

# THE METROWEST DAILY NEWS

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## Girls track wins MSTCA Class A Relay Tuesday, January 16, 2007

The Lincoln-Sudbury girls track team added another impressive accomplishment to a growing list of laurels this winter by winning the Class A title at Sunday's Massachusetts State Track Coaches Association State Relays at the Reggie Lewis Center. The talented Warriors accumulated 49 points the highest total on the day regardless of gender to edge out Bay State Conference foe Newton North by a single point. The scary thing about this victory is that L-S rode the performance of an entirely underclassmen middle distance team to the win.

Emily Mephram, Dana Jamieson, Molly Binder and Jess Griffin will all be back next year. The quartet won the 4x400 and the 4x800 relays, proving that the future is now. Despite being youthful, the foursome showed an appreciation of history by shattering a 25-year old record in the 4x800. They were clocked in 9:24.12, besting a Class A record set by Waltham High in 1982 of 9:31.1

Mephram, Jamieson, Binder and Griffin actually came within three-100's of a second of matching another 25-year old standard in the 4x400 relay. They ran a 4:00.83 to come close to matching Beverly's mark.

Coach Mel Gonsalves was confident that his middle distance team would gather its share of points. He knew in order for the Warriors to be among the top teams points would have to come from other sources. Those points were garnered by the high jumpers, long jumpers and shot putters by getting at least fourth-place finishes. "We call those the nickel and dime points," said Golsavles.

Jamieson, the anchor on both the 4x400 and 4x800 relay teams, combined with Jordan Chen and Larina Kleynerman to take first place in the long jump with a combined effort of 14 meters. Jamieson had a team-best jump of 17 feet, 1 inch.

The Warriors achieved success squared in the 4x800 meter relay. In addition to the win, the B squad placed third in 9:55.13. That event alone earned 16 points for the L-S cause.