

# The Boston Globe

## **Cross country girls geared up for state meet**

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First and second in the Clipper relays. Amherst Invitational champions. Boston Invitational champions. Bay State Invitational champions. Undefeated Dual County League in dual meets and regular season champions. Winner of the DCL championship meet.

The Lincoln-Sudbury girls cross country team has rolled through perhaps its most successful season ever, but its most important meets are still to come. This coming Saturday the Warriors venture to Franklin Park to compete in the Eastern Massachusetts Division 1 championship meet, and if they come in the top five, they will head west to Northfield Mountain to vie for a state title.

Cross country has two state titles, one for large schools, and one for small schools. Three schools each from the West and Central sections of the state will qualify from their meets. The East is divided into four divisions. The largest schools compete in Division 1, and the smallest in Division 4. Divisions 1 and 2 will each send five teams from their meet to join the large school teams from the West and Central in the state meet.

L-S is the top ranked large school team in the state, but the Warriors will face fierce competition as roughly 30 teams will toe the line in the EMass Division 1 meet looking to knock the Warriors from their perch. The EMass Division 1 meet is the strongest and deepest division in the state, featuring strong teams from Newton North, Haverhill, Newton South, Weymouth, and Chelmsford.

Newton North, the Bay State Conference champion, features senior Jess Barton, who won the state title as a sophomore and is looking to regain her title this year. North did not qualify for the state title last year due to a lack of depth in its fourth and fifth runners, but have developed the runners this year to complement its star.

Next to L-S, Merrimack Valley champion Haverhill has the best depth in the state, and runs in a fast tight pack, which capable of putting big points on the board for other teams if it comes in behind the pack. The Hillies have been missing their top runner, Colleen McNaughton, for most of the season due to injury, but still won their league title without her, and if she returns for the division meet this will be a very dangerous team.

In the state meet, the Warriors will also face Division 2 favorite Dennis-Yarmouth, and Amherst, the four-time defending state champ out of the West. D-Y was the preseason favorite as the Dolphins have Colleen Wetherbee, one of the top runners in the nation, and six of their top seven runners from last year. L-S narrowly defeated the D-Y by two points in the Amherst Invitational in September. Amherst is in a rebuilding year, but is always dangerous, especially since the state meet will be held in its backyard, at Northfield Mountain.

L-S counters these threats with junior Dana Jamieson and what is likely the deepest team in the state. Jamieson, a sprinter on the state champion track team in the spring, has emerged from the pack to develop into a top notch harrier, one that has Barton and Wetherbee starting to look over their shoulders.

The real secret to the Warriors' success, however, has been the quality of their second through seventh runners. This crew has primarily featured juniors Hanna Ziobrowski and Emily Mephram, sophomores Barbara MacNeil, Rachel Potter, and Jess Griffin, and freshman Holly Clark. This group has been bolstered by strong performances at various times from senior Christine Duggan, juniors Stephanie Zeytoonian, Molly Binder and Olivia Reed, and sophomore Jen Gossels.