

Girls' track team competes at UK Invitational

Several RCHS track team members competed this past Saturday at the University of Kentucky High School Invitational Indoor Track and Field Meet at the Nutter Field House on the University of Kentucky campus in Lexington. The meet serves as a national competition for outstanding high school track and field athletes from across the United States. Individuals from over seventy different schools were on hand to compete, including many of the nation's top-ranked athletes. Team scores were not given; however, the RCHS girls' team posted their best overall performance ever and qualified more participants than ever before.

Rockcastle had several outstanding performances from seven individual female qualifiers during the day's events. Sophomore Clarissa Hubbard qualified in the shot put competition in which only 24 athletes were selected to compete. Coming into the competition, Clarissa was ranked 17th among the field of competitors. She exceeded all expectations and finished in an amazing seventh place with an unbelievable performance. Clarissa broke her own indoor and all-time shot put records with an incredible effort of 35'4", over 4' better than her previous career best. In the process, she beat last year's indoor state champion by one inch and will be a favorite to win the indoor state title next weekend.

Junior Cheyenne Carmack qualified in three events including the 60 meter, 200 meter and 400 meter dashes. Cheyenne ran a very fast 60-meter dash and finished 16th overall with a new RCHS record time of 8.4, bettering the mark she set during last season's meet. Next came Cheyenne's favorite event, the 400 meter dash. Cheyenne got off to a strong start in the race and cruised to an easy victory in her heat. She eclipsed her own RCHS indoor 400-meter dash record with an amazing time of 1:01.53. She finished fifth overall in the event and defeated former indoor state champion Christy Richmond from Fleming County in the process. Cheyenne will be a strong contender to win the 55-meter and 400-meter state titles at the indoor state championships. Equally as impressive as her first two performances was Cheyenne's last race of the day, the 200-meter dash. Cheyenne ran an awesome 200-meter race. Her pre-season strength training was evident as she pulled away from her closest competitor to win her heat. She ran an unbelievable indoor time of 27.24, shattering her previous RCHS indoor record time by over a second. She finished an impressive seventh overall and would be a favorite to win the indoor state title in this event; however, the 200 is not contested at the Mason-Dixon Games.

Junior Mindy Bullock and seventh grader Heather Hammond quali-

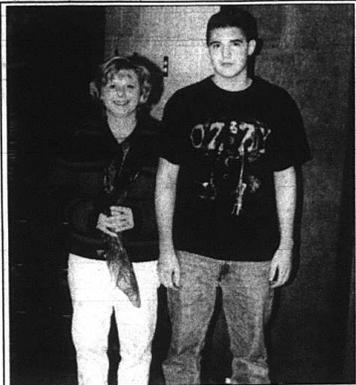
fied in the high jump competition. Both girls had a great series of jumps. Mindy performed exceptionally well and reached an impressive height of 4'10", placing her ninth overall. In doing so, Mindy established a new RCHS indoor high jump record. At the upcoming indoor state championships, Mindy will be a favorite to win the state title. Heather also jumped extremely well and continues to get

better with each attempt. She placed above all other middle school competitors with an impressive leap of 4'8" while finishing 15th overall. Heather tied her own RCMS high jump record set at this year's Panther Indoor Games. She will be a favorite to win the 200-meter dash and the long jump competitions at the middle school division of the indoor state championships. The middle school

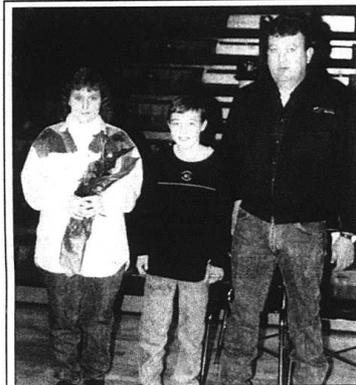
meets do not feature high jump. Juniors Tara Abney and Theresa Chislum qualified in the 60-meter hurdle competition. Both girls performed exceptionally well. Tara ran the fastest indoor 60-meter race ever for RCHS and finished 13th overall with a new record time of 10.65, bettering the mark she established at last season's meet. Tara will be a favorite for the 55-meter hurdle indoor state title this coming weekend in Louisville. Theresa also ran a great race and finished 21st overall with a time of 11.47. Her time was very impressive considering she is presently learning a new hurdling style. Theresa has been preparing for the

800-meter run and will be a strong contender for the indoor state title. Eighth grader Sheena Swinney qualified in the 60-meter dash and was among a select group of only three athletes under 10th grade to be invited. Sheena ran an exceptional race and finished 20th overall with an impressive time of 8.49. She also established a new RCMS record in the

event. Sheena will be a favorite at the Mason-Dixon Middle School State Championships this weekend in the 55-meter and the 200-meter dashes. The Mason-Dixon Middle School State Championships will be held this Friday at 5:00 p.m. in Broadbent Arena in Louisville. The Kentucky Class 2A High School Indoor State Championships will be held on Saturday at 8:00 a.m.



The RCMS eighth grade ball players, cheerleaders and dance team members and their parents were honored last week during the 6th grade Lions Club tournament. Pictured above is Brandon Falin with his mother, Cheryl Falin of Mt. Vernon.



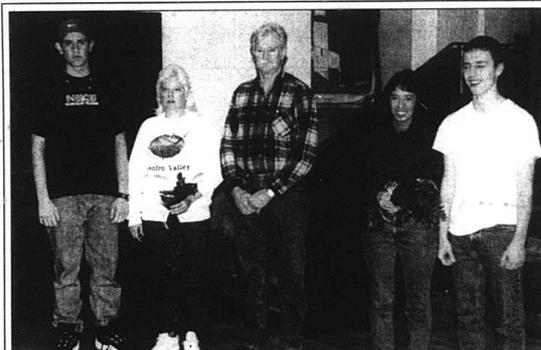
Matthew Silcox with his parents, Mike and Donna Silcox of Brodhead.



Jamie Ornela, left, with her mother, April Ornela of Brodhead. At right, Tasha Parsons with her parents, Mark and Lori Parsons of Mt. Vernon.



Summer Owens, left, with her mother Kim Owens of Orlando and at right, Rebecca Aisip with her parents, Walter Aisip of Somerset and Shella McFerron of Mt. Vernon.



James Isaacs, left, with his parents, Herbert and Dora Isaacs of Conway and at right, Tim McIntosh with his mother, Rita McIntosh of Conway.



Audrey Burke, left, with her parents, Jerry and Janet Burke of Mt. Vernon. At right is Charli Feltner, with her parents Charles and Cathy Feltner of Mt. Vernon.



Brittany Cromer, left, with her parents, Terry and Jeryl Cromer of Mt. Vernon and at right, Sheena Fry with her mother Barbara Fry of Mt. Vernon.



Caleb Blair, left, son of Veronica Blair of Mt. Vernon and at right, Devon-Bussell, with his parents, Tommy and Teresa Bussell of Mt. Vernon.

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