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## Prep report: Making their marks at Stanford Invitational

The distance medley relay isn't exactly at the forefront of the casual track fan's consciousness, but it's a lot of fun for dedicated distance runners looking for a break in their training routine.

After all, how often does someone get to run a competitive 1,200?

The Palo Alto High team of Sam Craig (1,200), Brian Kagiri (400), Reed Foster (800) and Kent Slaney (1,600) set a school record at the Stanford Invitational, finishing third in 10:34.33.

They've bettered the school record by 25 seconds this season and improved by five seconds over the time the team ran at the Firebird Relays the week before.

"There's still a lot left in them to go faster," Palo Alto coach Michael Davidson said.

They'll get another chance to go faster next weekend at the Arcadia Invitational.

Paly's distance group also competed in individual events. Slaney ran 4:21.47 and Craig 4:28.61 in the mile. Henry Saul was clocked in 8:55.93 in the 3,000, Naveen Pai in 9:08.86. Gunn's Jonas Enders ran 9:15.26.



M-A's Terrance Matthews-Murphy placed sixth in the discus at Stanford. Photo by John Hale.





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