

Boys' track team qualifies for state in two events

The RCHS boys' varsity track and field team competed this past Thursday and Saturday in the Class 2A Region 4 Track and Field Championships held at Eastern Kentucky University. The boys sought their first-ever regional track and field title, while several individuals and relay teams looked to qualify for state after several weeks in the top ten state rankings.

The boys' team had several individuals ranked in the top ten in the state throughout the season. Those ranked in the top ten in the final KHSAA rankings included Eric Denney - fifth in discus, Josh Hale - 10th in the 200-meter dash, Andrew Hammond - eighth in high jump, the 1600-meter relay team of Jeremy Neeley, Josh Hale, Andrew

Hammond, Jeremiah Myers - ninth. The boys had a great regional meet. Class 2A Region 4 added some new teams this season as part of a consolidation process that reduced the number of regions within a class from eight to six, thereby strengthening each region. New teams included Lexington Catholic, Corbin, East Jessamine, West Jessamine, and Mercer County. The RCHS boys looked forward to the challenge and finished the meet with several outstanding performances. The team placed eighth overall out of fourteen teams with 23 total points.

The 100-meter dash proved to be an exciting race. Junior Josh Hale strained his hamstring slightly before the race, but still managed to run well enough to qualify for the finals. He

finished ninth overall in 12.15 seconds, but was unable to run the event on Saturday. Junior Cory Reams was unable to run in preliminaries due to a sprained ankle and was forced to miss the entire meet.

In the 400-meter dash, senior Jeremiah Myers and junior Andrew Hammond had their sights set on the finals. Jeremiah still had difficulties stemming from a previous injury and was unable to run his best. Andrew ran an awesome race and qualified for Saturday's final. On Saturday, Andrew ran an exceptional race and finished eighth overall in 55.86 seconds.

Senior Jeremy Neeley ran an awesome 800-meter race. Jeremy ran one of his best times ever and finished sixth overall with an exceptional effort of 2:11.12. Earlier this season, Jeremy established a new RCHS record in the event. Eighth grade teammate Matthew Whitaker also ran one of his best races ever and finished 14th overall with an exceptional time of 2:19.69.

In the 1600-meter run, Jeremy also performed very well. He ran his second best time ever, 4:54.55 and finished third overall in the event. Jeremy also established a new RCHS record in the mile earlier this season. Eighth grade teammate Brandon Cole, coming off a career best 4:57

at Pulaski County, finished seventh overall with a great race and a time of 5:03.32.

In the 3200-meter run, Brandon continued to improve. He shattered his own RCHS record in the event with an awesome time of 10:59.74, becoming the first RCHS competitor to break the eleven-minute mark. Brandon finished sixth overall in the event. Freshman teammate Andrew Nelson also ran the best race of his career. Andrew finished 10th overall with an awesome time of 11:08.19.

Andrew Hammond qualified for the state championships with an exceptional performance in the high jump competition. Andrew leaped an incredible 5' 8" on a very slippery surface and placed third overall in the event. His effort was among the best in the state and good enough to qualify him for the state finals. Andrew also finished ninth in long jump with one of his best efforts of the season - 17' 9.75".

Senior Eric Denney battled illness during the shot put competition, but still managed to perform very well. Eric finished ninth overall in the event with a great effort of 38' 0.5", four feet short of his capabilities when he's healthy. Teammate Stephen Carrera also performed very well in his first ever regional competition. Stephen threw 35' 6.5" for 13th place overall.

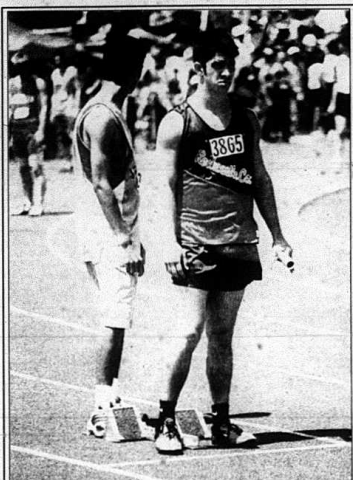
Both boys also performed well in discus. Eric threw very well although he wasn't up to his usual standards. He finished sixth overall with a great throw of 115' 3.5". His best this season was over 131'. Stephen finished

11th overall with a tremendous effort of 106'.

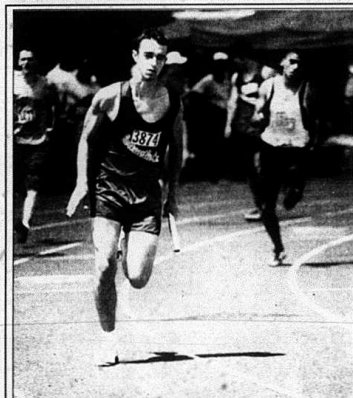
The 3200-meter relay team of Jeremy Neeley, Andrew Nelson, Brandon Cole, and Matthew Whitaker ran an unbelievable race in Thursday's finals for the event. The foursome fought their way to a new RCHS fifth place finish with a new RCHS record time of 9:18.4 in the event, shattering the previous mark by over six seconds.

The 1600-meter relay team of Josh Hale, Jeremy Neeley, Andrew Hammond, and Jeremiah Myers ran

an awesome race and finished third overall with the second fastest time in RCHS history. The team narrowly missed the RCHS record with an unbelievable time of 3:39.82. Their effort was easily good enough to qualify the team for the state championships this weekend. The 1600-meter relay team will compete in the Class 2A State Track and Field Championships at the University of Kentucky this Friday and Saturday. Andrew Hammond will also represent the team in the high jump competition on Friday.



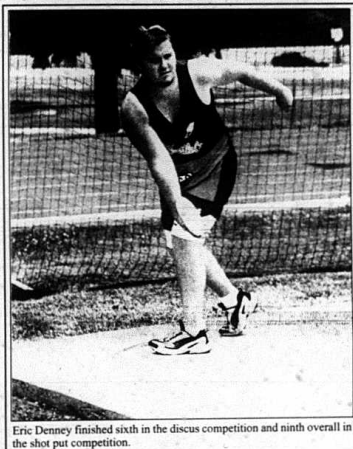
Josh Hale will compete in the 1600-meter relay in the state this weekend along with Jeremy Neeley, Andrew Hammond and Jeremiah Myers.



Jeremiah Myers competes in the 1600-meter relay. The team of Myers, Josh Hale, Jeremy Neeley and Andrew Hammond finished third and qualified to compete in the state championships this weekend.



Jeremy Neeley finished eighth in the 800-meter race.



Eric Denney finished sixth in the discus competition and ninth overall in the shot put competition.

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ROCKCASTLE COUNTY TO PARTICIPATE IN SUMMER MEAL PROGRAM

Rockcastle County School System will participate in the federally funded Summer Food Service Program for children below the age of nineteen. The program operates under guidelines similar to those of public school food service programs. Participation in the program enables sponsors to provide lower program costs.

All children will be served the same meal at no separate charge regardless of race, color, national origin, sex, age, or handicap. The following site(s) will be open to all children under 19 years of age for food service.

School	Dates of Service	Type of Meal	Time
Mount Vernon Elementary	June 11 - 22, 2001 (Monday - Friday)	Breakfast Lunch	8:00 - 8:15 a.m. 11:10 - 11:30 a.m.
Rockcastle County Middle School	June 6 - 8, 2001 June 11 - 15, 2001 (Monday - Friday)	Breakfast Lunch Breakfast Only	8:00 - 8:20 a.m. 11:30 - 12:00 noon
Rockcastle County High School	June 4 - 22, 2001 July 16 - 20, 2001 (Monday - Friday)	Breakfast Lunch Lunch Only	7:30 - 7:50 a.m. 11:40 - 12:10 a.m. 11:00 - 11:30 a.m.

Persons who believe they have been discriminated against in the Summer Food Service Program should write the Secretary of Agriculture, Washington, D.C. 20250.

For more information, call Jeannine M. Parsons at 606-256-2125