

Katie Hensley wins long jump title, breaks state record

RCMS girls' track team places 3rd at Middle School State Championships

The RCMS girls' track team finished 3rd out of 139 schools that competed in the KTCCCA Middle School State Track and Field Championships at the University of Louisville this past Saturday. The girls missed state runner-up by only 2 points to a very good North Oldham team. Last year's defending state

champions, Murray Middle, took the team title for the second straight year.

Ranked 30th coming into the event, the RCMS girls' 4 x 800-meter relay team got the meet off to a great start with an incredible 8th place finish overall. Running out of a slower heat and posting some very fast individual times, the

girls knocked one minute and ten seconds off their entry time and finished with an awesome season's best time of 11:11.45. Team members included 8th graders Taylor Bullock, Arie-anna Lawson, Lanna Prewitt, and Sierra Mercer.

Next up for RCMS came 8th grader Jennifer Mercer in the 100-meter

hurdles. After working really hard on her hurdle form and technique this past week, the hard work obviously paid off. Jennifer placed an amazing 5th overall with a blazing fast career best time of 17.41 seconds, easily her best race ever.

Meanwhile over at the long jump venue, 8th grader Katie Hensley was rewriting the record books in the long jump competition. Leaping over 16' on her first attempt and pretty much sealing the state championship title, Katie would qualify for the finals in first place. On her final attempt of the afternoon, Katie put it all together and jumped an incredible 16'8" securing the individual state title in the event and giving her the all-time state record by half an inch.

Over at high jump, Rockcastle 5th grader Autumn Courtney competed against some very tough competition. Autumn entered the meet with a personal best jump of 3'10". After several great jumps and very close attempts, Autumn just missed clearing the opening height of 3'10".

Half a mile or so away at U of L's throws venue, 6th grader Samantha Douglas competed in the discus competition. She came through with an incredible new personal best throw of 69'11". Samantha finished the season as the top ranked 6th grader in the state in the event.

Back on the track, 8th grader Taylor Bullock prepared to compete in the 100-meter dash against some of the fastest competition our state meet has ever seen. With a terrific start out of the blocks, Taylor blazed her way to a great new personal best time of 15.21 seconds in the event.

The girls' 4 x 200-meter relay team competed next in a very competitive event. The team of 8th graders Mikaela Sadler, Arie-anna Lawson, Jennifer Mercer, and Sierra Mercer had an awesome season's best performance of 1:56.15 and placed 11th overall, well over a second better than their previous best.

After the 4 x 200 came the girls' 1600-meter run. 8th grader Lanna Prewitt ran a fast-paced race and finished with a great new season's best time of 6:39.97 in the event, narrowly missing her personal best by less than one second.

The girls' 4 x 100-meter relay team of 8th graders Mikaela Sadler, Courtney

Vanhook, Taylor Bullock, and Arie-anna Lawson finished 34th overall against some stiff competition with a great race and a time of 59.12 seconds, one of their best this season.

At the pole vault venue, Mikaela Sadler put on a great performance. Only having recently started working on the event and with no equipment to practice on at home, Mikaela worked diligently to learn the skills necessary to be competitive and got most of her practice at actual competitions. At state, she placed an impressive 6th overall, tying her personal best with an awesome vault of 6'6".

Over at triple jump, Katie Hensley looked to continue her impressive jumping and did so with several outstanding attempts. She finished 5th overall against a stellar group of jumpers with an impressive season's best jump of 32'7.5", only 1.25" away from a career best for Katie.

Sierra Mercer, quite possibly the most consistent runner for RCMS all season, competed in the 400-meter dash finals against an incredible field of competitors. Sierra came through with a great performance and placed 6th in the event, nearly establishing a new personal best with an awesome time of 1:03.6. She was only three hundredths of a second away from 5th place and less than a second away from 4th.

Jennifer Mercer followed her 100-meter hurdle race with an even better performance in the 300-meter hurdles. Jennifer got off to a tremendous start in the race and finished as state runner-up with an awesome career best performance of 49.23 seconds, nearly three seconds better than her season's best time. Jennifer missed winning the state title and breaking the all-time state record by mere tenths of a second.

7th grader Alysa Goodman competed next

for RCMS in the 800-meter run. Alysa performed exceptionally well and knocked more than 5 seconds off her state meet entry time, finishing with a new career personal best time of 2:55.99 in the event.

At the throws venue, 7th grader Autumn Davidson had an awesome performance in the turbo javelin competition, placing 14th overall with a very impressive throw of 55'11". Autumn also placed 32nd in the shot put competition with a great throw of 25'4.75".

Katie Hensley followed up her impressive jumping performances with a great race in the 200-meter dash. Despite spraining her ankle doing a pre-race start out of the blocks, Katie sprinted her way to a 17th place finish with a very fast time of 27.98 seconds.

6th grader Kensie Sheffield handled the difficult task of competing in the 3200-meter run for RCMS. Despite only competing in the event a few times this season, Kensie continued to show great improvement and knocked more than 11 seconds off her state meet entry time. She placed 30th in the event with a great new personal best time of 14:37.03.

The final event of the day for RCMS, the 4 x 400-meter relay, came with the added pressure of knowing that the team needed a great performance to secure a top-five overall team finish. The team had already posted some amazing times this year and placed themselves in the record books as one of the all-time best 4 x 400-meter relay teams in Kentucky history. The team of Mikaela Sadler, Arie-anna Lawson, Jennifer Mercer, and Sierra Mercer did not disappoint and came through with an awesome team performance. They finished a very impressive 4th overall with an amazing time of 4:31.53. Their finish secured the team's 3rd place position in the final team standings.



Katie Hensley winning the long jump state title with her state championship record jump of 16'8".



The RCMS girls' 4 x 400-meter relay team finished 4th at the KTCCCA Middle School State Track and Field Championships in Louisville. The team finished with an amazing time of 4:31.53 and is ranked as one of the fastest 4 x 400-meter relay team's of all-time in Kentucky. Team members are, from left: Jennifer Mercer, Arie-anna Lawson, Sierra Mercer, and Mikaela Sadler. The girls also placed 11th in the 4 x 200-meter relay with an awesome new season's best time of 1:56.15.



The RCMS girls' track team finished 3rd out of 139 schools that competed in the KTCCCA Middle School State Track and Field Championships at the University of Louisville this past Saturday. The girls missed state runner-up by only 2 points. Team members are from left: Autumn Davidson, Alysa Goodman, Karalinn Loudermilk, Kensie Sheffield, Samantha Douglas; back row (l to r) - Jennifer Mercer, Katie Hensley, Sierra Mercer, Taylor Bullock, Lanna Prewitt, Mikaela Sadler, and Arie-anna Lawson. Not pictured - Courtney Vanhook and Autumn Courtney.



RCMS 8th grader Katie Hensley won the long jump state championship title with an awesome performance at the KTCCCA Middle School State Track and Field Championships in Louisville. Katie broke the all-time middle school state record with an amazing personal best jump of 16'8". She also finished 5th in triple jump with an impressive season's best jump of 32'7.5".



RCMS 8th grader Jennifer Mercer finished as state runner-up in the 300-meter hurdles with an amazing career best performance of 49.23 seconds, nearly three seconds better than her season's best time. Jennifer missed winning the state title and breaking the all-time state record by mere tenths of a second. She also placed 5th in the 100-meter hurdles with an awesome career best time of 17.41 seconds.