

LPHSTF



**2010 IHSA 3A
State Champions**



JAY IVORY
HEAD COACH
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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

Conference Champions!!

At last night's UpState 8 Indoor Conference track and field meet the

Lancers captured 1st Place behind a dominating performance in the field events! Jeremy Kline won the shot put with a throw of 67 feet 6 and a half inches shattering the old conference record...that throw also happens to be the ALL TIME best throw in Illinois history breaking the mark previously held by LP alum Dan Block!

Zach Ziemek won the long & triple jumps and pole vault setting new conference records in all 3 events. He also finished 3rd in the high jump. Kevin Speicher was the conference champion in high jump. Greg Block took second in the shot put. Scott Filip captured 3rd in the long (where he also qualified for indoor state and broke the sophomore school record)& triple jumps as well as the 55 low hurdles.

Freshmen Eric Dade and Jeremy Lozano both set PRs while breaking the freshman record (which had stood since 1983) in the 2 mile run. Eric later set another PR in the 800. Jeremy came back with another PR in the mile- where he broke his own freshman record. Kevin Jorgensen set PRs in both the 800 and the mile. Demetri Alimissis PRed in the 200m while taking 3rd.

All in all a great night of competition for the Lancers!

