



LPHSTF

## 2010 IHSA 3A State Champions



State Bound!  
Zach Ziemek  
Kevin Spejcher  
Larry Matthies



Check us out at  
[www.lphstrack.com](http://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

# Next Stop...Charleston

The Lancers finished in 2nd place at the IHSA sectional meet last Friday night. The top 2 finishers plus anybody else that makes the qualifying mark get to compete at the State meet this weekend. The Lancers advanced 6 competitors to the state meet at Eastern Illinois University in Charleston.

### State Qualifiers

(Numbers in parentheses indicate their state ranking based on sectional performances)

Zach Ziemek was sectional champion in both triple jump(1) and pole vault (T-1)and finished 3rd in the long jump(6) with a state qualifying mark. Jermaine Kline was sectional champion in both the shot put(1) and discus(1). Jeremy Kline was 2nd in both the shot put(3) and discus(3). Scott Filip was 2nd in the long jump(4). Kevin Spejcher was 2nd in the high jump(T-6). Larry Matthies was 2nd in the 300 hurdles. Good luck to these competitors as we try to bring home another state championship!

### Other Sectional place winners included...

Kevin Jorgensen—3rd in the 800, Scott Filip—3rd in the triple jump and 6th in the 110 hurdles, 6th in the 4 x 100 relay Larry Matthies, Demetri Alimissis, Scott Filip, Marcus Jegede.

You can follow the weekend's action by going to [www.ihsa.org](http://www.ihsa.org) and clicking on boys track. Prelims start on Friday afternoon.

### State Bound!

Jermaine Kline, Scott Filip, Jeremy Kline

