

LPHSTF



**2010 IHSA 3A
State Champions**

Indoor State
Qualifying Standards

55m	6.50 seconds
55 HH	7.60 sec
200m	23.10 sec
400m	52.24 sec
800m	1:59.84
1600m (1 mile)	4:28.0
3200m (2 mile)	9:43.14
4x 800 Relay	8:16.0
4 x 200 Relay	1:33.50
4 x 400 Relay	3:32.14

Long Jump	21' 9"
Triple Jump	44' 3"
High Jump	6' 4"
Shot Put	53' 9"
Pole Vault	14' 0"



JAY IVORY
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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

A Special Perspective...

First of all, the program would like to thank you for your support. I know it means a lot to the athletes that you are aware of some of the great things that they are doing. This is a pretty exciting time for the Track & Field program so I wanted to provide you with some perspective...

The Illinois Indoor State meet qualifying standards are included in the table. Any athlete who hits that mark is invited to compete at the meet on March 26th at Illinois Wesleyan University.

In addition, I wanted to share where some of our athletes are ranked...both in the state of Illinois and the Nation.

Zach Ziemek 12	Pole Vault	15' 9"	U.S. # 16	Il. # 1
	Long Jump	22' 7.25"	U.S. # 56	Il. # 4
	Triple Jump	48' 6"	U.S. # 6	Il. # 1
	High Jump	6' 8"	U.S. # 21	Il. # 4
Jeremy Kline 12	Shot Put	65' 3.5"	U.S. # 6	Il. # 1
Jermaine Kline 12	Shot Put	63' 0"	U.S. # 8	Il. # 2
Greg Block 12	Shot Put	57' 0"	U.S. # 38	Il # 4
Cameron Siegle 12	Triple Jump	43' 6"		Il. # 18
Kevin Spejcher 11	High Jump	6' 10"	U.S. # 10	Il. # 2
Kevin Jorgensen 11	800m	2:06.9		Il. #82
Demetri Alimissis 11	Long Jump	20' 10.5"		Il. # 45
	55m	6.86		Il. # 51
	200m	23.87		Il. # 28
Scott Filip 10	Triple Jump	44' 3"		Il. # 9
	Long Jump	21' 3"		Il. # 37
	55 HH	8.14		Il. # 21
Mike Amerlan 10	Long Jump	20' 5.25"		Il. 57
	Triple Jump	42' 7"		Il. # 32
Marcus Jegede 9	Long Jump	21' 11"		Il. # 11
	Triple Jump	41' 0"		Il. # 67