



2 Weeks and 3 Meets...

2010 IHSA 3A State Champions

For more info including lots of pictures, check out our website

www.lphstrack.com

Thanks to Don Rummelhart for maintaining the website.

Picture day is Wednesday
March 23rd.



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

On Saturday March 5th the team split forces and competed at 2 different meets...here is a recap.

Evanston—

The Lancers competed here for the last time as they welcomed back Kevin Spejcher from basketball, and he did not disappoint...

PR's (Personal Records)

Kevin Spejcher—High Jump (1st Place)

Zach Ziemek—Pole Vault (1st Place)

High Jump (2nd Place)

Other Highlights

Mike Amerlan won both the 50 high and low hurdle races.

Tim Ehrhardt won the Pole Vault.

Batavia—

They opened a beautiful brand new indoor track and will now serve as the permanent home for the UpState 8 Varsity Indoor Conference Meet.

PR's

Scott Filip—55m dash (2nd place)

Jared Hahn—Shot Put

Mason Wieclawek— 200m

Vince Puzon—200m (2nd place)

Mike Strachan—1 mile run

Kevin Jorgensen—800m (1st place)

Other Highlights...

The 4 x 200 relay of Demetri Alimissis, Scott Filip, Vince Puzon and Marcus Jegede ran a season best of 1:36.5 easily good enough for 1st place.





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Last Friday Night the Lancers were in action at Wheaton North.

PR's (Personal Records)

Sean Lang—Pole Vault (1st place)
Chris Lindsey—55m
Jeremy Lozano—3200m (1st place)
Eric Dade—3200m (2nd place)
Mike Strachan—3200m (3rd place)
Adam Clay—800m

Other Highlights...

Marcus Jegede won both the long and triple jumps.
Craig Ryan won the shot put.
Henry Fisher took 3rd in the 400m
Derrick Smith captured 2nd place in both high jump and pole vault.
Kevin Jorgensen won the 1600m
Larry Matthies took 1st in the 200m and 2nd in the 55m.
Demetri Alimissis won the long jump.
Jeremy Kline and Greg Block finished 1st and 2nd in the shot put.
Anthony Desimone captured 3rd place in the pole vault.



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