



SUBWAY® Restaurants LacrosseTalk National Rankings

(as of August 4, 2009)

Senior A Lacrosse Top 7 - FINAL

(Major Series Lacrosse & Western Lacrosse Association)

Rank	Team	League	2009 Record	Last Week
1	Victoria Shamrocks	WLA	14-3-1	1
2	Brampton Excelsiors	MSL	13-5-0	2
3	New West Salmonbellies	WLA	13-3-2	3
4	Six Nations Chiefs	MSL	13-5-0	4
5	Peterborough Lakers	MSL	12-6-0	6
6	Langley Thunder	WLA	10-7-1	5
7	Coquitlam Adanacs	WLA	9-9-0	7
Honourable Mention – KW Kodiaks		MSL	9-9-0	NR

Junior A Lacrosse Top 10 - FINAL

(Ontario Jr. A Series, BC Jr. A Lacrosse League & Alberta Jr. A Lacrosse League)

Rank	Team	League	2009 Record	Last Week
1	Coquitlam Adanacs	BCJALL	20-1-0	1
2	Orangeville Northmen	OLA	19-2-1	2
3	Brampton Excelsiors	OLA	18-3-1	4
4	Burlington Chiefs	OLA	17-5-0	3
5	Victoria Shamrocks	BCJALL	15-6-0	5
6	Six Nations Arrows	OLA	15-6-1	6
7	New West Salmonbellies	BCJALL	13-7-1	8
8	St. Catharines Athletics	OLA	14-8-0	7
9	Calgary Raiders	Alberta Jr. A	12-4-0	9
10	Burnaby Lakers	BCJALL	11-10-0	10
Honourable Mention – Peterborough Lakers		OLA	11-11-0	NR

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For up to date schedules, scores and statistics visit:

www.theboxrocks.com – **Western Lacrosse Association**

www.majorserieslacrosse.net – **Major Series Lacrosse**

www.ontariolacrosse.com – **OLA Junior A Lacrosse League**

www.bcjunioralacrosse.com – **BC Junior A Lacrosse League**

www.abjralacrosse.com – **Alberta Junior A Lacrosse**