



T-Bolt ATHLETE OF THE WEEK

Week of March 4th

THIS WEEK'S RECIPIENT: Akiylah Ford – Girls' Track and Field

REPORT FROM HEAD COACH

Akiylah Ford had a busy day at the Hinsdale South meet. She ran the 55 meter dash with a time of 8.17 seconds. Ran a leg of the 4 x 160 and finished off the day by running the anchor leg of the 4 x 400-meter relay with a personal best time of 1:15. In between races, she could be heard cheering on her fellow athletes.

