

SPORTS



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Local track and field athletes are ready for prime time

by Glenn Reeves/Palo Alto Online Sports

This is what the top performers from all over the Central Coast Section have been working and pointing toward. The Central Coast Section track and field championships take place Friday at Gilroy High. The top three finishers in each event advance to the state finals in Fresno.



Friday's field events begin at 4 p.m. running events at 6 p.m.



It's all about being place at the right time earlier in the season. If you no good now you can be repeated at the state on the big stage.

Graham MacFarquhar/Mark Foster photo

The Palo Alto girls team appears to be the right time after season-best 3:58.71 Saturday at trials. The team of Brianna Miller, Bolarinwa, Maya Reuven and Ella third-fastest time at the trials, be

Palo Alto's Kent **Slaney** advanced to the state meet last year after a third-place finish in the boys 1,600 at the CCS finals. **Slaney** was timed in 4:19.95 at the CCS finals and had a season-best of 4:16.62.

This year **Slaney** had early-season injury problems. His fastest time is 4:21.84. He'll need to get under 4:20 on Friday to have a shot at a return trip to Fresno. Five runners in Friday's final have been under 4:20 this season.

Teammate Sam Craig will also take part in the 1,600 final. Reed Foster, who qualified in both the 800 and 1,600, has dropped the 1,600 in order to focus on the 800.

Foster was sixth-fastest among qualifiers for the 800 final at 1:58.46. His season-best is 1:57.14. Sacred Heart Prep's Graham MacFarquhar was the 10th qualifier at 2:00.04.

"He hasn't run a fresh 800 all season long," Davidson said of Foster. "We want to give him that opportunity."

Menlo School's Robert Miranda has the second-fastest times in the CCS this season in both the 1,600 and 3,200. He is running the 3,200 only at CCS. His best on the season is 9:12.12. Palo Alto's Henry Saul and **Slaney** also qualified for the 3,200 final.