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LINCOLN SUDBURY CAPTURES 2nd CONSECUTIVE DIVISION 1 CHAMPIONSHIP

By Conor Nevins, Globe Correspondent

On the girls' side, Lincoln-Sudbury used a nonpareil effort from Dana Jamieson to pull away for its second consecutive team title, 82-57, over Newton South. Jamieson placed in three events, winning the 400, finishing second in the long jump, and anchoring the first-place 4 x 400 relay team.

"That's just an immense day," Lincoln-Sudbury coach Mel Gonsalves said. "That's a career day for anybody but, honestly, that's how talented she is."

Jamieson ran a 56.21 in the 400, more than a full two seconds ahead of the field. She then took second in the long jump with a leap of 16-8 1/4 , though everyone was jumping for second place behind Medford's Arantxa King (18-4 3/4). Jamieson capped her day by running the final leg of the 4 x 400 in a blistering 55.60.

"I came into today not really sure about what I could do," Jamieson said. "The coaches were telling me all this stuff about the times I could run today, and most of it sounded crazy. But then my split in the 4 x 400 today was the fastest I ever ran, so I guess they knew what they were talking about."

Molly Binder, who ran the first leg of the 400 relay, also won the 800 in 2:19.20.

But L-S really made hay in the field events, winning the pole vault (Sophia Romeri, 10 feet) and finishing second in the high jump (Maggie Flemming, 5-2) and triple jump (Romeri, 35-2 1/2).