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MCINTYRE MEMORIAL RELAYS

Cambridge girls sock it to field Team fashions 4 x 200 record

By Emily Werchadlo, Globe Correspondent | January 30, 2006

To be on the Cambridge Rindge & Latin girls' relay teams you have to have many things: speed, confidence, focus, and most important, your racing stripes.

The girls are unmistakable wearing one knee-high black-and-white horizontally striped sock. Yesterday, Cambridge turned heads for another reason -- its 4 x 200-meter relay team finished in 1 minute 44.10 seconds to set a meet record at the Bob McIntyre Memorial Relays at the Reggie Lewis Center in Roxbury.

The striped-sock tradition was started by then-freshmen Teyahnie Boone and Krishana House, who are now seniors, and has become a trademark.

"It's what everyone remembers about us," said Boone, who anchored the 4 x 200. "It's our fashion statement."

Junior Danielle Hamlett and sophomore Sarah Trotman also run the 4 x 200 for Cambridge, which posted the 12th-best time in the country this year. Cambridge also took second in the 4 x 50.

Another strong showing was put forth by the Newton North boys, who won both the long jump and the 4 x 50 (in a meet-record 21.85 seconds). Senior Khalel Pritchard, the Tigers' star quarterback, contributed to both victories.

"We work hard," said Pritchard. "Our coach really shows us good techniques. It's good it finally paid off."

The Tigers also placed fifth in the shot put and fourth in the hurdles, a pleasant surprise for coach Jim Blackburn.

"I was very pleased with my sprinters and long jumpers," said Blackburn. "I hope it's a sign of great things to come at states."

The Lincoln-Sudbury girls met the qualifying time for the national meet in the 4 x 800 with a winning time of 9:40.94. It was a six-second improvement over their time at last week's Division 1 State Relays.

"We knew we had the potential," said sophomore Emily Mephram, who anchored the team. "But it's really amazing to actually do it."

Senior Jessica Merwin, freshman Jessica Griffin, and senior Kate Donaldson ran the first three legs. The girls gave the credit to first-year coach Chris Tarello.

"That was a big goal for them [to make nationals]," said Tarello. "I tend to set the goals really high. We're still probably five seconds faster."