



Southern Connecticut Conference

State Champions (1994-present)

| Sport | Division | School | SCC Runner-Up |
|--------------------------|----------|----------------------------------|------------------|
| <u>1994-95 (15)</u> | | | |
| Fall | | | |
| Football | L | Cheshire | |
| Girls Volleyball | L | Amity | |
| Girls Swimming | L | Cheshire | |
| Boys Cross Country | LL | Xavier | |
| Girls Cross Country | L | Cheshire | |
| Winter | | | |
| Boys Swimming | L | Cheshire | |
| Wrestling | M | Daniel Hand | |
| Boys Indoor Track | L | Xavier | |
| Boys Indoor Track | M | Lyman Hall | Hillhouse |
| Boys Indoor Track | Open | Wilbur Cross | |
| Ice Hockey | I | Fairfield Prep | |
| Spring | | | |
| Golf | I | Fairfield Prep | |
| Boys Outdoor Track | L | Lyman Hall | |
| Boys Outdoor Track | MM | Hillhouse | |
| Boys Tennis | L | Cheshire/Simsbury (co-champions) | |
| <u>1995-96 (21)</u> | | | |
| Fall | | | |
| Boys Soccer | LL | Xavier | |
| Boys Soccer | L | Daniel Hand | |
| Field Hockey | L | Amity | Branford |
| Football | L | Cheshire | |
| Football | LL | Shelton | |
| Girls Volleyball | L | Amity | |
| Girls Swimming | L | Cheshire | |
| Winter | | | |
| Boys Indoor Track | LL | Xavier | |

| | | | |
|---------------------------|-------------|------------------|-------------------|
| Boys Indoor Track | Open | Xavier | Hillhouse |
| Girls Basketball | L | Mercy | |
| Ice Hockey | I | Fairfield Prep | |
| Boys Swimming | L | Cheshire | |
| Spring | | | |
| Baseball | L | Notre Dame | |
| Baseball | S | Derby | |
| Golf | I | Amity | |
| Boys Outdoor Track | Open | Xavier | |
| Boys Outdoor Track | LL | Xavier | |
| Boys Outdoor Track | L | Hillhouse | Lyman Hall |
| Girls Outdoor Track | L | Hillhouse | |
| Boys Tennis | L | Cheshire | |
| Boys Tennis | LL | Fairfield Prep | |

1996-97 (25)

| | | | |
|---------------------|-----------|----------------------------------|---------------|
| Fall | | | |
| Boys Cross Country | LL | Xavier | |
| Boys Cross Country | L | Amity | |
| Boys Cross Country | Open | Xavier | |
| Girls Cross Country | L | Cheshire | |
| Football | LL | Cheshire | Hamden |
| Boys Soccer | LL | Guilford | |
| Field Hockey | L | Cheshire/Simsbury (co-champions) | |
| Girls Swimming | L | Cheshire | |
| Girls Swimming | Open | Cheshire | |

| | | | |
|--------------------|------|----------------|--|
| Winter | | | |
| Ice Hockey | I | Notre Dame | |
| Boys Swimming | L | Cheshire | |
| Gymnastics | S | Daniel Hand | |
| Girls Indoor Track | M | Hillhouse | |
| Boys Indoor Track | Open | Hillhouse | |
| Boys Indoor Track | M | Hillhouse | |
| Boys Indoor Track | L | Xavier | |
| Boys Basketball | LL | Fairfield Prep | |

| | | | |
|---------------------|------|-------------|--|
| Spring | | | |
| Boys Volleyball | L | Amity | |
| Boys Tennis | L | Cheshire | |
| Boys Outdoor Track | LL | Xavier | |
| Boys Outdoor Track | L | Notre Dame | |
| Boys Outdoor Track | MM | Hillhouse | |
| Boys Outdoor Track | Open | Hillhouse | |
| Girls Outdoor Track | MM | North Haven | |

Girls Outdoor Track L Hillhouse

1997-98 (23)

Fall

Field Hockey L Guilford/Simsbury (co-champions)
Football LL Cheshire
Football L Daniel Hand
Boys Soccer L Daniel Hand/Woodstock Acad(co-champions)
Girls Swimming L Cheshire Amity
Girls Swimming Open Cheshire
Girls Volleyball L Cheshire
Boys Cross Country LL Fairfield Prep
Boys Cross Country Open Fairfield Prep

Winter

Girls Basketball L Hillhouse
Ice Hockey II East Haven
Boys Indoor Track L Xavier/Danbury (co-champions)
Boys Indoor Track M Hillhouse
Girls Indoor Track L Amity
Boys Swimming Open Fairfield Prep
Boys Swimming L Cheshire
Gymnastics S Daniel Hand

Spring

Baseball L Branford
Boys Tennis LL Cheshire Fairfield Prep
Boys Outdoor Track LL Xavier
Boys Outdoor Track L Hillhouse/Rockville (co-champions)
Girls Outdoor Track L Hillhouse
Softball LL Lyman Hall

1998-1999 (18)

Fall

Girls Volleyball L Cheshire
Boys Cross Country LL Fairfield Prep
Girls Swimming Open Cheshire
Girls Swimming L Cheshire Amity
Girls Swimming M Branford

Winter

Girls Basketball L Daniel Hand
Boys Swimming L Amity Notre Dame-WH
Girls Indoor Track Open Hillhouse
Girls Indoor Track L Cheshire Amity
Boys Indoor Track Open Xavier Fairfield Prep

| | | | |
|--------------------------|----------|---------------|-----------------------|
| Boys Indoor Track | L | Xavier | Fairfield Prep |
| Gymnastics | M | Daniel Hand | |

Spring

| | | | |
|---------------------------|-------------|---------------|---------------|
| Boys Outdoor Track | LL | Hamden | Xavier |
| Boys Outdoor Track | Open | Xavier | Hamden |
| Girls Outdoor Track | Open | Hillhouse | |
| Girls Outdoor Track | MM | Hillhouse | |
| Boys Volleyball | I | Amity | |
| Golf | I | Cheshire | |

1999-2000 (18)

Fall

| | | | |
|-----------------------|----------|-----------------|--------------|
| Girls Swimming | Open | Cheshire | |
| Girls Swimming | L | Cheshire | Amity |
| Boys Cross Country | Open | Xavier | |
| Boys Cross Country | LL | Xavier | |

Winter

| | | | |
|---------------------------|----------|-----------------|----------------------|
| Girls Basketball | L | Hillhouse | |
| Ice Hockey | I | Fairfield Prep | |
| Wrestling | S | Derby | |
| Boys Indoor Track | S | Sheehan | |
| Girls Indoor Track | L | Cheshire | Amity |
| Girls Indoor Track | M | Hillhouse | |
| Girls Indoor Track | Open | Hillhouse | |
| Gymnastics | M | Daniel Hand | |
| Boys Swimming | L | Cheshire | Notre Dame-WH |

Spring

| | | | |
|---------------------|-----------|----------------------|-----------------|
| Baseball | LL | Notre Dame-WH | Cheshire |
| Boys Outdoor Track | LL | Amity | |
| Girls Outdoor Track | Open | Hillhouse | |
| Girls Outdoor Track | MM | Hillhouse | |
| Boys Volleyball | I | Amity | |

2000-01 (18)

Fall

| | | | |
|------------------|----|----------|--|
| Girls Swimming | M | Branford | |
| Girls Swimming | L | Cheshire | |
| Boys Soccer | LL | Guilford | |
| Field Hockey | L | Cheshire | |
| Girls Volleyball | M | Sheehan | |
| Football | LL | Shelton | |

Winter

| | | | |
|--------------------|----------|-----------------------|-------------------|
| Wrestling | S | Derby | |
| Girls Indoor Track | M | Hillhouse | |
| Ice Hockey | I | Fairfield Prep | Notre Dame |
| Girls Basketball | L | Guilford | |
| Boys Swimming | M | Branford | |
| Cheerleading | L | Shelton | |

| | | | |
|---------------------|----------|--------------------|-------------------|
| Spring | | | |
| Boys Outdoor Track | MM | Wilbur Cross | |
| Boys Outdoor Track | Open | Wilbur Cross | |
| Girls Outdoor Track | Open | Hillhouse | |
| Baseball | M | Sheehan | |
| Softball | M | Daniel Hand | Lyman Hall |
| Softball | L | Amity | |

2001-02 (22)

| | | | |
|-----------------------|----------|-----------------|-----------------|
| Fall | | | |
| Football | L | Notre Dame-WH | |
| Field Hockey | L | Cheshire | Guilford |
| Field Hockey | M | Branford | |
| Girls Swimming | L | Cheshire | Amity |
| Girls Swimming | M | Branford | |

| | | | |
|----------------------|----------|-----------------|----------------------|
| Winter | | | |
| Ice Hockey | I | Notre Dame-WH | |
| Girls Basketball | L | Guilford | |
| Boys Indoor Track | S | Sheehan | |
| Girls Indoor Track | M | Hillhouse | |
| Wrestling | S | Derby | |
| Boys Swimming | Open | Notre Dame-WH | |
| Boys Swimming | L | Cheshire | Notre Dame-WH |
| Skiing | L | Fairfield Prep | |

| | | | |
|---------------------|----------|-------------------|-------------------|
| Spring | | | |
| Boys Tennis | LL | Fairfield Prep | |
| Boys Tennis | L | Cheshire | |
| Boys Lacrosse | I | Cheshire | |
| Boys Outdoor Track | MM | Wilbur Cross | |
| Boys Outdoor Track | Open | Wilbur Cross | |
| Girls Outdoor Track | L | Wilbur Cross | |
| Girls Outdoor Track | Open | Wilbur Cross | |
| Baseball | L | Lyman Hall | East Haven |
| Softball | LL | Amity | |

2002-03 (21)

Fall

| | | |
|---------------------|------|------------|
| Girls Swimming | M | Branford |
| Girls Swimming | L | Cheshire |
| Field Hockey | M | Branford |
| Girls Cross Country | Open | Guilford |
| Football | LL | West Haven |
| Football | SS | Hillhouse |

Winter

| | | |
|--------------------|------|-------------|
| Girls Indoor Track | M | Hillhouse |
| Girls Indoor Track | Open | Hillhouse |
| Gymnastics | S | Daniel Hand |
| Girls Basketball | L | Guilford |
| Girls Basketball | M | Career |
| Boys Swimming | L | Notre Dame |

Spring

| | | |
|---------------------|------|----------------|
| Girls Outdoor Track | L | Wilbur Cross |
| Girls Outdoor Track | Open | Wilbur Cross |
| Boys Outdoor Track | L | Wilbur Cross |
| Boys Lacrosse | II | Branford |
| Baseball | L | North Haven |
| Softball | LL | Amity |
| Softball | L | Lyman Hall |
| Boys Tennis | LL | Fairfield Prep |
| Golf | LL | Hamden |

2003-04 (21)

Fall

| | | |
|--------------------|------|------------------------------------|
| Boys Cross Country | L | Guilford |
| Girls Swimming | M | Branford |
| Girls Swimming | L | Cheshire |
| Girls Swimming | Open | Cheshire |
| Girls Soccer | LL | Cheshire |
| Girls Soccer | L | Guilford/Farmington (co-champions) |
| Girls Volleyball | L | Amity |
| Football | L | Shelton |
| Football | M | Daniel Hand |

Winter

| | | | |
|--------------------|-----------|-----------------------|----------------------|
| Girls Indoor Track | M | Hillhouse | |
| Girls Indoor Track | L | Wilbur Cross | |
| Girls Indoor Track | S | Career | |
| Girls Indoor Track | Open | Wilbur Cross | |
| Ice Hockey | I | Fairfield Prep | Notre Dame-WH |
| Ice Hockey | II | North Haven | Daniel Hand |
| Girls Basketball | L | Hillhouse | |

Boys Swimming L **Notre Dame-WH Cheshire**

Spring

Boys Outdoor Track MM Lyman Hall
Girls Outdoor Track Open Wilbur Cross
Boys Volleyball L Shelton
Baseball M Sheehan

2004-05 (21)

Fall

Boys Cross Country L Guilford
Girls Cross Country MM Guilford
Boys Cross Country Open Guilford
Girls Volleyball L East Haven
Field Hockey M Branford
Girls Swimming LL Cheshire
Girls Swimming M Branford
Girls Swimming Open Cheshire
Football M Daniel Hand

Winter

Girls Indoor Track LL Amity
Girls Indoor Track L Hillhouse
Girls Indoor Track S Career
Boys Indoor Track LL Amity
Ice Hockey I Fairfield Prep Notre Dame-WH
Boys Swimming L Cheshire Xavier
Girls Basketball L Hillhouse

Spring

Boys Outdoor Track MM Branford
Girls Outdoor Track MM North Haven
Girls Outdoor Track M Career
Boys Volleyball L Shelton
Softball LL Amity

2005-06 (20)

Fall

Boys Cross Country LL Amity
Boys Cross Country MM Guilford
Field Hockey M Branford
Football LL Xavier
Football MM Branford
Football M Daniel Hand Hillhouse
Girls Cross Country MM Guilford
Girls Soccer LL Cheshire/Simsbury (*co-champions*)

Winter

| | | |
|--------------------|------|-------------|
| Boys Indoor Track | LL | Amity |
| Boys Indoor Track | Open | Amity |
| Girls Indoor Track | L | Hillhouse |
| Gymnastics | M | Daniel Hand |
| Ice Hockey | II | Daniel Hand |
| Ice Hockey | III | Cheshire |
| Boys Basketball | I | Hillhouse |
| Boys Swimming | L | Cheshire |

Spring

| | | |
|-----------------|-----------|---------------------------|
| Baseball | LL | Amity |
| Baseball | L | Branford |
| Softball | LL | Mercy Amity |
| Boys Lacrosse | L | Fairfield Prep |

2006-07 (13)**Fall**

| | | |
|---------------------|----|--|
| Girls Cross Country | MM | Guilford |
| Girls Soccer | LL | Amity/Trumbull (<i>co-champions</i>) |
| Girls Swimming | L | Branford |
| Football | M | Hillhouse |

Winter

| | | |
|----------------------|----------|---|
| Boys Basketball | LL | Hillhouse |
| Boys Swimming | L | Fairfield Prep Xavier |
| Gymnastics | M | Daniel Hand |
| Ice Hockey | I | Fairfield Prep |
| Cheerleading | LL | Shelton/Danbury (<i>co-champions</i>) |
| Cheerleading | L | Foran |

Spring

| | | |
|---------------|----|----------------|
| Baseball | LL | Amity |
| Baseball | L | Guilford |
| Boys Lacrosse | L | Fairfield Prep |

2007-08 (11)**Fall**

| | | |
|---------------------|----|-------------|
| Boys Cross Country | MM | Daniel Hand |
| Girls Cross Country | MM | Guilford |
| Girls Volleyball | LL | Cheshire |

Winter

| | | |
|--------------------|------|-----------|
| Boys Indoor Track | M | Hillhouse |
| Girls Indoor Track | Open | Hillhouse |

| | | |
|------------------|----|----------------|
| Ice Hockey | I | Fairfield Prep |
| Ice Hockey | II | Amity |
| Girls Basketball | LL | Career |

Spring

| | | |
|---------------|---|----------------|
| Baseball | L | Jonathan Law |
| Softball | L | North Haven |
| Boys Lacrosse | L | Fairfield Prep |

2008-09 (12)

Fall

| | | |
|---------------------|----|-------------|
| Boys Cross Country | MM | Daniel Hand |
| Girls Cross Country | MM | Guilford |
| Boys Cross Country | L | Amity |

Winter

| | | |
|--------------------|----|-----------|
| Girls Indoor Track | M | Hillhouse |
| Boys Indoor Track | L | Amity |
| Girls Basketball | L | Hillhouse |
| Boys Ice Hockey | I | Hamden |
| Boys Ice Hockey | II | Cheshire |

Spring

| | | |
|--------------------|----|----------------|
| Boys Outdoor Track | L | Amity |
| Baseball | L | Branford |
| Baseball | LL | West Haven |
| Boys Lacrosse | L | Fairfield Prep |

2009-10 (23)

Fall

| | | |
|---------------------|------|------------|
| Girls Cross Country | MM | Guilford |
| Girls Cross Country | Open | Guilford |
| Boys Cross Country | LL | Xavier |
| Boys Cross Country | Open | Xavier |
| Girls Swimming | LL | Cheshire |
| Football | LL | Cheshire |
| Football | L | Notre Dame |

Winter

| | | | |
|--------------------------|-----------|-------------------|-----------------------|
| Girls Basketball | L | Hillhouse | |
| Boys Basketball | M | Sheehan | |
| Ice Hockey | I | Hamden | Fairfield Prep |
| Ice Hockey | II | Amity | |
| Ice Hockey | III | Guilford | |
| Boys Indoor Track | LL | Hamden | Amity |
| Boys Indoor Track | L | Notre Dame | Hand |

| | | | |
|---------------------------|------|-------------|----------------|
| Boys Indoor Track | M | Hillhouse | |
| Spring | | | |
| Baseball | L | Sheehan | Notre Dame |
| Boys Lacrosse | L | Cheshire | Fairfield Prep |
| Boys Outdoor Track | Open | Notre Dame | Amity |
| Boys Outdoor Track | L | Daniel Hand | Notre Dame |
| Boys Outdoor Track | LL | Amity | |
| Boys Tennis | M | Guilford | Branford |
| Girls Outdoor Track | MM | Daniel Hand | |
| Girls Outdoor Track | M | Career | |

2010-11 (22)

| | | | |
|---------------------------|----|-----------|--------|
| Fall | | | |
| Girls Cross Country | MM | Guilford | |
| Boys Cross Country | LL | Amity | Xavier |
| Boys Cross Country | MM | Guilford | |
| Girls Soccer | LL | Shelton | |
| Football | LL | Xavier | |
| Football | M | Hillhouse | |

| | | | |
|-------------------------|------|----------------|----------|
| Winter | | | |
| Girls Basketball | LL | Career | Mercy |
| Girls Basketball | L | Hillhouse | |
| Ice Hockey | I | Fairfield Prep | |
| Ice Hockey | II | Cheshire | Guilford |
| Girls Indoor Track | M | Hillhouse | |
| Wrestling | LL | Xavier | |
| Cheerleading | Coed | Branford | Shelton |
| Cheerleading | L | North Haven | |

| | | | |
|---------------------|------|----------------------|--|
| Spring | | | |
| Softball | L | Foran | |
| Softball | M | Sacred Heart Academy | |
| Baseball | L | Notre Dame | |
| Boys Outdoor Track | MM | Hillhouse | |
| Girls Outdoor Track | M | Hillhouse | |
| Girls Outdoor Track | Open | Hillhouse | |
| Boys Volleyball | L | Cheshire | |
| Girls Tennis | M | Daniel Hand | |

2011-12 (25)

| | | | |
|---------------------------|------|----------------|--------|
| Fall | | | |
| Girls Cross Country | MM | Guilford | |
| Boys Cross Country | LL | Fairfield Prep | |
| Boys Cross Country | Open | Fairfield Prep | Xavier |

| | | |
|--------------|----|-------------|
| Field Hockey | L | Cheshire |
| Football | LL | Xavier |
| Football | L | Daniel Hand |

Winter

| | | |
|--------------------|-------------|----------------|
| Boys Ice Hockey | I | Notre Dame |
| Boys Basketball | L | Career |
| Girls Ice Hockey | | West Hartford |
| Boys Indoor Track | M | Hillhouse |
| Girls Indoor Track | M | Hillhouse |
| Girls Indoor Track | Open | Hillhouse |
| Wrestling | LL | Xavier |
| Wrestling | L | Daniel Hand |
| Wrestling | Open | Xavier |
| Cheerleading | Co-ed | Shelton |
| Boys Swimming | LL | Fairfield Prep |
| Boys Swimming | Open | Fairfield Prep |

Daniel Hand

Spring

| | | |
|---------------------|----|----------------|
| Girls Outdoor Track | MM | Hillhouse |
| Girls Tennis | M | Daniel Hand |
| Golf | II | Daniel Hand |
| Boys Lacrosse | L | Fairfield Prep |
| Softball | LL | Amity |
| Boys Volleyball | L | Cheshire |
| Baseball | LL | Shelton |

2012-13 (16)

Fall

| | | |
|--------------------|----|-------------|
| Boys Cross Country | MM | Guilford |
| Girls Swimming | M | Branford |
| Football | LL | Xavier |
| Football | L | Daniel Hand |
| Football | M | Hillhouse |

Winter

| | | | |
|------------------------|-----------|-----------------------|-----------------------|
| Girls Indoor Track | M | Hillhouse | |
| Gymnastics | M | Daniel Hand | |
| Cheerleading | Co-ed | Shelton | |
| Boys Basketball | LL | Hillhouse | Fairfield Prep |
| Girls Basketball | LL | Mercy | |
| Boys Ice Hockey | I | Fairfield Prep | Notre Dame |

Spring

| | | |
|-----------------------------|----|-------------|
| Girls Outdoor Track & Field | MM | Hillhouse |
| Boys Tennis | L | Daniel Hand |

| | | | |
|---------------|----|----------------|--|
| Golf | II | Daniel Hand | |
| Boys Lacrosse | L | Fairfield Prep | |
| Baseball | LL | Amity | |

2013-14 (14)

Fall

| | | | |
|---------------------|----|----------|----------|
| Girls Volleyball | LL | Cheshire | |
| Girls Soccer | L | Guilford | Branford |
| Girls Cross Country | MM | Branford | |

Winter

| | | | |
|--------------------|------|----------------|----------|
| Boys Ice Hockey | I | Fairfield Prep | |
| Boys Ice Hockey | II | Daniel Hand | Amity |
| Girls Ice Hockey | -- | Simsbury | Guilford |
| Gymnastics | M | Daniel Hand | |
| Girls Indoor Track | Open | Wilbur Cross | |

Spring

| | | | |
|----------------------------|----|-------------|--|
| Boys Outdoor Track & Field | M | Sheehan | |
| Baseball | LL | Amity | |
| Baseball | L | Notre Dame | |
| Golf | II | Notre Dame | |
| Boys Tennis | L | Daniel Hand | |
| Boys Tennis | M | Guilford | |

2014-15 (22)

Fall

| | | | |
|--------------------|----------|---------------------------------------|---------|
| Boys Soccer | L | Branford/Avon (<i>co-champions</i>) | |
| Boys Cross Country | LL | Amity Regional | |
| Girls Swimming | M | Lauralton Hall | |
| Field Hockey | M | Daniel Hand | |
| Football | LL Small | Xavier | Shelton |

Winter

| | | | |
|--------------------|-------|--|--|
| Boys Basketball | LL | Fairfield Prep | |
| Gymnastics | M | Daniel Hand | |
| Boys Indoor Track | M | Hillhouse | |
| Boys Indoor Track | Open | Hillhouse | |
| Girls Indoor Track | L | Wilbur Cross | |
| Cheerleading | LL | Shelton | |
| Cheerleading | Co-ed | Lyman Hall | |
| Girls Ice Hockey | -- | Simsbury/East Catholic (<i>co-champions</i>) | |

SPRING

| | | | |
|----------|----|----------------|--|
| Baseball | LL | Amity Regional | |
| Baseball | L | North Haven | |

| | | | |
|-----------------------------|----|----------------|--------------|
| Baseball | M | Sheehan | |
| Softball | L | East Haven | |
| Boys Outdoor Track & Field | MM | Hillhouse | |
| Girls Outdoor Track & Field | L | Mercy | Wilbur Cross |
| Girls Tennis | M | Lauralton Hall | Guilford |
| Boys Tennis | LL | Amity Regional | |

2015-16 (12)

Fall

| | | | |
|--------------------|----|----------------|--|
| Boys Cross Country | LL | Amity Regional | |
| Boys Cross Country | MM | Guilford | |
| Girls Swimming | M | Lauralton Hall | |

Winter

| | | | |
|-------------------|----|-------------|--|
| Boys Basketball | LL | Hillhouse | |
| Boys Indoor Track | M | Hillhouse | |
| Cheerleading | LL | Shelton | |
| Wrestling | M | Foran | |
| Gymnastics | M | Daniel Hand | |

Spring

| | | | |
|--------------|----|----------------|----------------|
| Baseball | LL | Amity Regional | |
| Baseball | L | Notre Dame | |
| Girls Tennis | M | Lauralton Hall | Daniel Hand |
| Softball | LL | Cheshire | Amity Regional |

2016-17 (13)

Fall

| | | | |
|-------------|---|-------------|--|
| Boys Soccer | L | Daniel Hand | |
| Football | M | Hillhouse | |

Winter

| | | | |
|-------------------|----|----------------|--|
| Cheerleading | L | Lauralton Hall | |
| Boys Indoor Track | M | Hillhouse | |
| Gymnastics | M | Daniel Hand | |
| Boys Ice Hockey | II | Guilford | |
| Boys Basketball | LL | Hillhouse | |
| Girls Basketball | L | Daniel Hand | |

Spring

| | | | |
|----------------------------|------|-------------|-------------|
| Baseball | L | Foran | North Haven |
| Boys Golf | I | Xavier | |
| Girls Lacrosse | M | Branford | |
| Girls Tennis | M | Daniel Hand | Guilford |
| Boys Outdoor Track & Field | Open | Daniel Hand | |

2017-18 (19)

Fall

| | | | |
|--------------------|------|----------------|-------------|
| Boys Soccer | L | Daniel Hand | |
| Football | L | Daniel Hand | |
| Field Hockey | M | Daniel Hand | |
| Girls Swimming | M | Lauralton Hall | North Haven |
| Girls Swimming | L | Cheshire | |
| Boys Cross Country | Open | Xavier | |

Winter

| | | | |
|--------------------|----|----------------|------------|
| Girls Basketball | M | East Haven | Career |
| Girls Basketball | LL | Mercy | |
| Boys Indoor Track | M | Hillhouse | Lyman Hall |
| Girls Indoor Track | M | Hillhouse | |
| Cheerleading | LL | Shelton | |
| Boys Ice Hockey | I | Fairfield Prep | |
| Wrestling | M | Foran | |

Spring

| | | | |
|-----------------------------|----|----------------|-------------|
| Baseball | LL | Cheshire | |
| Softball | LL | Amity Regional | |
| Girls Lacrosse | M | Branford | Daniel Hand |
| Boys Outdoor Track & Field | MM | Hillhouse | |
| Girls Outdoor Track & Field | M | Hillhouse | |
| Boys Tennis | M | Daniel Hand | |

2018-19 (20)

Fall (8)

| | | | |
|--------------------|------|----------------|--------------------|
| Boys Cross Country | L | Xavier | |
| Boys Cross Country | Open | Xavier | |
| Girls Swimming | L | Cheshire | |
| Girls Swimming | M | Daniel Hand | North Haven |
| Field Hockey | M | Guilford | Sacred Heart Acad. |
| Girls Volleyball | LL | Amity Regional | |
| Football | L | Daniel Hand | |
| Boys Soccer | L | Daniel Hand | |

Winter (8)

| | | | |
|--------------------|-----|----------------|----------------|
| Cheerleading | L | North Haven | Mercy |
| Boys Ice Hockey | I | Fairfield Prep | Notre Dame |
| Boys Ice Hockey | II | Branford | |
| Boys Ice Hockey | III | Lyman Hall/HK | Sheehan |
| Girls Indoor Track | M | Hillhouse | |
| Boys Indoor Track | M | Hillhouse | |
| Boys Indoor Track | L | Xavier | Amity Regional |
| Girls Basketball | L | Hillhouse | Daniel Hand |

Spring (4)

| | | | |
|-----------------------------|----|-------------|----------------|
| Boys Golf | II | Daniel Hand | |
| Girls Tennis | M | Daniel Hand | Lauralton Hall |
| Girls Outdoor Track & Field | M | Hillhouse | |
| Boys Outdoor Track & Field | MM | Hillhouse | |

2019-20 (11)**Fall (8)**

| | | | |
|---------------------|----------|-----------------|--------------------|
| Boys Cross Country | L | Xavier | |
| Girls Swimming | LL | Cheshire | |
| Girls Swimming | Open | Cheshire | |
| Girls Swimming | M | North Haven | Daniel Hand |
| Football | S | Sheehan | |
| Boys Soccer | L | Daniel Hand | |
| Girls Soccer | L | Guilford | |
| Field Hockey | M | Guilford | Daniel Hand |

Winter (3)

| | | | |
|-------------------|---|-------------|-------------|
| Boys Indoor Track | L | Hillhouse | |
| Wrestling | L | Xavier | |
| Cheerleading | L | Daniel Hand | North Haven |

The rest of the CIAC tournaments in the winter (b/g basketball, ice hockey and boys swimming) and all of spring were not contested due to COVID-19.

2020-21 (8)

The fall and winter CIAC tournaments were not contested due to COVID-19.

Spring

| | | | |
|-----------------------------|------|----------------|--|
| Boys Outdoor Track & Field | L | Hillhouse | |
| Boys Outdoor Track & Field | Open | Hillhouse | |
| Girls Outdoor Track & Field | MM | Hillhouse | |
| Boys Golf | I | Fairfield Prep | |
| Boys Golf | II | Daniel Hand | |
| Girls Tennis | L | Daniel Hand | |
| Girls Lacrosse | M | Guilford | |
| Baseball | L | Daniel Hand | |

2021-22 (24)**Fall**

| | | | |
|---------------------|----|----------------------|-------------|
| Boys Cross Country | L | Xavier | |
| Girls Cross Country | MM | Guilford | |
| Girls Cross Country | M | Sacred Heart Academy | |
| Girls Swimming | M | Daniel Hand | North Haven |

| | | | |
|---------------------------|---|--------------------------------|--|
| Field Hockey | M | Guilford | |
| Girls Soccer champions | M | Mercy/Sacred Heart Academy co- | |

Winter (11)

| | | | |
|--------------------|------|----------------------|--------------|
| Girls Indoor Track | M | Sheehan | |
| Boys Indoor Track | M | Lyman Hall | Jonathan Law |
| Boys Indoor Track | L | Xavier | Hillhouse |
| Wrestling | Open | Xavier | |
| Wrestling | L | Xavier | |
| Wrestling | M | Branford | Foran |
| Gymnastics | S | Daniel Hand | |
| Cheerleading | L | Shelton | North Haven |
| Boys Basketball | III | Daniel Hand | |
| Girls Basketball | MM | Sacred Heart Academy | |
| Boys Ice Hockey | I | Notre Dame | |

Spring (7)

| | | | |
|-----------------------------|------|----------------|--|
| Boys Outdoor Track & Field | L | Hillhouse | |
| Boys Outdoor Track & Field | Open | Hillhouse | |
| Girls Outdoor Track & Field | M | Sheehan | |
| Girls Outdoor Track & Field | Open | Sheehan | |
| Girls Tennis | L | Guilford | |
| Boys Golf | I | Fairfield Prep | |
| Girls Lacrosse | M | Guilford | |

2022-23 (25)

Fall (7)

| | | | |
|---------------------|----|-------------|--------|
| Boys Cross Country | L | Xavier | |
| Girls Cross Country | MM | Guilford | |
| Girls Soccer | M | Mercy | |
| Field Hockey | M | Branford | |
| Boys Soccer | L | Cheshire | Xavier |
| Football | MM | North Haven | |
| Football | M | Notre Dame | |

Winter (9)

| | | | |
|--------------------|------|----------------|------------|
| Gymnastics | S | Daniel Hand | |
| Gymnastics | Open | Daniel Hand | |
| Wrestling | L | Xavier | |
| Wrestling | Open | Xavier | |
| Boys Indoor Track | L | Xavier | |
| Girls Indoor Track | M | Hillhouse | |
| Girls Basketball | LL | Hamden | |
| Boys Ice Hockey | I | Fairfield Prep | Notre Dame |

| | | | |
|---------------------|----|----------------------|-------------|
| Boys Ice Hockey | II | North Haven | |
| Spring (9) | | | |
| Boys Outdoor Track | L | Xavier | |
| Girls Outdoor Track | MM | Daniel Hand | |
| Girls Outdoor Track | M | Sacred Heart Academy | |
| Girls Tennis | L | Guilford | |
| Girls Tennis | M | Daniel Hand | |
| Boys Golf | I | Cheshire | |
| Boys Golf | II | Daniel Hand | |
| Boys Lacrosse | M | Cheshire | Daniel Hand |
| Girls Lacrosse | M | Guilford | |

Updated August 12, 2023