



## Top Ten Weight Records

Rank	School	Weight (Pounds)	Location	Year
1	Centennial Collegiate and Vocational Institute	1381	Championship	2009-10
2	École secondaire catholique Ange-Gabriel	1345	Championship	2010-11
3	Centennial Collegiate and Vocational Institute	1315	London	2009-10
4	Glebe Collegiate Institute	1272	Championship	2006-07
5	Collège Notre Dame	1140	Championship	2010-11
6	Wobrun Collegiate Institute	1100	Toronto	2007-08
7	École secondaire Château-Jeunesse	1060	Championship	2010-11
8	Glebe Collegiate Institute	1050	Ottawa	2005-06
9	Westminster Secondary School	1030	London	2010-11
10	Marathon High School	1010	Championship	2010-11

## Top Ten Speed Records

Rank	School	Time (Seconds)	Location	Year
1	Heart Lake Secondary School	10.73	Toronto	2008-09
2	Sir Winston Churchill Secondary School	12.33	London	2008-09
3	Eden High School	12.58	Championship	2009-10
4	Eden High School	13.41	York Region	2009-10
5	Eden High School	13.60	London	2007-08
6	Marathon High School	13.60	Championship	2010-11
7	Eden High School	13.65	Championship	2006-07
8	Eden High School	13.93	York Region	2009-10
9	Marathon High School	14.00	Thunder Bay	2010-11
10	Eden High School	14.10	London	2008-09