. They outscored runner-up Danville by 44.5 points - 149 to 104.5. The girls' performance was highlighted by several outstanding individual and relay efforts.

The girls' 3200-meter relay team of Jessica Asher, Danielle Arnold, Mourine Ramsey, and Kayla Hayes blazed their way to one of their best times of the season. They finished sixth overall in 11:08.84.

In the 100-meter hurdles, seniors Tara Abney and Theresa Chislum ran great races and finished sixth and seventh respectively with times of 18.17 and 18.31 seconds. Both girls also ran well in the 300-meter hurdles. Theresa finished seventh overall with a great time of 55.89 seconds. Tara, still recovering from a fractured foot, ran a great race as well and finished ninth in 56.51 seconds.

Freshman Sheena Swinney dominated the 100-meter dash with a spectacular effort. Sheena finished first overall with an impressive time of 13.37 seconds.

The 800-meter relay team of Rachelle Hammond, Chere' Emb's, Sarah Parsons, and Sheena Swinney ran an exciting race and finished second with a time of 1:52.75. The girls were beaten at the finish by only four hundredths of a second.

In the 1600-meter run, 7th grade standout Jessica Asher continued her record-breaking season with another superb performance. She placed second overall in the event, breaking her own RCHS record with an awesome time of 5:50.67. 7th grade teammate Danielle Arnold also ran a great race and finished seventh in 6:13.86.

The 400-meter relay team of Tara Abney, Sarah Parsons, Chere' Emb's, and Theresa Chislum ran an awesome race and finished in a tie for second with a time of 55.52.

8th grader Heather Hammond ran a spectacular 400-meter dash and eclipsed the E.G. Plummer meet record with a first place finish and a personal best time of 59.63 seconds, ranking her first in the state in the event. Senior Cheyenne Carmack, who has been steadily recovering from illness, finished third overall with an exceptional effort of 1:01.37, her best time of the season.

Cheyenne ran exceptionally well in the 800-meter run, a race that has quickly become her specialty in only her first year of competitive racing in the event. She finished first overall with an excellent time of 2:29.36 seconds. 7th grade teammate Kayla Hayes also ran a great race and finished sixth overall in 2:43.49.

In the 200-meter dash, Heather Hammond and Sheena Swinney ran spectacular races against Berea's Kelly Bowman, a multiple state champion and one of the state's best senior athletes. Heather raced Kelley to a very strong finish, but was edged out at the line by two-hundredths of a second. Heather finished second with an awesome time of 26.49 seconds. Sheena also ran a great race and placed fourth overall in 28.26 seconds, but was not her usual self in the race.

Jessica Asher had another stellar performance in the 3200-meter run. She shattered her own RCHS record in the event with a new personal best time of 12:48.45. More impressively, she outdistanced the competition by an amazing forty-two seconds and placed first overall. 7th grader Elizabeth Buswell also ran very well and finished sixth with an impressive time of 14:22.59.

The 1600-meter relay team of Cheyenne, Danielle, Rachelle, and Sheena easily outdid the competition and won the event by nearly ten seconds with an exceptional time of 4:19.36.

In the shot put competition, junior Clarissa Hubbard came through with an awesome performance. She placed first overall in the event with a season's best effort of 32' 10.5". Senior Ashley Lawson threw very well and finished eighth with an effort of 26' 1.75". Both girls also threw well in the discus competition. Clarissa finished second with an awesome throw of 105' 9", while Ashley placed fifth with a throw of 82' 4".

Senior Rachelle Hammond performed exceptionally well in the long jump competition. Rachelle placed second overall with an incredible leap of 16' 0". Teammate Heather Hammond also jumped very well and placed fourth with an effort of 15' 4".

In the triple jump competition, Rachelle leaped an incredible 34' 0", her best effort of the season and only two inches short of her own RCHS record in the event. She placed third overall in the event. 8th grader Chere' Emb's had an awesome per-

formance and leaped a personal best 31' 10.5". Chere' placed fifth overall.

High jumpers Heather Hammond and Mindy Bullock enjoyed success in the high jump competition. Both Heather and Mindy jumped 4' 10" and placed second and third respectively.

Tuesday, May 15th was senior night for the RCHS track team and also the annual RCHS Invitational Track and Field Meet. Twelve other teams were on hand for the last RCHS home meet of the season including Berea, Madison Southern, Somerset, Pulaski County, Pulaski Southeastern, Garrard County, South Laurel, North Laurel, Williamsburg, Owsley County, Boyle County, and Wayne County.

After the senior and parent recognition ceremony, the RCHS girls began their defense of their unbeaten streak. The girls easily placed first and finished the meet with an amazing 170 points and finished 50 points ahead of runner-up Pulaski County.

The 3200-meter relay team of Jessica Asher, Mourine Ramsey, Kayla Hayes, and Danielle Arnold ran a spectacular race and finished fourth overall in 11:18.84.

In the discus competition, Clarissa Hubbard and Ashley Lawson stepped to the top two spots respectively. Clarissa threw an unbelievable 108' 3", while teammate Ashley threw 74' 10". Clarissa also dominated the shot put competition. She placed first by over three feet with an effort of 29' 9". Ashley threw well and placed fourth with a throw of 25' 7".

Tara Abney returned to form in the 100-meter hurdles, despite missing most of the season with a fractured foot. Tara ran her best time of the season and one of the best RCHS times ever. She finished second overall in 17.34 seconds. Theresa Chislum also ran an exceptional race and finished fourth in 18.28 seconds. In the 300-meter hurdles, Tara also had her best effort of the season. She placed fifth in the event with a time of 54.63 seconds. Theresa also ran very well despite being ill and finished sixth overall in 55.57 seconds.

Rachelle Hammond had an awesome performance in the triple jump competition. She leaped an incredible 34' 4" and established a new RCHS record, breaking her own mark in the process. She placed first overall in the event. 8th grade teammate Chere' Emb's also performed very well and placed third overall with an awesome effort of 31' 8". Rachelle also had an outstanding performance in the long jump competition. She leaped a personal best 16' 11" to capture first in the event. Heather Hammond also jumped very well and finished third overall with a



Eighth grader Chere' Emb's outdistances the competition in the 400m relay at the E.G. Plummer Invitational. The team finished second in the event.

leap of 15' 11.5".

In the 100-meter dash, freshman Sheena Swinney ran the second fastest time in RCHS track and field history. She finished first overall with an awesome effort of 12.76 seconds. 8th grade teammate Johnna Abney also ran a superb race and finished with her fastest time ever. She placed sixth overall with a spectacular effort of 13.38 seconds.

In the 200-meter dash, both Sheena and Johnna continued to shine. Sheena placed first in the event while eclipsing her own RCHS record mark with an unbelievable time of 26.25 seconds. Johnna also ran a personal best with an exceptional effort of 27.84 seconds. She placed fifth overall.

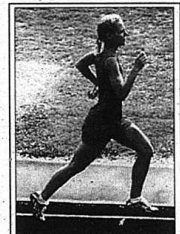
In the 400-meter dash, Heather Hammond ran an exceptional race and finished first overall with a personal best effort of 59.54 seconds. Teammate Cheyenne Carmack, still recovering from illness, was close behind with her best effort of the season, finishing second in 1:00.9.

Senior Mindy Bullock tied her best effort of the season in the high jump competition. Mindy leaped an incredible 5' 0" and tied for second in the event. Heather Hammond also jumped very well and placed fifth overall with a leap of 4' 10".

7th grader Jessica Asher continued to perform well in the distance events. In the 1600-meter run, she placed fourth with an exceptional time of 5:55. She also ran a spectacular 3200-meter race and finished fourth overall with a new RCHS record time of 12:44.17.

The 800-meter relay team of Johnna Abney, Chere' Emb's, Rachelle Hammond, and Sheena Swinney ran a great race and finished with one of their best times of the season, 1:52.3.

The 400-meter relay team of Tara Abney, Chere' Emb's, Johnna Abney, and Mindy Bullock easily outdis-



Senior Cheyenne Carmack finished first in the 800-meter run at the E.G. Plummer Invitational. She was first in the state in the event.



Senior Ashley Lawson prepares to throw the discus at the Rockcastle Co. Invitational meet.

tanced the competition and finished first in the event with a new RCHS record time of 54.05 seconds.

The 1600-meter relay team ended the meet in spectacular fashion. The team of Danielle Arnold, Heather Hammond, Rachelle Hammond, and Sheena Swinney blazed their way to an easy first place finish with an awesome time of 4:13.08, their second best effort ever in the event.

The girls' team is currently pre-

paring for the Class 2A Region IV Track and Field Championships to be held at Eastern Kentucky University on Thursday, May 24th at 5:00 p.m. and Saturday, May 26th at 10:00 a.m. RCHS won the regional championship last year and has been regional runner-up two of the past three seasons. The team has many individuals and relay teams capable of qualifying for the state championships in June.



Eighth grader Heather Hammond ranks #1 in the state in high jump. She is shown competing at the last RCHS home meet of the season.



The RCHS girls' track team is currently ranked #1 in the state in Class 2A going into the final week of the regular season. The girls are undefeated and have a combined meet record of 107-0. The team recently picked up victories in the Boyle Co. Thoroughbred Classic, Fellowship of Christian Athletes meet, E.G. Plummer Invitational and their own RCHS Invitational. Team members shown at the E.G. Plummer Invitational are, from front row left: Jessica Asher, Cheyenne Carmack, Mourine Ramsey, Elizabeth Buswell and Tara Abney. Back row from left: Theresa Chislum, Chere' Emb's, Sarah Parsons, Sheena Swinney, Danielle Arnold, Kayla Hayes, Heather Hammond and Rachelle Hammond. Not shown were: Ashley Lawson, Clarissa Hubbard, Johnna Abney and Mindy Bullock.



Seniors Tara Abney and Theresa Chislum finish first in the 100-meter high hurdles at the RCHS Invitational.

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