



LPHSTF

**2010 IHSA 3A
State Champions**

DuPage Track Club

www.dupagetrackclub.org
Registration is open

Awards Night is Tuesday May 24th 6—8 p.m. in the East Campus café...more to come.



Conference Champions!



Kevin Spejcher

Check us out at
www.lphstrack.com

JAY IVORY
HEAD COACH
JIVORY@LPHS.ORG

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

Conference Champions!!!

The Lancers captured 1st place at both levels in last night's UpState 8 Valley Division Conference meet. Lake Park hosted the event which ran smoothly other than the weather delay. The Lancers were ranked 2nd going into the meet at both levels, but tremendous performances lifted the teams to the championship! Varsity highlights...

Zach Ziemek continued an assault on the record books with wins in the long jump with a PR of 23' 1.5", triple jump 49' and pole vault 16' 1". Both the triple jump and pole vault marks broke the meet records. Jermaine and Jeremy Kline swept through the rings and swept 1-2 finishes in the throwing events with tosses of 65' 10.75", 64' 8" in shot put and 201' 1", 187' 7" in the discus. Jermaine's throw in the shot put also broke the meet record. Scott Filip captured 1st in the 110 HH with a time of 15.61. He also added 2nd place finishes in the long jump 21' 8.25" and triple jump 44' 7.5". Kevin Spejcher leaped to 1st in the high jump with a 6' 5" effort. Larry Matthies held on for 1st in the 300 hurdles 41.10 and 3rd in the 200 22.84. The 4 x 100 relay of Larry Matthies, Demetri Alimissis, Scott Filip and Marcus Jegede arced to 1st in 43.34. Also scoring was Kevin Jorgensen 4th in the 800m, Aaron Lamprecht 6th in the 100m, Tim Ehrhardt 3rd in the pole vault, Jeremy Lozano 6th in the 1600m with a PR time of 4:37.58 which breaks his own freshman school record, Demetri Alimissis 6th in the 200m and the 4 x 800 relay of Kevin Jorgensen, Jeremy Lozano, Ryan Horgan, and Alex Kessler took 3rd with 8:27.67. The 4 x 200 relay team of Marcus Jegede, Joe Passarelli, Aaron Lamprecht and Cameron Siegle took 3rd with 1:33.56.

Senior Power
Jermaine, Larry, Zach, Aaron,
Cameron, and Jeremy

4 x 100 Champs
Scott, Demetri, Marcus and
Larry

Jermaine Kline warms up
in the disc



Conference Champions!!!

The frosh/soph team battled to the end to capture their conference title. Every point counted as they won by 4 points. Leading the way...

Mike Amerlan jumped to conference titles in both the long and triple jumps with 20' 2" and a PR of 42' 11". He also finished 4th in the 110HH. Sean Lang won the pole vault with 13' 3". Derrick Smith won the high jump with a PR of 5' 11" and the 110 hurdles with a PR of 16.81. Per Johnson captured 1st in the discus with a PR of 135' 10". Joe Pierce won the 300 IH with a PR of 42.86. The 4 x 100 relay team of Dave Dembo, Sean Lang, Mason Wieclawek, and Mike Amerlan also took 1st place with a time of 45.73. Also scoring for the Lancers were Nate Celia with 6th place finishes in both the high jump and triple jump, Joe Pierce 2nd in the 200m with a PR of 23.60, Eric Dade 3rd in the 3200m, Mike Strachan 4th in the 3200m and 5th in the 1600m, Curtwan Evans 3rd in the shot put, Craig Ryan 4th in the shot put and 5th in the discus. The 4 x 400 relay of Eric Dade, Mason Wieclawek, Jakub Jezusek and Henry Fisher took 6th with 3:47.67, and the 4 x 800 relay of Andy Birkley, Maciej Batura, Jacob Snyder and Joe Ley took 3rd in a time of 8:59.27.

The team would like to thank all the people that made the meet run so smoothly...

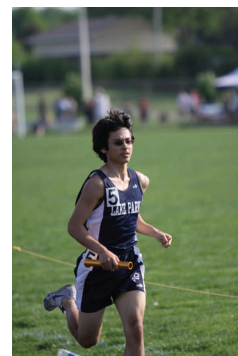
Thanks to the staff that worked the meet, the maintenance crew who made sure the facilities were in pristine order, the parents that volunteered in the concession stand and the friends and family that came out in support. There were also several alumni who came back, and it was great to see them as well....It was a great night to be a Lancer!

Up next for the Lancers is the IHSA Sectional meet Friday the 20th at York High School. This is the state qualifying meet and should prove to be very exciting. More info to follow...

Scott Filip



Joe Ley



Derrick Smith &
Mike Amerlan

Maciej Batura

Sean Lang

