



**1997, 2010, 2011, 2012, 2013
IHSA 3A
State Champions**

Take It Outside...

This past Saturday the Lancers opened up the outdoor campaign at the Wheaton North "Best 4" meet. The format allows each team 4 entries per event. That allowed us to get so many of our young kids valuable experience and because of that the team finish was not all it could have been.



Once again the throwers put up some big numbers. Dylan Scheirich and Chago Basso took 1st in their flights of the Shot Put. Mike Prestigiaco, Basso and Austin Lynch took 1st in their flight of the Discus with throws that currently rank them 2nd, 5th, and 10th in the state for class 3A. Newcomer Mike Panasiuk made an impressive, if a little unorthodox debut in the Discus.



In the jumps, frosh Solomon Sangobowale set a new PR in the Triple Jump. So did Frosh Josh Metoyer whose effort was also good enough for 1st place in his flight. Frosh Tom Paprocki set a new PR in the Pole Vault which allowed him to take 1st place in his flight.



On the track, the 4x800 relay of Jason Joda, Alex Caines, Will Dover and Alex Jorgensen all set PRs and have now set their sights on the soph school record. Frosh Eric Bayer ran a PR in the 3200m. Paul Garica set a new PR in the 400m as did Melvin Smiley in the 200m.



Next up is a dual meet today at Glenbard North, then a throwers only meet on Thursday at Fremd and the Downers Grove South Invite on Saturday.