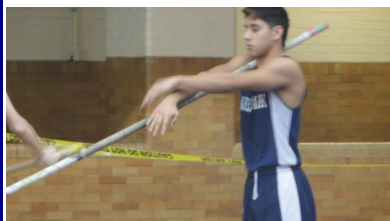


1997, 2010, 2011, 2012, 2013
IHSA 3A
State Champions

OPRF!



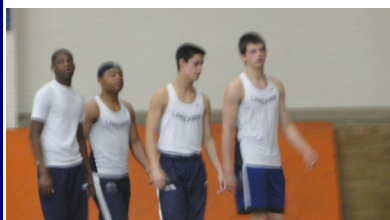
Felix Gates prepares to Vault



Marcus Jegede accelerates for the Triple Jump



Curtwan Evans points out some of the finer points of Shot Put to Max Karlis



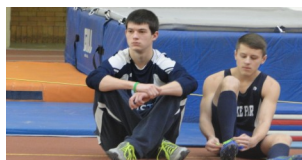
Tommie Jackson, Xavier Davis, Jacob Bartoli and Henry Fisher prepare for the relay.

The Varsity team opened competition this past Saturday with a narrow 2 point win against Oak Park River Forest High School. **PR's**, or **Personal Records**, came in the Shot Put from Curtwan Evans who won and from Freshman Chago Basso who took 2nd. Felix Gates also set a PR on his way to winning the Pole Vault competition. Antonio Shenault captured 1st in both hurdle races while Austin Weil took 2nd in the high hurdles and the 200. Marcus Jegede opened with solid victories in the 55m Dash and the Long and Triple Jumps. The 4x800 relay of Eric Dade, Andy Birkley, Lucas Bracher and Justin Fowich raced to a win. The 4x160 relay of Xavier Davis Jacob Bartoli, Henry Fisher and Tommie Jackson took 2nd. Andy Tomaka ran away from the competition en route to 1st in the 3200. Bracher doubled back to win the 800 while Dade won the 1600. Matt Miarka opened with a solid performance in the 1600 to take 2nd place. The 4x400 team of Joe Pierce, Andy Birkley, Shenault and Fisher closed out the win by taking 1st place.

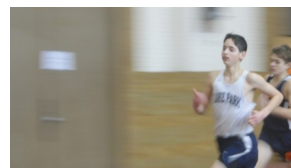
The Frosh/Soph team saw some strong debut performances. Eric Gal pulled off the hat trick by winning the High, Long and Triple Jumps. The 4x160 relay ran to 1st behind the efforts of Peter Szkaradek, Nathan Figueroa, Ethan Koval and Johnny Tanase. The Shot Putters completed a sweep behind Dylan Scheirich, Austin Lynch and Carlos Rodriguez.

All in all it was a successful opening weekend for the Lancers. The team returns to action this Saturday as they will split up and compete at Proviso West (10:00 am start time) and at St. Charles East (9:00 am start time).

For lots more information check out the team website www.lphstrack.com



Nate Celia and Eric Gal wait for the High Jump



Robert Kincanon races the 2 mile