



# Southern Connecticut Conference

*State Champions (1994-present)*

<b>Sport</b>	<b>Division</b>	<b>School</b>	<b>SCC Runner-Up</b>
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## **1994-95 (15)**

### **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	
<b>Boys Indoor Track</b>	<b>M</b>	<b>Lyman Hall</b>	<b>Hillhouse</b>
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)	

## **1995-96 (21)**

### **Fall**

Boys Soccer	LL	Xavier	
Boys Soccer	L	Daniel Hand	
<b>Field Hockey</b>	<b>L</b>	<b>Amity</b>	<b>Branford</b>
Football	L	Cheshire	
Football	LL	Shelton	
Girls Volleyball	L	Amity	
Girls Swimming	L	Cheshire	

### **Winter**

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

**1996-97 (25)**

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

<b>Winter</b>			
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	

<b>Spring</b>			
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**

<b>Boys Indoor Track</b>	<b>L</b>	<b>Xavier</b>	<b>Fairfield Prep</b>
Gymnastics	M	Daniel Hand	

**Spring**

<b>Boys Outdoor Track</b>	<b>LL</b>	<b>Hamden</b>	<b>Xavier</b>
<b>Boys Outdoor Track</b>	<b>Open</b>	<b>Xavier</b>	<b>Hamden</b>
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	
<b>Girls Swimming</b>	<b>L</b>	<b>Cheshire</b>	<b>Amity</b>
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	
<b>Girls Indoor Track</b>	<b>L</b>	<b>Cheshire</b>	<b>Amity</b>
Girls Indoor Track	M	Hillhouse	
Girls Indoor Track	Open	Hillhouse	
Gymnastics	M	Daniel Hand	
<b>Boys Swimming</b>	<b>L</b>	<b>Cheshire</b>	<b>Notre Dame-WH</b>

**Spring**

<b>Baseball</b>	<b>LL</b>	<b>Notre Dame-WH</b>	<b>Cheshire</b>
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	
<b>Ice Hockey</b>	<b>I</b>	<b>Fairfield Prep</b>	<b>Notre Dame</b>
Girls Basketball	L	Guilford	
Boys Swimming	M	Branford	
Cheerleading	L	Shelton	

<b>Spring</b>			
Boys Outdoor Track	MM	Wilbur Cross	
Boys Outdoor Track	Open	Wilbur Cross	
Girls Outdoor Track	Open	Hillhouse	
Baseball	M	Sheehan	
<b>Softball</b>	<b>M</b>	<b>Daniel Hand</b>	<b>Lyman Hall</b>
Softball	L	Amity	

### **2001-02 (22)**

<b>Fall</b>			
Football	L	Notre Dame-WH	
<b>Field Hockey</b>	<b>L</b>	<b>Cheshire</b>	<b>Guilford</b>
Field Hockey	M	Branford	
<b>Girls Swimming</b>	<b>L</b>	<b>Cheshire</b>	<b>Amity</b>
Girls Swimming	M	Branford	

<b>Winter</b>			
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	
<b>Boys Swimming</b>	<b>L</b>	<b>Cheshire</b>	<b>Notre Dame-WH</b>
Skiing	L	Fairfield Prep	

<b>Spring</b>			
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	
<b>Baseball</b>	<b>L</b>	<b>Lyman Hall</b>	<b>East Haven</b>
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	
<b>Ice Hockey</b>	<b>I</b>	<b>Fairfield Prep</b>	<b>Notre Dame-WH</b>
<b>Ice Hockey</b>	<b>II</b>	<b>North Haven</b>	<b>Daniel Hand</b>
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
<b>Softball</b>	<b>LL</b>	<b>Mercy</b> <b>Amity</b>
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
<b>Boys Swimming</b>	<b>L</b>	<b>Fairfield Prep</b> <b>Xavier</b>
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	
<b>Ice Hockey</b>	<b>I</b>	<b>Hamden</b>	<b>Fairfield Prep</b>
Ice Hockey	II	Amity	
Ice Hockey	III	Guilford	
<b>Boys Indoor Track</b>	<b>LL</b>	<b>Hamden</b>	<b>Amity</b>
<b>Boys Indoor Track</b>	<b>L</b>	<b>Notre Dame</b>	<b>Hand</b>

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

### **2010-11 (22)**

#### **Fall**

Girls Cross Country	MM	Guilford	
<b>Boys Cross Country</b>	LL	Amity	Xavier
Boys Cross Country	MM	Guilford	
Girls Soccer	LL	Shelton	
Football	LL	Xavier	
Football	M	Hillhouse	

#### **Winter**

<b>Girls Basketball</b>	LL	Career	Mercy
Girls Basketball	L	Hillhouse	
Ice Hockey	I	Fairfield Prep	
<b>Ice Hockey</b>	II	Cheshire	Guilford
Girls Indoor Track	M	Hillhouse	
Wrestling	LL	Xavier	
<b>Cheerleading</b>	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	
<b>Boys Cross Country</b>	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**

	<b>Open</b>	<b>Xavier</b>	<b>Daniel Hand</b>
Cheerleading	Co-ed	Shelton	
Boys Swimming	LL	Fairfield Prep	
Boys Swimming	Open	Fairfield Prep	

**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	
<b>Boys Basketball</b>	<b>LL</b>	<b>Hillhouse</b>	<b>Fairfield Prep</b>
Girls Basketball	LL	Mercy	
<b>Boys Ice Hockey</b>	<b>I</b>	<b>Fairfield Prep</b>	<b>Notre Dame</b>

**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	
<b>Field Hockey</b>	<b>M</b>	<b>Guilford</b>	<b>Daniel Hand</b>

**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	
<b>Spring (9)</b>			
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	
<b><u>2023-24 (26)</u></b>			
<b>Fall (6)</b>			
Football	M	Daniel Hand	
Football	MM	North Haven	
Field Hockey	M	Daniel Hand	
Boys Cross Country	L	Xavier	
Girls Cross Country	M	Mercy	
Boys Golf	I	Fairfield Prep	
<b>Winter (10)</b>			
Boys Indoor Track	L	Xavier	
Boys Indoor Track	M	Lyman Hall	
Girls Indoor Track	M	Hillhouse	
Wrestling	L	Xavier	
Wrestling	State Open	Xavier	
Gymnastics	S	Daniel Hand	
Girls Basketball	LL	Hamden	Sacred Heart Academy
Boys Basketball	I	Notre Dame	
Boys Ice Hockey	II	Cheshire	East Haven co-op
Boys Ice Hockey	I	Notre Dame	
<b>Spring (10)</b>			
Girls Outdoor Track	MM	Hillhouse	
Boys Outdoor Track	MM	Daniel Hand	
Boys Outdoor Track	M	Sheehan	
Boys Outdoor Track	L	Xavier	
Boys Golf	I	Xavier	
Girls Lacrosse	S	Lauralton Hall	
Baseball	LL	Amity Regional	
Boys Lacrosse	M	Daniel Hand	
Boys Lacrosse	L	Cheshire	
Boys Lacrosse	LL	Fairfield Prep	

## **2024-25 (31)**

### **Fall (6)**

Boys Golf	I	Fairfield Prep	
Boys Cross Country	L	Xavier	
Girls Cross Country	MM	Mercy	
Field Hockey	M	Guilford	Branford
Girls Soccer	LL	Mercy	

### **Winter (14)**

Boys Indoor Track	L	Xavier	
Girls Indoor Track	M	Hillhouse	
Boys Indoor Track	LL	Hamden	
Boys Indoor Track	M	Lyman Hall	
Boys Indoor Track	State Open	Lyman Hall	
Gymnastics	S	Daniel Hand	
Wrestling	L	Xavier	
Wrestling	State Open	Xavier	
Wrestling	M	Foran	
Boys Basketball	I	Notre Dame	
Girls Basketball	LL	Sacred Heart Academy	
Girls Basketball	MM	Sheehan	
Boys Swimming	L	Fairfield Prep	
Boys Ice Hockey	II	East Haven co-op	

### **Spring (12)**

Girls Outdoor Track & Field	MM	Hillhouse	
Boys Outdoor Track & Field	MM	Daniel Hand	
Boys Outdoor Track & Field	L	Xavier	
Boys Tennis	M	Daniel Hand	
Girls Tennis	M	Daniel Hand	
Girls Tennis	S	Lauralton Hall	
Boys Golf	I	Xavier	
Baseball	L	Lyman Hall	Guilford
Boys Lacrosse	M	Guilford	Daniel Hand
Girls Lacrosse	S	Lauralton Hall	Sacred Heart Academy
Softball	LL	Cheshire	
Softball	M	Foran	

## **2025-26**

### **Fall (9)**

Boys Golf	I	Fairfield Prep	
Boys Cross Country	LL	Amity Regional	
Boys Cross Country	L	Xavier	

Girls Cross Country	MM	Mercy
Girls Cross Country	M	Daniel Hand
Field Hockey	M	Branford
Girls Soccer	M	Foran
Football	SS	Daniel Hand
Football	S	Sheehan

***Updated December 25, 2025***