



Believe it or not, he really did have a good time. Due to technical difficulties earlier in the season, Coach Shane Grimes graciously took over the team.



And streeeeetch those Hammies!! Junior Nicole Paysen stretches before running the 100m low hurdles.



Step, Step, Jump! Step, Step, Jump! Freshman Krystal Thornton concentrates on her stride during the Fountain Central meet.



I Believe I Can Fly! Sophomore Amanda Stigall clears the hurdles in a single bound.

Girls Track & Field

With her long effortless strides, Cassie Hunt (pictured below with Coach Steve Hibler and right) finished off a spectacular year! Making it all the way to State and placing seventh, breaking numerous records, winning championships, she is still our humble, down to earth Super Cassie.



(Left to right) I think I can! I think I can! Junior Angie Spears springs over the hurdles with ease. **Go! Go! Go!** Krystal Thornton and Amanda Stigall hand off during the 4x800 relay. **Please, please, please let me throw far!** Nicole Paysen focuses before throwing.

