

WCSSAA
ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES
2004 -2017

SENIOR GIRLS 4 x 100 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
SIR J. A. MACDONALD	SJAM	50.77	1	2015	*ET
GRAND RIVER	GRCI	51.41	2	2015	ET
WATERLOO	WCI	51.82	1	2016	ET
GRAND RIVER	GRCI	51.9	1	2007	*HT
JACOB HESPELER	JHSS	52.04	1	2017	ET
WATERLOO	WCI	52.04	3	2015	ET
SIR J. A. MACDONALD	SJAM	52.31	1	2008	ET
CAMERON HEIGHTS	CHCI	52.35	4	2015	ET
HURON HEIGHTS	HHSS	52.37	1	2013	ET
CAMERON HEIGHTS	CHCI	52.45	2	2016	ET

JUNIOR GIRLS 4 x 100 METER RELAY

HURON HEIGHTS	HHSS	51.46	1	2016	*ET
SIR J. A. MACDONALD	SJAM	51.56	1	2015	*ET
CAMERON HEIGHTS	CHCI	51.72	1	2017	ET
SIR J. A. MACDONALD	SJAM	52.5	1	2007	*HT
SOUTHWOOD	SSS	52.97	1	2008	ET
ELMIRA	EDSS	53.0	1	2005	*HT
SIR J. A. MACDONALD	SJAM	53.16	2	2017	ET
GRAND RIVER	GRCI	53.55	1	2014	ET
CAMERON HEIGHTS	CHCI	53.66	2	2015	ET
JACOB HESPELER	JHSS	53.79	3	2017	ET

MIDGET GIRLS 4 x 100 METER RELAY

CAMERON HEIGHTS	CHCI	51.27	1	2015	*ET
HURON HEIGHTS	HHSS	52.93	2	2015	ET
CAMERON HEIGHTS	CHCI	53.10	1	2016	ET
CAMERON HEIGHTS	CHCI	53.5	1	2007	*HT
GALT	GCI	53.89	1	2017	ET
SIR J. A. MACDONALD	SJAM	54.04	2	2017	ET
GRAND RIVER	GRCI	54.1	1	2005	*HT
GRAND RIVER	GRCI	54.18	1	2013	ET
BLUEVALE	BCI	54.3	1	2004	*HT
SIR J. A. MACDONALD	SJAM	54.52	2	2016	ET

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2004 -2017

SENIOR BOYS 4 x 100 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
CAMERON HEIGHTS	CHCI	43.63	1	2016	*ET
CAMERON HEIGHTS	CHCI	43.69	1	2013	*ET
WATERLOO	WCI	44.11	1	2015	ET
HURON HEIGHTS	HHSS	44.43	1	2010	*ET
CAMERON HEIGHTS	CHCI	44.51	2	2015	ET
FOREST HEIGHTS	FHCI	44.64	2	2010	ET
GALT	GCI	44.66	1	2009	*ET
GALT	GCI	44.70	1	2008	*ET
JACOB HESPELER	JHSS	44.71	2	2016	ET
GRAND RIVER	GRCI	44.74	3	2015	ET

JUNIOR BOYS 4 x 100 METER RELAY

CAMERON HEIGHTS	CHCI	45.69	1	2015	*ET
JACOB HESPELER	JHSS	46.00	1	2016	ET
CAMERON HEIGHTS	CHCI	46.12	1	2012	*ET
HURON HEIGHTS	HHSS	46.16	1	2008	*ET
GALT	GCI	46.45	2	2012	ET
HURON HEIGHTS	HHSS	46.50	2	2015	ET
SIR J. A. MACDONALD	SJAM	46.56	1	2011	ET
GRAND RIVER	GRCI	46.82	1	2010	ET
PRESTON	PHS	46.84	1	2013	ET
WATERLOO-OXFORD	WODSS	46.96	3	2015	ET

MIDGET BOYS 4 x 100 METER RELAY

SIR J. A. MACDONALD	SJAM	47.58	1	2016	*ET
HURON HEIGHTS	HHSS	47.6	1	2007	*HT
CAMERON HEIGHTS	CHCI	48.26	1	2010	ET
GRAND RIVER	GRCI	48.43	1	2008	ET
HURON HEIGHTS	HHSS	48.50	2	2016	ET
SIR J. A. MACDONALD	SJAM	48.51	1	2013	ET
GALT	GCI	48.52	1	2011	ET
PRESTON	PHS	48.59	1	2012	ET
FOREST HEIGHTS	FHCI	48.68	2	2008	ET
CAMERON HEIGHTS	CHCI	48.80	2	2011	ET
FOREST HEIGHTS	FHCI	48.8	1	2004	*HT