



On the girls side, Lincoln-Sudbury defended its title and followed up its indoor championship this winter by scoring well in all disciplines to put up 82 points, 25 better than Dual County League rival Newton South.

Lincoln-Sudbury placed in the top three in nine events, getting wins from junior Dana Jamieson in the 400, junior Molly Binder in the 800, sophomore Sophia Romeri in the pole vault and the 4 x 400 relay team of Binder, Emily Mephram (third in 2-mile), Olivia Reed and Jamieson.

Jamieson ran a 56.21 in the 400, holding off an upset bid by Bridgewater-Raynham's Mary Zolga to win by more than two seconds. She anchored the 4 x 400 with a blistering 55-second split according to L-S coach Mel Gonsalves' clock. As Jamieson was waiting for Reed to deliver the baton, top-seeded Bridgewater-Raynham dropped its baton, putting Jamieson and the Warriors in front for the win.

"This whole day was a huge success," Jamieson said. "I was a little skeptical of what I was able to do, my coaches had a lot of faith in me. They told me I could run these crazy times that I never thought I could run and I just said, 'Dana, go out and have fun with it, just be yourself, go out and have fun.' I did and it definitely paid off."