

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

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www.lphstrack.com



Jeremy Lozano moves to the lead in the 1600m



Dylan Scheirich winds up to throw



Robert Kincanon and Will Dover take the early lead in the mile



Ethan Koval hands off to Jony Tanase in the 4x200 relay

1st Annual Thornwood Invite Champs!

This past Saturday the team traveled to Olivet Nazarene University and their beautiful 200m indoor Track and Field facility. It was a huge meet with 16 teams including defending 2A state champs Cahokia and other powers such as Neuqua Valley, Minooka, Thorton and Evanston. When the dust settled 9 hours later, the Lancers had captured 1st place!

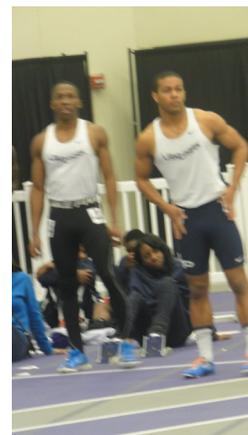
The most anticipated battle came between our Marcus Jegede and Cahokia's Ja'Mari Ward in the horizontal jumps. The pair did not disappoint as they split the competition, Ward winning the Long Jump and Marcus winning the Triple while improving his indoor mark. The Pole Vault came down to 2 Lancers as Elliot Krause and Ryan Panganiban set PR's on the way to a 1-2 finish. Curtwan Evans continued his winning ways in the Varsity Shot Put and Dylan Scheirich threw a big PR to win the Soph competition. Other PR's in the field events included Eric Gal in the Triple Jump while capturing 1st place and Chago Basso and Kevin Baczek in the Shot Put.

The Track events turned in strong performances as well. Jeremy Lozano led off the 4x8 with a very strong effort before doubling back to take 2nd in the Mile. Antonio Shenault broke his own school record in the 55HH while taking 2nd by .01 seconds. Andy Birkley ran a PR in the 600m and 55 high Hurdlers Joe Pierce and Austin Weil set their PR's as well. Zach Schwarz, Matt Miarka and Joe Spittali also ran strong legs on the 4x800 as they took 2nd.

This was a good good early season test for the team, but its early. The team knows there is a still a lot of room for improvement. The team is back in action this Friday night at the Batavia Invite. Field events start at 4:30 and running at 5:00.



Elliot Krause prepares to vault



Marcus Jegede (left) and Antonio Shenault (right) prepare for the 55m