

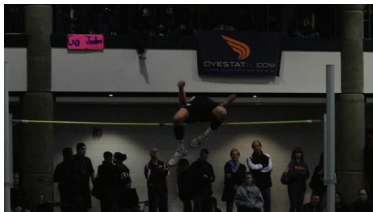
LPHSTF



**2010 IHSA 3A
State Champions**

DTC

Is coming...



INDOOR STATE RECAP!!

On Saturday March 26th the Lancers Track & Field team competed at the Illinois Indoor State Meet held at Illinois Wesleyan University. While the meet ran more like a marathon (competition went from about 2:30 -11:30), the guys stayed focused and turned in some great performances!

Southern Illinois University Edwardsville bound Greg Block threw his PR of 57' 4" to capture 2nd place in the Shot Put.

Kevin Spejcher battled to a 4th place finish in the High Jump.

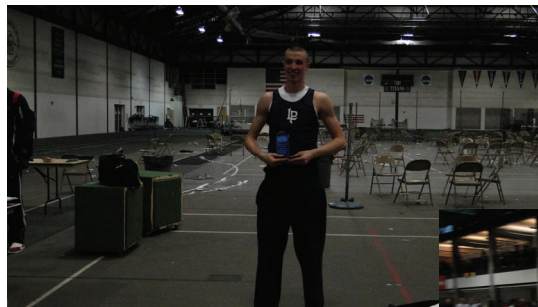
Scott Filip brought home 3rd place in the triple jump (while tying his PR) and 6th in the long jump.

University of South Carolina bound Jeremy Kline can add the title State Champion to his name after his 1st place effort in the Shot Put.

University of Wisconsin bound Zach Ziemek was awarded the meet's MVP award after capturing State Championships in the Pole Vault, Triple Jump, and 4th in the Long Jump.

While no team score is kept at this meet, the Lancers were well represented!

Next stop...The Outdoor Season!



JAY IVORY
HEAD COACH
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Assistant Coaches

Chris Benak	Shot Put/Discus
Eddie Eisman	Sprints
Doug Juraska	Pole Vault/High Jump
Tom Kaberna	Long/Triple Jump
Lance Murphy	Distance
Bob Nihells	Shot Put/Discus