



Issue 1, February 15th, 2023



Team Website <https://sites.google.com/lphs.org/lakeparkboystrack/home>

[Hononegah Meet Results](#)

[Highlight Video](#)

[Pictures](#)

Hononegah Meet Write-up

The team had an outstanding first meet! We had a few goals this week. Give everybody the opportunity to compete, set new standards for personal excellence, and set expectations for the year. Missions accomplished. Every single returner set at least one new PR, or personal record. And a lot of our newcomers had stellar performances, winning many races and putting themselves on leaderboards across the conference and state.

Our highlight performances came from our 5 event winners, all setting new PR's. Tyler Michelini launched a bomb in shot put (56'11.75") and is 3rd in the state. John Turner improved by over a foot from last indoor season in high jump (6'4) to go into the state's top 5. James DiVito won his hurdle race against the best returning conference athlete from St. Charles East and is 8th in the state. Adrian Przestrzelski added 5 feet to his indoor PR (41'5.5) in triple jump to win, and Bryan Pochowicz won the pole vault with a 2 foot PR (11'0).

This week we are at Addison Trail on Thursday and Proviso West & St. Charles East on Saturday!

Personal Records

Christian Khoury (60, 200), James DiVito (60), Josh Brown (60, HJ), Jack Tucci (60, 200), Adrian Przestrzelski (60), Jacob Tourtillot (60, 200), Genji Matsuyama (60, 200), Nicco Gonzalez (60, 200), Evan Pahopos (50, HJ), Giorgio Gambino (60, 200), Kaleb Clifford (60, 200), Kris Szkaradek (200), Andy Gonzalez (200), Wyatt Matson (200), Giancarlo Banducci (800), Gael Bibiano (800), Aiden Bossier (800), Brendan Gaffey (1600), Teigen Allison (1600), Jacob Rymarcsuk (1600), Holden Anderson (3200), Lucas Skupien (3200), Daniel Bernal (3200), Jeff Rustemi (Shot Put), Austin Lindenmuth (Shot Put)

Athletes of the Meet

Each meet, we award a varsity athlete our Shield and a frosh/soph athlete our Sword. This week was incredibly difficult to choose because of how many outstanding performances there were.

- Christian Khoury (Sr.) earned the shield for his giant PR's in the 60m and 200m, as well as a great mark in his first time trying long jump. Last year he was not in a varsity invite once and he was our fastest sprinter Saturday.
- Brendan Gaffey (So.) ran over 40 seconds faster than last indoor season in his mile and kept mentally engaged the whole time on his way to this breakthrough!





Issue 1, February 15th, 2023



@lpboystrack



Team Website <https://sites.google.com/lphs.org/lakeparkboystrack/home>

Scoring Performances

Top 8 score points for the team at invationals, so we honor those high placing athletes.

Tyler Michelini	1st - Shot Put (PR)
James DiVito	1st - 60m Hurdles (PR)
John Turner	1st - High Jump (PR)
Adrian Przestrzelski	1st - Triple Jump (PR)
Bryan Pochowicz	1st - Pole Vault (PR)
Josh Brown	2nd - High Jump (PR)
Zack Nygren	2nd - High Jump
Stephen O'Connor	2nd - Pole Vault
Kris Szkaradek	3rd - 60m Hurdles (PR)
Gino Cardone	4th - Shot Put
Alex Panagiotopoulos	5th - Triple Jump (PR)
Genji Matsuyama	6th - Triple Jump (PR)
Jake Zegger	6th - 3200m (PR)
Jonny Ademi	6th - Pole Vault
Armand Voloder	6th - Shot Put (PR)
James Guevarra	8th - 3200m (PR)
Aidan Salter	8th - High Jump (PR)
Zegger, Guevarra, Bossier, Banducci	6th - 4x400m Relay

Rankings

Each week we recognize those who have made history for our program by making our all-time top 10 list, as well as athletes who are ranked highly in the state of Illinois.

Top 10 in LP History	
<u>Varsity</u>	
John Turner	#6 High Jump
Tyler Michelini	#9 Shot Put
<u>Freshmen</u>	
Anthony Orestano	#3 200m
Jonny Ademi	#6 PV, #9 200m
Chris Flores	#7 200m, #8 55m
Nick Sheklarevski	#8 1600m



Issue 1, February 15th, 2023



Team Website <https://sites.google.com/lphs.org/lakeparkboystack/home>

Top 25 in 3A	
Varsity	
Tyler Michelini	#3 Shot Put
John Turner	#4 High Jump
James DiVito	#8 60m Hurdles
Gino Cardone	#10 Shot Put
Adrian Przestrzelski	#11 Triple Jump
Kris Szkaradek	#12 60m Hurdles
Josh Brown	#18 High Jump
Zach Nygren	#18 High Jump
Sophomore	
Genji Matsuyama	#10 Triple Jump
Charlie Michelini	#15 Shot Put
Evan Pahopos	#22 High Jump
Yhoskar Ruiz Capote	#23 200m
Freshmen	
Anthony Orestano	#3 200m, #5 PV, #9 60m
Jonny Ademi	#4 Pole Vault, #14 200m
Chris Flores	#5 60m, #8 200m, #15 PV
Demari Richmond	#5 Triple Jump, #9 High Jump
Aiden Patel	#6 Long Jump, #25 60m
Wesley Bauernfreund	#11 Triple Jump
Nathan Larkin	#12 Pole Vault
Trevor Frey	#12 Pole Vault
Nick Sheklarevski	#13 1600m
Kyle Van Winkle	#13 Triple Jump #16 High Jump
Aleks Stranz	#17 Shot Put
Nick Zegger	#20 1600m
Dominick Nash	#22 200m