

TRACK WARS
ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES
2009 -2022

SENIOR GIRLS 4 x 100 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
St. David C.S.S.	SDCSS	49.40	1	2017	*
St. Mary's H.S.	SMHS	50.49	1	2012	*
St. Augustine (Brampton)	St. Augustine	50.73	1	2009	*
St. Mary's H.S.	SMHS	50.75	1	2013	
Resurrection C.S.S.	RCSS	50.87	2	2017	
Catholic Central (London)	CCH	51.21	2	2013	
St. David C.S.S.	SDCSS	51.47	1	2018	
Centre Wellington DHS	CWDHS	51.73	1	2014	
Jacob Hespeler S.S.	JHSS	51.77	3	2017	
Resurrection C.S.S.	RCSS	51.87	3	2013	

JUNIOR GIRLS 4 x 100 METER RELAY

St. David C.S.S.	SDCSS	51.22	1	2015	*
Resurrection C.S.S.	RCSS	51.54	1	2016	
St. Mary's H.S.	SMHS	52.23	1	2012	*
Guelph Centennial V.I.	GCVI	52.36	2	2015	
St. Mary's H.S.	SMHS	52.76	1	2011	*
St. Marcellinus C.S.S.	St. Marcellinus	52.92	1	2009	*
Huron Heights S.S.	HHSS	52.99	2	2016	
Resurrection C.S.S.	RCSS	53.23	3	2015	
Catholic Central (London)	CCH	53.04	1	2019	
Sir J. A. Macdonald	SJAM	53.34	2	2012	

NOVICE GIRLS 4 x 100 METER RELAY

Resurrection C.S.S.	RCSS	51.83	1	2010	*
Catholic Central (London)	CCH	53.55	2	2010	
Resurrection C.S.S.	RCSS	53.84	1	2014	
Catholic Central (London)	CCH	53.99	1	2018	
St. James C.H.S	SJCHS	54.31	1	2016	
London Central S.S.	LCSS	54.45	1	2009	*
Galt Collegiate	Galt	54.49	1	2017	
Cameron Heights C.I.	CHCI	54.53	2	2016	
Glenview Park S.S.	GPSS	54.61	1	2019	
St. Anne's C.S.S	SACSS	54.72	2	2017	

SENIOR BOYS 4 x 100 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
St. Augustine (Brampton)	St. Augustine	43.16	1	2010	*
Cameron Heights C.I.	CHCI	43.74	1	2013	
Forest Heights C.I.	FHCI	43.94	2	2010	
John R. Ross	JFR	44.43	1	2022	
Catholic Central (London)	CCH	44.48	2	2013	
St. Augustine (Brampton)	St. Augustine	44.63	1	2009	*
Jacob Hespeler S.S.	JHSS	44.65	1	2016	
Jacob Hespeler S.S.	JHSS	44.74	1	2018	
Sir J. A. Macdonald	SJAM	44.80	3	2013	
Galt Collegiate	Galt	44.89	2	2009	

JUNIOR BOYS 4 x 100 METER RELAY

St. Augustine (Brampton)	St. Augustine	45.15	1	2009	*
Regina Mundi	RMCC	45.61	1	2018	
Our Lady of Lourdes	LOL	46.13	1	2016	
St. Augustine (Brampton)	St. Augustine	46.53	1	2010	
Catholic Central (London)	CCH	46.69	1	2013	
Guelph Collegiate V.I	GCVI	46.84	1	2015	
Galt C.I.	Galt	46.94	1	2012	
Huron Heights S.S.	HHSS	46.94	1	2019	
Cameron Heights C.I.	CHCI	46.95	2	2012	
St. Anne's C.S.S	SACSS	47.01	1	2017	

NOVICE BOYS 4 x 100 METER RELAY

Catholic Central (London)	CCH	48.41	1	2013	*
Catholic Central (London)	CCH	48.50	1	2018	
Huron Heights S.S.	HHSS	48.55	2	2018	
Catholic Central (London)	CCH	48.67	1	2015	
Guelph Centennial V.I.	GCVI	48.78	2	2013	
Cameron Heights C.I.	CHCI	49.03	3	2018	
Grand River C.I.	GRCI	49.13	1	2017	
Regina Mundi C.C.	RMCC	49.23	2	2017	
Cameron Heights C.I.	CHCI	49.28	1	2019	
Huron Heights S.S.	HHSS	49.42	1	2016	