

Girls' Track Team places 4th in State Champions; Boys' 1600-Meter Relay Team places 7th

The RCHS girls' track and field team completed another great season with a tremendous performance in the Class 2A State Championships this past Friday and Saturday at the Shively Track and Field Complex located at the University of Kentucky. Coming off of their third straight regional championship performance, the girls' sought to improve upon their final regular season ranking of sixth in the state. Last season, the girls' team finished as state runner-up.

Preliminaries were held in most races on Friday. The top four competitors in each heat, plus the next fastest time overall qualified for Saturday's state finals. Rockcastle's hopes rested upon the shoulders of Freshman Heather Hammond, sophomore Sheena Swinney, freshman Cheryl Enns, senior Clarissa Hubbard, and eighth grader Kayla Hayes.

Sheena competed first in the preliminaries of the 100-meter dash. She ran a blistering race and easily finished in the top four in her heat, qualifying for Saturday's finals with an awesome time of 13.62 seconds.

Clarissa competed in the discus competition, which included both preliminaries and finals on the same day. Clarissa finished 3rd in the event last season and was named all-state for her spectacular efforts. During this year's competition, Clarissa had no trouble making the finals. She established a new RCHS record for state competition in the event. She threw an amazing 115'7" and finished 3rd overall, earning a very valuable six points for RCHS.

Heather competed in the long jump competition on Friday, which was also included preliminary and finals competition. An all-state competitor in the event last season, Heather jumped extremely well and finished 5th overall with a spectacular leap of 16' 1". She scored four points for RCHS with her effort in the event.

Heather also had preliminary races in the 400-meter dash and the 300-meter hurdles, back-to-back

events separated by less than twenty minutes. In the 400, Heather had little trouble qualifying and cruised through the race with a time of 1:01.59. The 300-meter hurdles were seemingly as easy. Heather finished 1st in her heat with an amazing qualifying time of 48.92 seconds. She finished 3rd in the 400-meter dash in the final regular season rankings.

Sheena also ran the 200-meter dash preliminaries, the final event of the day for the girls' team. She ran an awesome qualifying race and easily made the finals with a time of 27.38 seconds.

After three event finals and the first day of competition, the RCHS girls' team found themselves in a tie for third place with 10 points.

The RCHS boys' team qualified for the state championships in the 1600-meter relay, the final event of the day for the boys' team. She ran an exceptional race and finished 12th overall with a time of 5:48.11. In the 3200-meter run, Kayla maintained 4th for several laps before eventually falling back. She finished 11th overall with an awesome effort of 13:27.24.

Sheena's performance in the 200-meter dash was even better. An all-state competitor in the 200 last season, Sheena blazed her way to a 6th place finish with an exceptional effort. She finished with an amazing time of 27.38 seconds and scored three more points for her team.

Heather, last season's female

middle school athlete of the year, was looking for a chance to add to her impressive state performances from last season. In the high jump competition, an event she was named all-state in last year, Heather tied her season's best effort with a leap of 5'0".

She tied for 4th overall in the event, but was unable to attempt any further heights due to interference from her other events. She scored four and a half points in the event.

The most difficult challenge for Heather came in the 400-meter dash and 300-meter hurdles, events that are scheduled one immediately after the other. Heather could have easily skipped one of the events to better her chances in the other. In the 300-meter hurdles, she was favored by more than a second for the state title; however, Heather had no intention of only satisfying personal goals. Instead, she opted to do what was best for the team and compete in both races, regardless of the difficulty and the outcome. This was a very selfless act to say the least, especially since she was so heavily favored in the hurdles. Despite winning the 400-meter state title last season, Heather also had the daunting challenge of defeating senior and junior runners from state power Paducah Tilghman in the event. The senior runner from Paducah finished her career with twelve state championships in numerous events. In this year's state meet, the duo combined for an amazing 70 points. Heather got off to a great start in the race and ran her game plan to perfection. It

took Paducah's senior 350 meters of the 400-meter race to finally catch Heather for the win. Her teammate could not sustain the torrid pace and fell to third. Although Heather did not successfully defend her state title in the event from a year ago, she finished 2nd to the greatest 400-meter state champion Class 2A has seen in many years. Heather also established a new RCHS record in the event with an awesome time of 58.96 seconds (58.82 hand-timed). Her finish was nearly one full second better than her winning time a year ago.

Despite being absolutely worn out, Heather prepared herself for a chance at her first state title in the 300-meter hurdles. Heather was aware that the task would be nearly impossible since no runner had ever been able to be successful at both the 400 and 300-meter hurdles before due to their close proximity in terms of time. Heather ran a great race and battled closely with the second-ranked runner in the state from Lexington Catholic. The girls remained close coming into the last hurdle when Heather began to pull away. After clearing the last hurdle, she slightly stumbled. As a result, the Lexington Catholic runner edged her at the finish by eight hundredths of a second. Heather finished as state runner-up with an amazing time of 48.29 seconds. Without her sacrifice, RCHS would have finished 8th as a team.

From both the 400 and 300-meter hurdles, Heather totaled an amazing sixteen points, giving her an unpre-

cedented RCHS all-time record 24.5 points in this year's state competition. Heather's impressive individual point total would have ranked her 9th in the state as a team. Last season, as an eighth grader, Heather scored an unbelievable 21.5 points.

The girls' team finished with an impressive 38.5 points and a 4th place team finish overall, their second best finish ever. Paducah Tilghman won its third straight state crown, while Russell High School placed 2nd and Louisville's Mercy Academy finished 3rd. Out of nearly ninety schools representing Class 2A, thirty-seven scored points in state competition. Many of the RCHS girls' should be named to the all-state track and field team in the upcoming weeks.

The RCHS boys' mile relay team finished an exciting day of state championship competition with an awesome performance in the 1600-meter relay finals. Caleb Blair started the race with an excellent lead leg 400-meter dash. Coty Reams continued the torrid pace with a fast-

paced lap of his own. Andrew Hammond ran an awesome third leg and finished with an excellent hand-off to anchor man Josh Hale. Josh sprinted an awesome final lap reminiscent of his RCHS record-breaking performance in the 400 at region. The boys placed an amazing 7th overall with an exceptional time of 4:31.33, bettering their time and place from a year ago. The team scored two points for their relay effort.

Little League Update

By: Diamond Dave

Minor League

Tuesday, June 4th
Reds 13 Pirates 6
Tigers 12 Mets 5
Friday, June 7th
Indians 9 Twins 8
Rockies 15 Mets 6
Sat., June 8th
Rockies 13 Twins 7
Tigers 10 Pirates 9
Homerun: Anthony Boone Saylor, Tigers.
Reds 11 Mets 4
Homerun: Anthony Prewitt, Reds.
Major League
Thurs., June 6th
Indians 3 Yankees 2
White Sox 11 Orioles 9
Sat., June 8th
White Sox 15 Yankees 5
Homerun: Dakota Smith, Yankees, 7th.
Reds 10 Indians 4
Mon., June 10th
Yankees 5 Reds 1
Homerun: Dakota Smith, Yankees, 7th.
Indians 7 Orioles 2
Homerun: Justin Bryant, Indians, 5th.
Standings
Minor League
Reds 11-3
Rockies 9-5
Tigers 8-6

Twins 7-6

Pirates 5-8
Mets 4-10
Minor League Tournament starts Friday, June 14th. Double Elimination
Major League
White Sox 13-3
Indians 10-6
Yankees 9-7
Orioles 6-10
Reds 2-14
Tournament - White Sox drew a bye.
Thurs., June 13th
Orioles vs. Reds 5:30
Indians vs. Yankees 7:30
Double Elimination
Homeruns
Minor League
Anthony Prewitt, Reds, 3
Zach Reams, Rockies, 1
Andrew Soudwer, Rockies, 1
Cody Trone, Tigers, 1
TJ Singleton, Tigers, 1
Anthony Boone Saylor, Tigers, 1
John Steinman, Twins, 1
John Chastain, Reds, 1
Brent Callahan, Pirates, 1
Major League
Dakota Smith, Yankees, 7
Justin Bryant, Indians, 5
Brandon Burkhardt, Orioles, 1
Mary Shiri Saylor, white Sox, 1
Mark Valerio, Yankees, 1
Jacob Woodall, Indians, 1

I would like to take this opportunity to say thank you to all the people who supported me and voted for me in the election for Constable District 2. I appreciate everything you did to help. I would also like to congratulate Mr. Delno McClure on his victory.

Thank You,
Steve Griffin

Vacation Bible School Poplar Grove Baptist Church

June 17-21 • 7 p.m. to 9:15 p.m.

Classes for all ages

For additional info. and transportation
please call Bro. Rick Reynolds at 758-8095

FOOD WORLD

AD PRICES VALID Tuesday, June 11, 2002 thru June 17, 2002

We reserve the right to limit quantities and to correct typographical and/or pictorial errors. None sold is better!

Fresh Ground Chuck Maximum 5 lbs. Beef/Tenderloin Steaks 1.59 99¢ lb.	Seedless Grapes California Broccoli 98¢ 99¢ lb.	This Week's Hot Buy!! 24 oz. Squeeze Bottle Hunt's Ketchup 39¢ No Sugar Corned Beef June 11 thru June 17, 2002 While supplies last.	Kellogg's Cereals 3/\$5
U.S.D.A. Western Grain-Feed Beef Shoulder Roasts or Steaks 1.59 lb.	4-4.5 oz. Lipton Noodles & Sauce or Rice & Sauce 3/\$2	26-27.5 oz. Sel. Var. Hunt's Spagh. Sauce 79¢	11 oz. Gallatin Sel. Var. Prarie Farms Ice Cream 1.99
4 pk. Sel. Var. Swiss Miss Puddings 1.99	9.75-16.3 oz. Sel. Var. Taco Bell Dinner Kits 2/\$4	Party Time Asst. Cups, Plates or Bowls 99¢	9.74-14 oz. Sel. Var. Kraft Dinners Velvetta Shell & Cheese or Delicacies/Caraceni & Cheese 3/\$5
4 pk. Sel. Var. Shurfresh Biscuits 1.29	11.25 oz. Texas Garlic Toast 1.99	24 oz. Light n' Lively Cottage Cheese 2.49	32 oz. Crinkle Cut or Golden Ore Ida Fries 1.99
10.5 in. Sel. Var. Tony's Pizzas 2/\$5	PRODUCE SALE Dole Iceberg Lettuce 79¢ Whole Peeled Mini-Carrots - 1 lb. bag 99¢ 1 Pint Sweet Grape Cherry Tomatoes 2/\$3 California Nectarines 99¢ Moonlight Button Mushrooms 1.19 Sweet Southern Blueberries 1.99 Dole Celery Hearts 1.49 Calif. Sweet Bing Cherries 2.49		

U.S.D.A. Western Grain-Feed Beef New York Strips 4.99	USDA Western Grain-Feed Beef Eye of Round Roasts 1.99
2 Layer 7" Round Cakes 6.99	Bnls. Skinless Chicken Breast 3.99
Bluegrass Virginia Ham 1.99	