

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

**OPEN GIRLS 4 x 400 METER RELAY**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
CAMERON HEIGHTS	CHCI	4:06.41	1	2015	* ET
SOUTHWOOD	SSS	4:08.9	1	2007	* HT
SIR J. A. MACDONALD	SJAM	4:11.56	1	2019	ET
BLUEVALE	BCI	4:14.45	2	2015	ET
GLENVIEW PARK	GPSS	4:16.11	1	2018	ET
CAMERON HEIGHTS	CHCI	4:16.60	1	2014	ET
CAMERON HEIGHTS	CHCI	4:18.19	1	2016	ET
WATERLOO	WCI	4:18.26	2	2018	ET
FOREST HEIGHTS	FHCI	4:18.61	1	2008	ET
HURON HEIGHTS	HHSS	4:19.29	2	2019	ET

**OPEN BOYS 4 x 400 METER RELAY**

<b>Athlete</b>	<b>School</b>	<b>Performance</b>	<b>Place</b>	<b>Year</b>	<b>Record/Notes</b>
CAMERON HEIGHTS	CHCI	3:34.54	1	2008	* ET
WATERLOO	WCI	3:35.10	1	2015	ET
BLUEVALE	BCI	3:35.43	1	2011	ET
SIR J. A. MACDONALD	SJAM	3:35.55	1	2016	ET
WATERLOO	WCI	3:35.95	1	2009	ET
CAMERON HEIGHTS	CHCI	3:36.17	1	2013	ET
CAMERON HEIGHTS	CHCI	3:36.64	1	2012	ET
GRAND RIVER	GRCI	3:36.80	1	2019	ET
CAMERON HEIGHTS	CHCI	3:37.87	2	2009	ET
ELMIRA	EDSS	3:38.66	1	2018	ET