

RCMS looking for 7th overall, 6th for RCHS

Girl's track teams prepare to defend indoor state titles

The 2013 indoor track season is soon coming to a close for the RCHS and RCMS girls' track teams. Both teams have had very successful indoor seasons so far, having competed at the University of Kentucky, Corbin, and three times at Mason County.

After a successfully competing at UK, along with an abbreviated meet at Corbin due to the weather, the RCHS girls' team got everything on track at their first meet at Mason County. The team defeated a very talented Bryan Station team by a score of 112-108 for the win.

The girls' 3200-meter relay team of 8th grader Sierra Mercer, as well as sophomores Rachel Cain, Tanika Chasteen, and Alyssa Cox, got the meet off to a great start and finished 4th overall with a time of 12:01.35.

Junior Alyssa Allen followed that with a great performance in the 55-meter hurdles, Alyssa placed 4th overall in 10.18 seconds. Alyssa won triple jump with a great season's best jump of 32'5.5". She also placed 2nd in high jump with a leap of 4'6" and 4th in long jump with a distance of 14'3.5".

Junior Lacey Gastineau had a career best performance in the 55-meter dash, blazing her way to a 4th place finish in a personal best 7.82 seconds. She also finished 2nd in the 400-meter dash with a fast time of 1:05.99. 8th grade teammate Jennifer Mercer also placed 7th in the 400 in a solid 1:10.41.

Alyssa Cox had two career best performances in the distance events. In the 1600-meter run, Alyssa finished 2nd with

a personal best time of 6:05.05. She later followed that with a very impressive effort in the 3000-meter run, also run a personal best time of 12:10.57, while finishing 2nd overall. Her 3000-meter time qualified her as one of only 12 that get to compete in Class 2A for the indoor state championship in the event. Sophomore teammates Rakhi Patel placed 6th in the 3000 and Samantha Bustle finished 7th.

8th grader Katelynn Hensley won long jump with a very impressive season's best jump of 14'11.25" and also placed 3rd in triple jump with an indoor personal best of 31'3.75".

Sierra Mercer won the 800-meter run with an amazing personal best effort of 2:38.43.

Freshman Tori Phillips placed 2nd in long jump with an incredible personal best leap of 14'6". She also placed 7th in high jump, tying a season's best effort with 4'4".

Sophomore Hannah Mercer finished 8th in shot put with a season's best throw of 23'11".

The girls' 1600-meter relay team placed 1st with a great race and a time of 4:42.94.

The RCMS girls' team also had a great meet, tying for 1st place with Royal Springs, both with 105 points. RCMS had several girls competing with the varsity team or the competition wouldn't have been as close. Several individuals had outstanding scoring performances for RCMS.

The girls' 3200-meter relay team placed 1st with an awesome team performance and a season's best time of 13:18.96. Team members included 8th grader Alysa Goodman, 5th

grader Autumn Courtney, 3rd grader Kylie Martin, and 3rd grader Karalinn Loudermilk.

8th grader Jennifer Mercer won the 55-meter hurdles and established a new RCMS indoor record in the process. Jennifer finished the race in 10.02 seconds, which was also a Mason-County and an all-time Kentucky indoor record in the event. 5th grader Autumn Courtney finished 6th with a time of 12.31.

Jennifer placed 2nd in the 55-meter dash with a personal best effort of 7.94 seconds. 8th grader Mikaela Sadler placed 3rd with a personal best time of 8.34 seconds. Arie-anna Lawson also made the top ten, placing 8th overall with a personal best of 8.59 seconds.

Mikaela Sadler won the 400-meter dash with an awesome time of 1:11.49. 8th grader Arie-anna Lawson was a close 2nd, finishing with an impressive 1:12.43. Finishing in the top ten was 8th grader Katelynn Hensley - 4th (1:13.7); 7th grader Jordyn Powell - 7th (1:18.16), and 8th grader Taylor Bullock - 9th (1:19.06). 3rd grader Allie Martin led all Rockcastle elementary competitors with an 18th place finish and 3rd grader Karalinn Loudermilk was 22nd.

In long jump, Mikaela Sadler once again led the way with the win, finishing with an awesome leap of 13'6". Arie-anna Lawson placed 3rd with a great jump of 12'9.25". Taylor Bullock placed 4th with a leap of 12'1". 8th grader Michaela Barron finished 5th with a jump of 11'3.5". Autumn Courtney placed 6th (11'0.5"). Karalinn Loudermilk 8th (9'9"), and 3rd grader Allie Martin 10th (8'11"). Autumn also placed 2nd in triple jump with a personal best jump of 26'10".

6th grader Samantha Douglas won shot put with a throw of 24'1.5", while 7th grader Autumn Davidson placed 3rd with 23'8.5".

The girls' 1600-meter relay team won with an awesome effort of 5:05.45.

Next for RCMS was another meet at Mason County, while the varsity team was off for winter ball. RCHS had a few competitors that didn't attend winter ball. Amy Johnson placed 2nd in shot put with a season's best throw of 32'1.25". Tori Phillips placed 5th in long jump (13'5.75") and 6th in high jump (4'6"). Hannah Mercer placed 12th in shot put (23'7").

The RCMS girls' won their second meet in a row, defeating Georgetown Middle and nine other teams by a score of 118-76.

The girls' 3200-meter relay team of 6th grader Kensie Sheffield, Jordyn Powell, 8th grader Callie Powell, and Karalinn Loudermilk placed 3rd with a season's best time of 12:36.72.

In the 55-meter hurdles, Jennifer Mercer dominated the competition placing 1st in 10.11 seconds. 7th grader Emily Deubel placed 6th in 13.22 seconds.

Jennifer Mercer also finished 2nd in the 55-meter dash with a great time of 8.04 seconds. Sierra Mercer placed 3rd in 8.22 seconds, a personal best. Mikaela Sadler ran a personal best 8.30 seconds and placed 3rd. Arie-anna Lawson placed 5th with another personal best time of 8.52 seconds.

Sierra Mercer led the way in the 400-meter dash, placing 1st with an amazing effort of 1:07.59. Katelynn Hensley placed 3rd in 1:10.59, Jennifer Mercer 4th in 1:10.95, Mikaela Sadler 5th in 1:10.97, and Arie-anna Lawson 7th in 1:15.04. Sierra also won the 800-meter run with a great time of 2:41.41.

Katelynn Hensley won long jump with an exceptional indoor personal best of 15'6", just missing the all-time Kentucky indoor record of 15'8" held by former Rockcastle track athlete Heather Hammond. Katelynn will have one more chance to break the record at the upcoming Mason-Dixon Games. Mikaela Sadler placed 2nd with an awesome new personal best leap of 13'9". Arie-anna Lawson placed 4th with a jump of 12'10", Taylor Bullock was 5th with 12'2.75", Michaela Barron placed 7th with 10'11", Kensie Sheffield finished 7th with a personal best of 10'7.5", and Karalinn Loudermilk finished 10th with a great jump of 9'2.5". Katelynn also won triple jump with an awesome effort of 29'2".

Autumn Davidson won shot put with a great throw of 20'6.25" despite having to use

a high school shot put for the competition. Samantha Douglas placed a close 2nd in 20'0.5".

The girls' 1600-meter relay team of Mikaela Sadler, Arie-anna Lawson, Jennifer Mercer, and Sierra Mercer won the race and nearly broke the all-time Kentucky record in the event with an awesome time of 4:52.56.

Both the varsity and middle school teams finished up the regular season this past weekend in Mason County. The high school team struggled somewhat due to illness but still managed a 7th place finish. The team was also missing key middle school members who competed with the middle school team.

The 3200-meter relay team of Sierra Mercer, Rachel Cain, Tanika Chasteen, and Bryonna Cromer ran a season's best time of 11:21.9, breaking their old season's best mark by 39 seconds. The team qualified as one of only 12 schools that get to run the event at indoor state this Saturday.

Alyssa Allen placed 8th in the 55-meter hurdles with an exceptional time of 10.15 seconds. Alyssa placed 6th in triple jump with a great effort of 31'7". She also finished 9th in long jump with 14'4" and 4th in high jump with a leap of 4'6".

Lacey Gastineau placed 8th in the 55-meter dash with an impressive new career best time of 7.81 seconds. She also placed 9th in the 400 in 1:07.53.

Amy Johnson placed 2nd in shot put with a great throw of 31'5.75". Hannah Mercer placed 12th in shot put with an indoor personal best throw of 26'5.25".

Rachel Cain placed 7th in the 3000-meter run with a season's best effort of 12:58.95.

Katelynn Hensley finished 8th in long jump with a leap of 14'6.5" and 10th in triple jump with an effort of 29'9.25".

Tori Phillips placed 5th in high jump with 4'6" and 12th in long jump with a leap of 13'6.75". Nikki McGuire also tied for 12th in long jump with an effort of 13'6.75".

The girls' 1600-meter relay team of Bryonna Cromer, Tanika Chasteen, Tori Phillips, and Lacey Gastineau finished 8th with a great time of 4:45.35.

The RCMS girls' team remained undefeated at Mason County this indoor season with a 110-68.5 victory over 10 other teams including rival Royal Springs. Royal Springs also boasts the fastest short sprinter in the state, the daughter of America's all-time fastest man and the #2 sprinter in the world all-time, Tyson Gay.

Jennifer Mercer narrowly missed breaking her own all-time state indoor 55-meter hurdles record, finishing a great race in 1st place with a time of 10.07 seconds. Autumn

Courtney shattered her previous best mark, placing 3rd overall with a great time of 11.18 seconds.

In the 55-meter dash, Jennifer Mercer placed 3rd with an exceptional time of 8.03 seconds. Mikaela Sadler blazed her way to a 5th place finish with an impressive time of 8.35 seconds. Arie-anna Lawson placed 11th with a personal best 8.50 seconds.

Lanna Prewitt won the 3000-meter run with an exceptional effort of 14:06.84. Lanna ranks #2 all-time at Mason County for that distance. She also finished 10th overall in the 1600 with a time of 7:06.44.

Samantha Douglas won shot put with an awesome personal best throw of 25'8.75", while Autumn Davidson threw an impressive 24' and placed 3rd.

Sierra Mercer had a career best performance in the 400-meter dash, placing 2nd overall with an awesome time of 1:06.17. Katelynn Hensley finished 4th in 1:10.00, Arie-anna Lawson 5th in 1:10.14, Jennifer Mercer 6th in 1:10.35, Mikaela Sadler 7th in 1:11.38, and Taylor Bullock 18th in 1:16.50. The times were personal indoor bests for many of the girls.

Sierra also ran very well in the 800-meter run, winning with a time of 2:47.27, (4x400 Meter Relay 1) 4:40.51.

In long jump, Mikaela Sadler achieved an awesome new career best mark of 13'11" and placed 2nd overall. Arie-anna Lawson jumped a season's best 13'0.5" and placed 3rd. Taylor Bullock jumped a season's best 12'5" and placed 4th. Michaela Barron finished with a season's best jump of 11'5.5" and placed 7th. 3rd grader Allie Martin finished 15th with an impressive new personal best jump of 9'8.75".

Autumn Courtney was the only triple jumper for RCMS, finishing 1st overall with a great effort of 25'4.25".

The RCMS girls' 1600-meter relay team shattered the Kentucky all-time indoor state record in the event, winning with a time of 4:40.51, over 10 seconds better than the previous all-time best mark. Team members included Jennifer Mercer, Arie-anna Lawson, Katelynn Hensley, and Sierra Mercer.

Both RCMS and RCHS will compete this weekend at the 53rd Annual Mason-Dixon Games Indoor State Track and Field Championships in Louisville.

The RCMS girls' team has won the last four indoor state championship titles and will be seeking their 5th in a row and 7th overall. Several competitors have great opportunities for individual state titles. The 800-meter relay team will have a great chance to break the all-time indoor state record in the event. If she can outdistance

her talented teammates, Katelynn Hensley will go after former RCMS athlete Heather Hammond's long-standing record in long jump. Katelynn's best performance this season is only 2" away.

The RCHS girls' team is hoping to recover from illness in time to defend their title from last year. As of this past Monday, four of the teams' top athletes were out. The girls' have won five of the last six indoor state titles and will be looking for their 6th overall. The team has many individuals with chances to win individual titles and should be in contention for relays as well if they get healthy by week's end.

RCMS will compete on Friday with competition beginning around 5:00, while RCHS competes in Class 2A on Saturday at 12:00.

“District”

(Cont. from A6)

Tyler Harper 2 each.

Lady Rockets 52

Lady Briarjumpers 56

The Lady Rockets fell to the Lady Briarjumpers in a close game 56-52.

Senior Michaela Hunter scored 7 of the Rockets 11 first quarter points and put her team ahead 11-10. But, a three pointer, their third of the quarter, at the buzzer, gave the Briarjumpers a 13-11 first quarter lead.

In the second quarter, the Briarjumpers were down 18-17 but then sank two threes in a row to take a 23-18 lead and a 25-21 lead into halftime.

The Briarjumpers extended their lead to eight, 31-23 in the third quarter before the Rockets came back to cut the lead to two at the third quarter stop, 36-34.

Early in the fourth, Hunter picked up her fourth foul, one of eight called on the Rockets in the period. The Briarjumpers went on a 10-3 run and were ahead 48-37 when Kayla Reynolds scored 7 points, Hunter added a three and Amelia Eversole got a basket to cut the lead to one, 53-52 with 11 seconds to go. Hunter then fouled out of the game and the Briarjumpers made four straight free throws to take the 56-52 win.

In all, the Rockets hit 7 of 10 free throws while Somerset got 15 of 26.

Hunter picked up 26 points to lead her team in scoring, along with 5 steals and 7 rebounds; Eversole got 11 points; Reynolds 7 and Emily Miller and Alaina Coguer added 4 each.

RCHS and RCMS archery teams advance to state finals

Members of the Rockcastle County High School and Middle School National Archery in the Schools Program (NASP) met this past week in Somerset at North Middle School for their regional competition. Our archery students represented our county well at the meet. Both the middle and the high school teams scored well enough to advance to the Kentucky NASP state finals which will be held at the International Convention Center in Louisville on March 18th and 19th of this year.

Coach John Chadwell and Assistant Coach Janetta Begley are quite proud of their high school students. The students exemplified leadership, sportsmanship, and all around good form during the tournament. Officials from NASP complemented both of our Rockcastle County middle and high school teams for their etiquette and good sportsmanship during the tournament. Middle school Coach Gerald Alexander and Assistant Coach Michael Lovell are very pleased with their archer's progress during the current season. Their students have advanced in their archery technique and skills and are

good representatives of Rockcastle County.

The coaches should be commended for their voluntary efforts in helping our archery students to gain skills that they can use for a lifetime. Thanks to these coaches, students have learned the correct archery form and shot execution steps necessary for mastery of this exacting sporting competition. They have also learned necessary safety strategies needed for archer success. By advancing to the state level, students have demonstrated that they have mastered the 11 steps necessary for archery success. Those steps needed for archer success are stance,

nock arrow, drawing hand set, bow hand set, pre-draw, draw, anchor, aiming, shot set-up, release, and follow-through or reflection.

Community sponsors that help make the program possible are: Phillips's Truck Repair and Service of Orlando, People's Bank of Mt. Vernon, and our RCHS Archery Coaches for helping with our RCHS team shirts. Also contributing are PBK Bank and the National Wild Turkey Federation for their donations to the middle school archery team. Their generous donations helped teams to purchase required shirts for the competition.

Little League Sign-ups

Every Saturday 9 a.m. to 2 p.m. at MVES

Costs: Baseball - \$50, \$40 ea. additional child
Tee-Ball - \$35 per child

Girls' Softball - \$50 per child

You can also pick-up and drop-off applications at Jack's Hardware

Last day to sign-up is March 6th

**Contact Jerry Saylor for more info.
606-392-1539**



The RCMS girls' 1600-meter relay team shattered the Kentucky all-time indoor state record in the event this past weekend at Mason County, winning with a time of 4:40.51, over 10 seconds better than the previous all-time best mark. Team members included (left to right) – Arie-anna Lawson, Jennifer Mercer, Sierra Mercer, and Katelynn Hensley. The girls are also ranked among the favorites in many individual events this weekend at indoor state.



RCHS senior Amy Johnson unleashes a throw at Mason County this past Saturday. Amy is one of the top ranked throwers in Class 2A.



RCHS junior Alyssa Allen competes in the 55-meter hurdles at Mason County. Alyssa is ranked in the top ten in Class 2A in triple jump, high jump, and the 55-meter hurdles.



RCHS junior Lacey Gastineau gets off to a fast start in the 55-meter dash. Lacey is one of the top ranked competitors in both the 55 and 400-meter dashes in Class 2A.