

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

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Proviso West Invite Champs...

This past Saturday the Lancers competed in the 48th Annual Proviso West Invitational against 16 teams and came away with 1st and 2nd place finishes! The varsity team captured 1st place behind some record breaking performances. Scott Filip brought home 1st place and broke his own indoor school record in the long jump with a leap of 23' 8". He also captured 1st in the high jump and 2nd in the 55 high hurdles. Shawn Koch broke the meet record in the triple jump with an effort of 48' 4". Joe Pierce raced to 1st place in the 200 intermediate hurdles. Elliot Krause pole vaulted to 2nd place. Marcus Jegede finished 2nd in the long jump. Per Johnson added to the point total with a 4th place in the shot put while Derrick Smith took 4th in the high jump. The 4x800 relay team of Dakota Morales, Andy Birkley, Eric Dade and Lucas Bracher finished in 6th place.

The Frosh/Soph team captured 2nd place behind impressive performances from Antonio Shenault and Gio Basso! Shenault brought home 1st place and broke the sophomore school record in the 55 high hurdles with a time of 7.90 seconds. He also won the 200 intermediate hurdles and added a 3rd place finish in the 55m. Gio Basso set 2 PR's and captured 1st place finishes in the long and triple jumps while adding a 2nd place in the 55m. Mike Prestigiacommo threw his way to 1st place in the shot put. Lucas Bennet set a PR in the pole vault while finishing 2nd. The 4x800 relay of Jakub Bularz, Chris Jorgensen, Frankie Panoski and Zach Schwarz turned in a gutsy performance while taking 3rd place. David Fitzgerald set a PR in the 3200.

This invite is one of the premier indoor meets in the state and is a good measuring stick for the Lancers. While there is always room for improvement, this was a good early season test.

The team is back in action this Friday night in Batavia.



Senior Shawn Koch



Soph Edan Armas

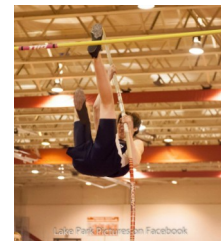
Junior Andy Birkley



Soph Frankie Panoski



Soph Lucas Bennett



JAY IVORY
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Assistant Coaches

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



Junior Marcus Jegede