

Van Beilen golden in Charlotte

Oakville's Tera Van Beilen and her Swim Ontario women's 4x100-metre medley relay team earned gold at the Charlotte UltraSwim last weekend in North Carolina.

Van Beilen and teammates Brittany MacLean and Paige Schultz of Toronto and Victoria Chan of Richmond Hill reached the wall in 4:19.54, finishing ahead of

American-based clubs SwimMAC and Star Aquatics.

Local resident Zack Chetrat and Swim Ontario teammates Joe Bartoch of London, Tobias Oriwol of Toronto and Hassaan Abdel-Khalik of Mississauga collected bronze in the men's 4x400m freestyle relay, finishing in 3:30.10.

Hinchcliffe speedy in practice

Oakville racer James Hinchcliffe turned in the 17th-fastest lap at last weekend's practice sessions for the Indianapolis 500.

Hinchcliffe sped around the track at 221.454 miles an hour, completing the oval in 40.6406 seconds. Paul Tracy was the fastest Canadian with a 40.4868-second lap, while Ed Carpenter had the fastest lap time of 40.0380 seconds.

The practice sessions were cut short by

rain.

Qualifying for the Indianapolis 500 will be held this weekend. The fastest 25 on Saturday will be locked into the 33-car field, with the fastest nine cars having a chance to better their times and win the pole. Sunday, the remaining eight places will be filled.

Most of the qualifying sessions will be broadcast on TSN2.

Cordingley a champion, again

Local resident Troy Cordingley won his fourth National Lacrosse League championship, and second as a coach, last weekend.

Cordingley's Toronto Rock defeated the Washington Stealth 8-7 at the Air Canada Centre Saturday in front of 14,488 fans, capturing the Rock's sixth NLL Champion's Cup in franchise history.

This is the second time in three years Cordingley has coached a NLL team to the championship. He won the Champion's Cup in 2009 while behind the bench of the Calgary Roughnecks, and he guided the Rock to a finalist appearance last year.

Cordingley won two NLL titles as a player, in 1993 and 1996 with the Buffalo Bandits.



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