

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

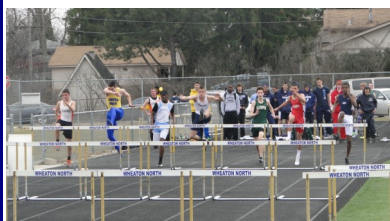
For complete results and more pictures check out the team website
www.lphstrack.com



Junior Mike Prestigiaco and Senior Curtwan Evans



Soph Zach Schwarz



Senior Austin Weil



Junior Lucas Bennett



Junior Chris Filip

Beginning at the Best 4...

This past Saturday the team opened its outdoor season at the Wheaton North "Best 4" flight meet. This format matches each school's #1 in an event against everyone else's #1, #2 vs #2 and so on. Each team is allowed 4 entries per event. The team battled 6 other teams and windy conditions but the Lancers still turned in several strong performances. 800m runners Eric Dade, Matt Miarka, Andy Birkley and Zach Schwarz swept that event by taking charge of the race early. Curtwan Evans, Mike Prestigiaco who set a PR, Dylan Scheirich, and Chago Basso swept the Shot Put competition. Several other Lancers took 1st place in their flight while setting new PR's and they included Prestigiaco, Austin Lynch and Basso in the Discus.

Chago's throw in the Discus also broke the Freshman school record previously held by Dan Block (which could be a good sign of things to come)! Austin Weil won in both the 110HH and 300 IH, while Joe Pierce won his 110HH flight with a PR time. Chris Filip and Eric Gal won their flights in the High Jump. Felix Gates, Lucas Bennett and Ryan Panganiban were 1st in their Pole Vault flights. Bennett's effort was also a new PR for him. Kal'el Wright-Jones won his flight of Triple Jump while setting a new PR.

Other PR performances included Jake Hianik in the Long Jump and 200m, and Eric Gal in the Long Jump.

Overall the team placed 3rd, so it was a good start but there is still work to be done. The team is back in action this Saturday at Downers Grove South for the 2 level "Bud Mohn's" Invite.