

The METROWEST DAILY NEWS

LOWELL - Heading into next weekend's All-State meet in Holyoke, the Lincoln-Sudbury girls track and field team is feeling all right after a solid all-around performance at the MIAA Div. 1 East Track & Field Championships at Cawley Stadium.

The Warriors successfully defended their title from a year ago, winning with 82 points, 25 more than runner-up Newton South.

"To come back to this meet and surprisingly rack up 82 points is icing on the cake," Lincoln-Sudbury coach Mel Gonsalves said. "Things happened today not just on the track today to score 82 points."

Lincoln-Sudbury rolled to the win by placing in the top three of nine events, getting wins from junior Dana Jamieson in the 400 in 56.21 seconds, junior Molly Binder in the 800, sophomore Sophia Romeri in the pole vault and the 4x400 relay team of Binder, Emily Mephram (third in 2-mile), Olivia Reed and Jamieson.

Jamieson also anchored the 4x400 with a blistering 55-second split, according to Gonsalves' clock. As she was waiting for Reed to deliver the baton, top-seeded Bridgewater-Raynham dropped their 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."

Jamieson was delivered a shock when B-R could not complete the final baton pass cleanly.

"I couldn't believe it, I was just mentally prepared to go after (B-R anchor Mary Zolga)," Jamieson said. "I just got out and I was wondering where B-R went. It was really unfortunate because they are a really good team and I was looking forward to competing with them, but stuff happens."

Jamieson and Romeri added second place finishes in jumping competitions, Jamieson in the long jump and Romeri in the triple jump, providing 18 points each individually.

Senior Jackie Jarmulowicz gave the Warriors six points in the throwing events with a fourth in the javelin and a fifth in the discus.