

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

For complete results and more pictures check out the team website
www.lphstrack.com



Lucas Bennett prepares to vault



Antonio Shenault and Austin Weil in the 110HH



Dylan Scheirich winds up in the Shot Put



Some of the jumpers deep in thought

Digging In At Downers...

This past Saturday the team competed at Downers Grove South in a 9 team Invitational, and the team placed 2nd at the Varsity level and 3rd at the Frosh/Soph level. As the day warmed up so did the competition and the performances. The throwers were competing in their 2nd meet in 3 days and looked sharp. Mike Prestigiacombo set PRs in the Discus (1st place) and Shot Put (2nd place). His effort in the Discus currently ranks him #1 in the state! Curtwan Evans finished 1st in the Shot Put and 2nd in the Discus. At the Frosh/Soph level Dylan Scheirich and Chago Basso set outdoor PRs while taking 1st and 2nd in the Shot Put. Fellow thrower Austin Lynch captured 1st place in the Discus.

In the jumps Pole Vaulters Elliot Krause (1st place) and Lucas Bennett (4th place) are rounding into form as they both set new PRs. Marcus Jegede took 1st place in the Long Jump. Gio Basso returned from injury to capture 1st place in the Triple Jump. Chris Filip jumped to 2nd place in the High Jump. At the Frosh/Soph level Eric Gal took 1st in the Triple Jump and 3rd in the High Jump.

On the track Antonio Shenault made his outdoor debut by winning the 110HH and taking 2nd in the 300 IH. Eric Dade set a huge PR in the 800m while taking 2nd. Starting off the scoring on the track was the 4x800 relay of Lucas Bracher, Andy Birkley, Andy Tomaka and Justin Fowich who took 2nd. The 4x100 relay of Shenault, Basso, Austin Weil and Paul Garcia moved the baton around the track for 2nd place. The 4x200 relay of Garcia, Henry Fisher, Tommie Jackson and Xavier Davis took 3rd.

At the Frosh/Soph level Zach Schwarz ran away with 1st place in the 800m. The 4x100 relay of Peter Szkaradek, Nate Figueroa, Ethan Koval and Darius Allen captured 3rd place. A little later the 4x200 relay of Szkaradek, Figueroa, Koval and Jake Hianik got up to 2nd place. Szkaradek closed out the scoring for the Lancers with a 2nd place finish in the 200m.

Overall it was a good day for the Lancers as they continue to make progress. The Freshman team competes Monday at Barrington while the entire team is back in action this Tuesday as they host Wheaton South and St. Charles East at East Campus. Tuesday's competition starts at 4:30.

