# NCDSB High School Champions for NCAA: Zones 3 & 4

| SPORT | 16/17 | 17/18 | 18/19 | 19/20 | 20/21 | 21/22 | 22/23 | 23/24 | 24/25 | 25/26 |
|---|---|---|---|---|---|---|---|---|---|---|
| JR G BBL | Notre Dame | Notre Dame | | | | | | | | |
| SR G BBL | Notre Dame | Notre Dame | | | | | | | | |
| SR B FTBL | Denis Morris | Notre Dame | | | | | | | | |
| JR B FTBL | Notre Dame | Blessed Trinity | | | | | | | | |
| SR B VBL | Blessed Trinity | Holy Cross | | | | | | | | |
| JR B VBL | Holy Cross | Notre Dame | | | | | | | | |
| X COUNTRY | Blessed Trinity | Blessed Trinity | | | | | | | | |
| | | | | | | | | | | |
| SR B BBL | Saint Paul | Saint Francis | | | | | | | | |
| JR B BBL | Saint Francis | Saint Francis | | | | | | | | |
| G HKY | Blessed Trinity | Blessed Trinity | | | | | | | | |
| B HKY | Holy Cross | Denis Morris | | | | | | | | |
| SR G VBL | Notre Dame | Saint Michael | | | | | | | | |
| JR G VBL | Denis Morris | Notre Dame | | | | | | | | |
| B CURLING | Saint Francis | Saint Paul | | | | | | | | |
| G CURLING | Blessed Trinity | Denis Morris | | | | | | | | |
| WRESTLING | Blessed Trinity | Blessed Trinity | | | | | | | | |
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| | | | | | | | | | | |
| G LCRS | Notre Dame | Notre Dame | | | | | | | | |
| B LCRS | Holy Cross | Notre Dame | | | | | | | | |
| G RUGBY | Lakeshore Catholic | Lakeshore Catholic | | | | | | | | |
| B RUGBY | Blessed Trinity | Blessed Trinity | | | | | | | | |
| B SCR | Saint Francis | Holy Cross | | | | | | | | |
| G SCR | Saint Michael | Saint Paul | | | | | | | | |
| JR B SCR | Notre Dame | Notre Dame | | | | | | | | |
| B BSBL | Saint Paul | Saint Paul | | | | | | | | |
| G SLWP | Lakeshore Catholic | Saint Francis | | | | | | | | |
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