

6th for high school and 7th for middle school

RCHS and RCMS girls win Indoor state titles

The RCMS and RCMS girls' indoor track teams competed in the 53rd Annual Mason-Dixon Games Indoor State Track and Field Championships this past weekend at the Kentucky Fair and Exposition Center in Louisville. Middle school state took place on Friday evening, while the high school competed in Class 2A State on Saturday afternoon. The RCMS girls' team came into the meet as one of the favorites after a successful run of meets at Mason County this indoor season. The team had also won the previous four indoor state titles.

8th grader Sierra Mercer, according to Coach Mark Brummett, had the greatest middle and high school two-day performance he has ever seen out of a Rockcastle runner in nearly twenty years of coaching. Sierra led RCMS in scoring with a state runner-up finish in the 400-meter dash with an amazing career best performance of 1:04.72. She placed third in a 4th place finish in the 800-meter run with an exceptional career best time of 2:37.09.

8th grader Katie Hensley won the long jump state title with an awesome leap of 15'3.5" and just missed former RCMS and RCMS star Heather Hammond's all-time indoor state record by 4.5". She outdistanced her nearest competitor by an unbelievable margin of 1'7".

8th grader Jennifer Mercer placed 7th in the 60-meter dash with an extremely fast start that saw her leave an entire team of Owensboro competitors at the line. She finished with a new career best time of 8.66 seconds.

7th grader Autumn Davidson placed 6th in shot put with an awesome career best performance. Autumn threw the 6 pound shot 25'8.5", while 6th grade teammate Samantha Douglas finished an impressive 11th overall with a nice throw of 23'3.5".

RCMS had several other great performances in many

different events with many athletes recording personal best efforts.

In long jump competition that fielded 76 competitors, 8th grader Mikaela Sadler placed 10th with a leap of 12'6". 8th grader Arie-anna Lawson placed 11th with a jump of 12'4.5". 8th grader Michaela Barron jumped a career best 12'3.5" and placed 12th, while 8th grader Taylor Bullock leaped 12'3" and placed 13th. 6th grader Shaylin Howerton jumped a career best 9'8.75" and placed 33rd overall.

8th grader Sierra Prewitt was the only RCMS athlete to compete in both the distance events. She ran very well in both the 800 and 1500-meter runs. Lanna placed 54th in the 800 with a time of 3:16.16 and 30th in the 1500 with a great effort of 6:15.55.

Out of 168 competitors in the 60-meter dash, 7th grader Jordyn Powell ran a career best time of 9.42 seconds and finished 47th. 8th grader Courtney Vanhook placed 61st with a new career best time of 9.63 seconds. 7th grader Alysa Goodman finished 70th with a career best of 9.73 seconds. 8th grader Callie Powell recorded a career best time of 9.81 seconds and finished 80th. 8th grader Michaela Barron placed 82nd with a career best effort of 9.83 seconds. 6th grader Shaylin Howerton placed 100th with a career best time of 10.14 seconds. 6th grader Kensie Sheffield got off to her best start off the year before she tripped and took a very hard fall on the rough wooden track surface. A very tough competitor, Kensie got up and blazed her way to the finish despite several scrapes and bruises.

129 runners took part in a very competitive 400-meter dash competition. 8th grader Taylor Bullock improved her career best time with a great race of 1:15.59 and placed 35th overall. 7th grader Jordyn Powell also ran a career best, finishing 43rd overall with an impressive effort of 1:17.27. 8th grade newcomer Callie Powell continues to impress, finishing 44th overall in a career best 1:17.55. 7th grader Alysa Goodman finished 58th with a superb season's best effort of 1:20.35. 8th grader Courtney Vanhook placed 70th with a solid effort of 1:22.49, despite only joining the team a few weeks ago.

An exciting meet throughout, the competition came down to the final event, the 800-meter relay. RCMS was tied with an extremely talented Owensboro team going into the event. The team of 8th graders Katelynn Hensley, Arie-anna Lawson, Mikaela Sadler, and Jennifer Mercer blazed their way through three baton exchanges and four laps, finishing as state runner-up, breaking the school record with an awesome time of 1:58.59, and defeating Owensboro. The relay team secured the team title for RCMS, giving them a 36-34 state championship win over Owensboro.

On Saturday at the Mason-Dixon Games Class 2A Indoor State Track Championships, the RCMS girls' track team looked to successfully defend their indoor state championship title from last season, but faced overwhelming odds considering heavily favored Louisville Central beat RCMS by 39 points only a week before at Mason County. The RCMS girls' team also had a record number of illnesses the week of state, with many team members missing at least two

days of school heading into Friday.

The meet got off to a great start with the performance of the 3200-meter relay team. One of only twelve schools to qualify, Sierra Mercer, sophomore Rachel Cain, sophomore Tanika Chasteen, and senior

Bryonna Cromer placed 6th overall with an awesome new season's best time of 10:55.37.

Junior Alyssa Allen led RCMS in scoring with 18 points and several great performances in the best indoor state meet of her career. In the 60-meter hurdles against some incredible competi-

tion, Alyssa ran an amazing race finishing 4th overall with a new career best time of 10.57 seconds. At the same time, she had the daunting task of competing in both high jump and triple jump. In high jump, Alyssa came through with an impressive season's best leap of 4'8" and placed 4th over-

all. Her best performance came in the triple jump competition. She finished as state runner-up with an incredible career best jump of 33'1".

Junior Lacey Gastineau also had an amazing career best indoor state meet for

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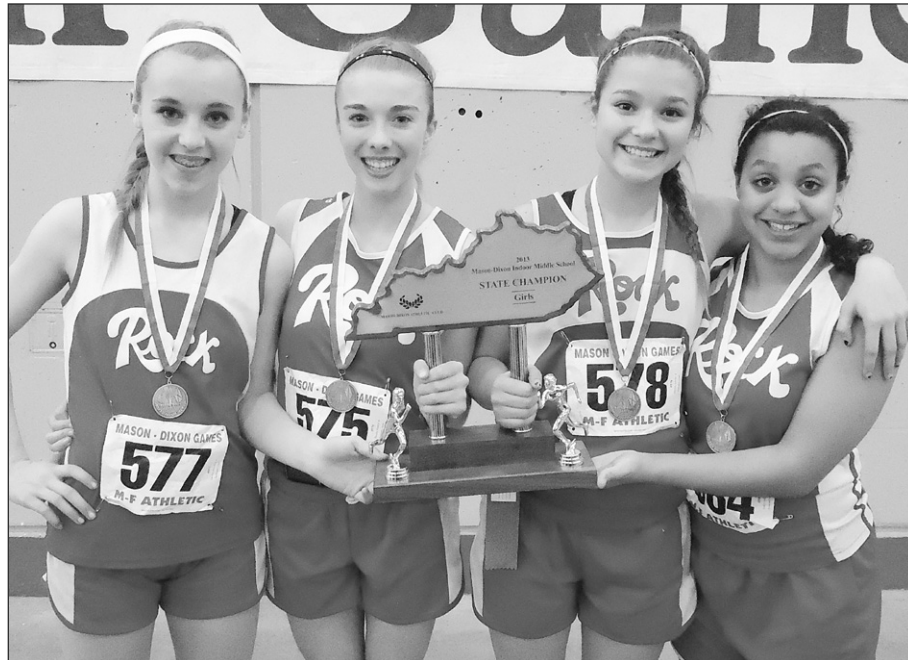
The RCMS girls' track team won the indoor state championship title this past Saturday at the Mason-Dixon Games Class 2A Indoor State Track Championships defeating heavily favored Louisville Central by a score of 66-60 for their 2nd straight indoor state title and 6th overall. Team members are, front from left: Mikaela Sadler, Katie Hensley, Sierra Mercer, Arie-anna Lawson and Jennifer Mercer. Back row from left: Nikki McGuire, Alyssa Cox, Rachel Cain, Tori Phillips, Hannah Mercer, Bryonna Cromer, Amy Johnson, Alyssa Allen, Lacey Gastineau, Tanika Chasteen, Rakhi Patel and Samantha Bustle.



The RCMS girls' track team successfully defended their string of indoor state championship titles, winning their 5th straight and 7th overall, defeating Owensboro by a score of 36-34, at the Mason-Dixon Games Middle School Indoor State Track Championships. Team members are, front from left: Alysa Goodman, Jordyn Powell, Samantha Douglas, Autumn Davidson and Kensie Sheffield. Back row from left: Taylor Bullock, Lanna Prewitt, Courtney Vanhook, Arie-anna Lawson, Katie Hensley, Sierra Mercer, Mikaela Sadler, Jennifer Mercer, Callie Powell and Michaela Barron. Not pictured - Shaylin Howerton.



At the Class 2A Indoor State Track Championships, the 1600-meter relay team of 8th grader Jennifer Mercer, junior Lacey Gastineau, 8th grader Katie Hensley, and 8th grader Sierra Mercer finished as state runner-up with a new RCMS indoor record time.



At the Middle School Indoor State Track Championships, the 800-meter relay team of Arie-anna Lawson, Katie Hensley, Jennifer Mercer, and Mikaela Sadler finished as state runner-up, broke the school record, and defeated Owensboro securing the team state title. In the high school indoor state meet, all four girls ran on the 6th place 800-meter relay team.



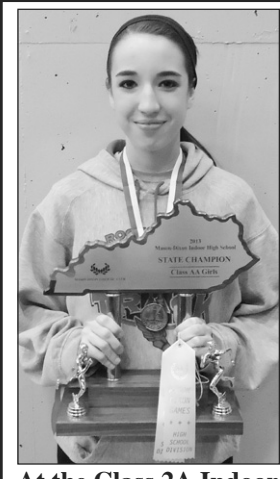
At the Class 2A Indoor State Track Championships, despite being ill for the entire week, sophomore Alyssa Cox placed 10th in the 3000-meter run and 15th in the 1500-meter run.



At the Class 2A Indoor State Track Championships, junior Lacey Gastineau finished as state runner-up in the 400-meter dash and 5th in the 60-meter dash with career best indoor times in both. She also ran anchor leg on the state runner-up 1600-meter relay team that set a new indoor school record time.



At the Class 2A Indoor State Track Championships, senior Amy Johnson won the her second state title in shot put with a season's best throw.



At the Class 2A Indoor State Track Championships, junior Alyssa Allen led RCMS with 18 points. She finished as state runner-up in triple jump with an indoor career best, placed 4th in high jump, and finished 4th in the 60-meter hurdles with a career best time.