

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

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Lake Park Track & Field would like to welcome Coach Alex Rummelhart to the staff. Coach Rummelhart is a graduate of LP and will be serving as a volunteer assistant working with the distance runners. Coach Rummelhart also teaches English at the West Campus.

JAY IVORY  
 HEAD COACH  
 JIVORY@LPHS.ORG

Assistant Coaches

Doug Juraska	Pole Vault/High Jump
Tom Kaberna	Long/Triple Jump
Lance Murphy	Distance
Bob Nihells	Shot Put/Discus
Alex Rummelhart	Distance

# Ready, Set, Go...

The team opened the 2013 season this past Friday night at Oak Park where the Varsity team captured 1st place. The meet marked the successful debut of many new Lancers as well as the return of many veterans!

Some of the Frosh/Soph highlights included 1st place finishes from Antonio Shenault in both 55 hurdle races, Peter Szkaradek in the 400m, Lucas Bennett in the Pole Vault and Mike Prestigiacomio in the Shot Put. Other strong performances included Gio Basso in the 55m, Will Troyke in the 800m, David Fitzgerald in the 1600m, Tyler Rinchiuso in the Long Jump and Pole Vault, and Paul Moreno and Dylan Scheirich in the Shot Put.

The Varsity was led by 1st place finishes from Jeremy Lozano in the 3200m, Derrick Smith in the 55 High Hurdles and High Jump, Connor Peck in the 800m, Andy Birkley in the 600m, Matt Miarka in the 1600m, Tim Ehrhardt in the Pole Vault, Scott Filip in the Long Jump, Shawn Koch in the Triple Jump, and Per Johnson in the Shot Put. Other strong performances were turned in by Scott Filip and Joe Pierce in the 55 Hurdles, Eric Dade in the 3200m, Dakota Morales in the 600m, Mike Amerlan and Sean Lang in the Pole Vault, Scott Filip and Marcus Jegede in the Triple Jump and Craig Ryan and Curtwan Evans in the Shot Put.

The low key Dual meet provided a good experience for the younger athletes to get a taste of a high school Track & Field meet. It allowed the veterans to establish a starting point for performances to come.

The team will be back in action this Saturday the 16th against St. Charles North at St. Charles East High School. The running and field events start at 9:00 a.m.