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Few surprises, but great efforts for locals in CCS track semis

The Palo Alto boys, meanwhile, qualified its 400 relay (43.23) and 1,600 relay (a seasonbest 3:24.52) teams with Nick Sullivan running on both while qualifying third in the 400 (a personal best-48.56) and second in the 200 (a PR of 21.77). Teammate Eli Givens ran on the 400 and 1,600 relays and finished third in the 100 (11.03).

Paly freshman Kent Slaney continued to improve in the 1,600, running a personal best by four seconds (4:24.44) while advancing to the finals. He now ranks as the No. 3 freshman in the state, according to Athletic.net.