

WCSSAA
ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES
2004 -2023

SENIOR GIRLS 4 x 100 METER RELAY

Athlete	School	Performance	Place	Year	Record/Notes
CAMERON HEIGHTS	CHCI	50.60	1	2018	* ET
SIR J. A. MACDONALD	SJAM	50.77	1	2015	* ET
SIR J. A. MACDONALD	SJAM	51.26	1	2019	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
HURON HEIGHTS	HHSS	52.04	2	2018	ET
WATERLOO	WCI	52.04	3	2015	ET
SIR J. A. MACDONALD	SJAM	52.31	1	2008	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	53.05	1	2019	ET
SIR J. A. MACDONALD	SJAM	53.16	2	2017	ET
WATERLOO-OXFORD	WODSS	53.17	1	2023	ET
GRAND RIVER	GRCI	53.55	1	2014	ET

NOVICE GIRLS 4 x 100 METER RELAY

CAMERON HEIGHTS	CHCI	51.27	1	2015	*ET
HURON HEIGHTS	HHSS	52.93	2	2015	ET
GLENVIEW PARK	GPSS	52.98	1	2019	ET
CAMERON HEIGHTS	CHCI	53.10	1	2016	ET
KITCHENER	KCI	53.32	2	2019	ET
CAMERON HEIGHTS	CHCI	53.5	1	2007	*HT
HURON HEIGHTS	HHSS	53.71	3	2019	ET
GALT	GCI	53.89	1	2017	ET
BLUEVALE	BCI	53.94	1	2019	ET
SIR J. A. MACDONALD	SJAM	54.04	2	2017	ET

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
JACOB HESPELER	JHSS	44.53	1	2019	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

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
HURON HEIGHTS	HHSS	46.34	1	2019	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
JACOB HESPELER	JHSS	46.79	1	2018	ET
GRAND RIVER	GRCI	46.82	1	2010	ET

NOVICE 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	47.75	1	2018	ET
SIR J. A. MACDONALD	SJAM	47.88	1	2019	ET
CAMERON HEIGHTS	CHCI	48.26	1	2010	ET
GRAND RIVER	GRCI	48.43	1	2008	ET
CAMERON HEIGHTS	CHCI	48.48	2	2019	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