

WCSSAA
ALL TIME TOP 25 BEST TRACK AND FIELD PERFORMANCES IN FINALS
1974-2003

SENIOR GIRLS 4x400 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
CAMERON HEIGHTS	CHCI	3:58.2	1	1991	*
ST. MARY'S	St. M	4:06.8	1	1982	
CAMERON HEIGHTS	CHCI	4:07.2	1	1990	
ST. MARY'S	St. M	4:08.6	1	1986	
BLUEVALE	BCI	4:09.7	2	1990	
WATERLOO OXFORD	WODSS	4:10.0	2	1982	
WATERLOO	WCI	4:10.7	3	1982	
ST. MARY'S	St. M	4:10.8	1	1985	
GRAND RIVER	GRCI	4:10.9	1	1977	* TC
SOUTHWOOD	SSS	4:10.9	1	1996	
CAMERON HEIGHTS	CHCI	4:11.0	1	1994	
CAMERON HEIGHTS	CHCI	4:11.1	1	1992	
BLUEVALE	BCI	4:11.1	1	1999	
EASTWOOD	ECI	4:11.8	1	1981	
WATERLOO OXFORD	WODSS	4:12.1	2	1981	
BLUEVALE	BCI	4:12.8	1	1989	
ST. MARY'S	St. M	4:12.9	3	1990	
ELMIRA	EDSS	4:13.0	1	1995	
ST. MARY'S	St. M	4:14.2	1	1988	
WATERLOO	WCI	4:15.2	1	1984	
SOUTHWOOD	SSS	4:15.6	2	1995	
WATERLOO	WCI	4:15.7	1	1983	
BLUEVALE	BCI	4:15.7	1	2000	
CAMERON HEIGHTS	CHCI	4:16.0	1	1993	
BLUEVALE	BCI	4:16.3	2	1991	

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1990-2003

MIDGET GIRLS 4x400 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
PRESTON	PHS	4:21.0	1	1993	*
SOUTHWOOD	SSS	4:23.6	2	1993	
BLUEVALE	BCI	4:29.0	1	1990	*
BLUEVALE	BCI	4:29.3	1	1991	
SOUTHWOOD	SSS	4:33.1	2	1991	
SOUTHWOOD	SSS	4:33.7	2	1990	
GALT	GCI	4:34.6	3	1991	
PRESTON	PHS	4:35.0	1	1998	
BLUEVALE	BCI	4:35.4	1	1999	
GALT	GCI	4:35.5	1	1992	
GALT	GCI	4:35.7	3	1990	
BLUEVALE	BCI	4:37.3	1	2002	
BLUEVALE	BCI	4:38.1	2	1998	
PRESTON	PHS	4:38.8	1	1994	
GLENVIEW PARK	GPSS	4:40.8	3	1993	
GALT	GCI	4:40.9	3	1998	
BLUEVALE	BCI	4:42.0	2	1992	
KITCHENER	KCI	4:42.1	3	1992	
BLUEVALE	BCI	4:43.2	1	2003	
SOUTHWOOD	SSS	4:43.3	1	1995	
GALT	GCI	4:43.5	2	2003	
PRESTON	PHS	4:44.2	1	2000	
WATERLOO	WCI	4:44.7	2	2000	
GALT	GCI	4:45.2	1	1996	
PRESTON	PHS	4:46.2	2	1999	

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1971-2003

SENIOR BOYS 4x400 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
CAMERON HEIGHTS	CHCI	3:23.9	1	1993	*
GALT	GCI	3:24.0	2	1993	
EASTWOOD	ECI	3:24.9	1	1984	*
CAMERON HEIGHTS	CHCI	3:26.0	1	1991	
GALT	GCI	3:26.5	1	1992	
CAMERON HEIGHTS	CHCI	3:27.0	1	1994	
EASTWOOD	ECI	3:27.8	1	1985	
CAMERON HEIGHTS	CHCI	3:28.4	2	1992	
GALT	GCI	3:28.5	1	1989	
BLUEVALE	BCI	3:28.6	1	1986	
EASTWOOD	ECI	3:29.0	1	1983	*
EASTWOOD	ECI	3:29.2	1	1978	* TC
CAMERON HEIGHTS	CHCI	3:29.4	2	1989	
BLUEVALE	BCI	3:30.0	3	1992	
EASTWOOD	ECI	3:30.2	1	1982	
FOREST HEIGHTS	FHCI	3:30.5	2	1985	
GRAND RIVER	GRCI	3:30.7	2	1991	
ST. JEROME'S	St. J	3:31.0	2	1982	
ST. JEROME'S	St. J	3:32.3	1	1977	* TC
EASTWOOD	ECI	3:32.5	1	1979	TC
BLUEVALE	BCI	3:33.0	1	1996	
FOREST HEIGHTS	FHCI	3:33.0	2	1990	
BLUEVALE	BCI	3:33.5	3	1990	
FOREST HEIGHTS	FHCI	3:34.2	3	1989	
BLUEVALE	BCI	3:34.5	1	1998	
EASTWOOD	ECI	3:34.5	2	1986	

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MIDGET BOYS 4x400 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
BLUEVALE	BCI	3:46.2	1	1995	*
BLUEVALE	BCI	3:46.6	1	1992	*
BLUEVALE	BCI	3:46.6	1	2000	
CAMERON HEIGHTS	CHCI	3:47.7	1	1990	*
WATERLOO	WCI	3:49.3	2	1990	
GALT	GCI	3:49.6	2	1992	
GALT	GCI	3:50.4	3	1990	
GALT	GCI	3:50.5	1	1991	
BLUEVALE	BCI	3:55.1	1	2001	
CAMERON HEIGHTS	CHCI	3:56.2	3	1992	
BLUEVALE	BCI	3:57.0	1	1993	
GALT	GCI	3:57.0	1	1997	
BLUEVALE	BCI	3:57.1	2	1991	
GALT	GCI	3:57.7	1	1994	
BLUEVALE	BCI	3:58.5	1	1999	
GALT	GCI	3:58.7	3	1991	
CAMERON HEIGHTS	CHCI	3:59.3	4	1991	
BLUEVALE	BCI	4:00.2	1	2002	
PRESTON	PHS	4:01.2	1	1996	
SOUTHWOOD	SSS	4:02.9	2	1996	
BLUEVALE	BCI	4:03.1	1	2003	
GALT	GCI	4:03.3	2	1993	
FOREST HEIGHTS	FHCI	4:03.7	2	1995	
PRESTON	PHS	4:04.6	2	2000	
BLUEVALE	BCI	4:04.8	2	1994	