

## ***CTAC Rocked The AO U18/Open Indoor Championships***

Well, that was some AO U18/Open Championship meet. Nine Top 15 performances, including one Gold Medal (William U18B 1500m), two Silver Medals (Oliver U18B 1500m & William U18B 800m) and one Bronze (Oliver U18B 3000m)! The crew also turned in a whopping 20 new personal best efforts, some indoor personal bests, but many, their best performances ever! And if that wasn't impressive enough, three new club records were established:

William 4:03.98 U18B 1500m (Oliver was 2<sup>nd</sup> in the same race and under the old record as well)

Oliver 8:43.11 U18B 3000m

Kyrie 8:54.05 U20M 3000m

What an amazing showing, and we're just getting started!! For all CTAC results, use this link; <https://athleticsontario.anet.live/meets/59625/teams/1454175>

Congratulations to all!