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## Prep track and field: Vikings in for a jolt

By *Vytas Mazeika* | Daily News Staff Writer

POSTED: 03/18/2015 11:35:46 PM PDT | UPDATED: 2 MONTHS AGO

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After easing into action March 10 against Milpitas, the track and field team at Palo Alto is in for a jolt this week.

First comes today's meet at home against crosstown rival Gunn, then the Vikings travel to Mountain View for the St. Francis Invitational on Saturday.

"I think that having a chance to have multiple meets in one week will help prepare the team for league finals and CCS and CCS trials, where you're forced to run two days in a row or run a bunch of races in one day and get ready to run a bunch of other races," Paly coach Kelsey Feeley said. "So I think it's good preparation for us physically, but more mentally than anything."

Junior sprinter Eli Givens, the reigning Central Coast Section champion in the 100 meters, set a personal record against Milpitas with a long jump of 21 feet, 1½ inches.

Givens could participate in a plethora of events this week, including the 100, 200 and 400 meters, both relays and the long jump.

"He set the bar super high last year as only a sophomore to win CCS and go to the state meet," Feeley said. "So he knows he wants to improve on last year by making it back to the state meet and this time making it to the state meet finals."

Sophomore Kent **Slaney**, who finished ninth in the fall at the CCS Division I cross country championships, made a strong impression on his coach by sweeping the 800- and 1,600-meter races against Milpitas.

"He threw down some pretty fast times last week and we're looking forward to see what he can do this week," Feeley said.