



CT Run Co.

Proud to Sponsor of the

2026 FCIAC Cross Country Championships

October 21, 2026 - Waveny Park, New Canaan

Order of Races:

2:00: Boys Freshman Race (3 km)

2:25: Girls Freshman Race (3 km)

2:50: Boys Varsity Race (5 km)

3:20: Girls Varsity Race (5 km)

3:50: Boys JV Race (5 km)

4:20: Girls JV Race (5 km)

5:00: Awards Ceremony at Start Line Area

(see information on past FCIAC CC Championships below)

Thank you to our Sponsors!



THE LISEVICK AGENCY LLC - 860-407-3023





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FCIAC Cross Country 2026 Standings

Note: Girls last meet at Darien w/ Ridgefield, Ludlowe, McMahon to be scored at FCIAC Championship

** - Division Champion*

Tie Breakers determined by head to head results

Boys Cross Country

<i>East Division</i>	<i>Wins</i>	<i>Losses</i>
New Canaan *	13	2
Fairfield Warde	12	3
Darien	11	4
Wilton	9	6
Fairfield Ludlowe	7	8
Ridgefield	5	10
St. Joseph	3	12
Central	0	12

<i>West Division</i>	<i>Wins</i>	<i>Losses</i>
Staples *	15	0
Trumbull	13	2
Greenwich	11	4
Danbury	9	6
Brien McMahon	6	9
Stamford	3	12
Westhill	2	13
Norwalk	2	13

Girls Cross Country

<i>East Division</i>	<i>Wins</i>	<i>Losses</i>
New Canaan *	14	1
Ridgefield	10	2
Darien	10	2
Wilton	9	6
Fairfield Ludlowe	8	4
Fairfield Warde	7	8
St. Joseph	4	11
Central	4	11

<i>West Division</i>	<i>Wins</i>	<i>Losses</i>
Trumbull *	14	1
Staples	12	3
Greenwich	9	6
Brien McMahon	5	7
Danbury	5	10
Stamford	0	12
Norwalk	0	12
Westhill	0	12



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FCIAC Girls' Cross Country Past Team Champions

1977-78	Ridgefield
1981-82	Greenwich
1985-86	Ludlowe
1989-90	Staples
1993-94	Wilton
1997-98	Staples
2001-02	Fairfield
2005-06	Ridgefield
2009-10	Warde
2013-14	Ridgefield
2017-18	Greenwich
2021-22	Ridgefield
2025-26	New Canaan

1978-79	Ridgefield
1982-83	Wilton
1986-87	Darien
1990-91	Wilton
1994-95	Wilton
1998-99	Fairfield
2002-03	Wilton
2006-07	Ridgefield
2010-11	Wilton
2014-15	Staples
2018-19	Danbury
2022-23	Ridgefield
2026-27	

1979-80	Greenwich
1983-84	Ridgefield
1987-88	Darien
1991-92	Wilton
1995-96	New Canaan
1999-00	Fairfield
2003-04	Ridgefield
2007-08	Ridgefield
2011-12	Ridgefield
2015-16	Ridgefield
2019-20	Ridgefield
2023-24	Greenwich
2027-28	

1980-81	Greenwich
1984-85	Ludlowe
1988-89	Westhill
1992-93	Wilton
1996-97	New Canaan
2000-01	Fairfield
2004-05	Ridgefield
2008-09	Wilton
2012-13	Ridgefield
2016-17	Ridgefield
2020-21	Ridgefield
2024-25	Greenwich
2028-29	

FCIAC Boys' Cross Country Past Team Champions

1961-62	Danbury
1965-66	Rippowam
1969-70	Staples
1973-74	New Canaan
1977-78	Staples
1981-82	Trumbull
1985-86	Ridgefield
1989-90	Staples
1993-94	Danbury
1997-98	Ridgefield
2001-02	Danbury
2005-06	Danbury
2009-10	Danbury
2013-14	Ridgefield
2017-18	Staples
2021-22	Ridgefield
2025-26	Greenwich

1962-63	New Canaan
1966-67	Rippowam
1970-71	Darien
1974-75	Stamford
1978-79	New Canaan
1982-83	Ludlowe
1986-87	Staples
1990-91	Staples
1994-95	Danbury
1998-99	Ridgefield
2002-03	Danbury
2006-07	Danbury
2010-11	Danbury
2014-15	Danbury
2018-19	Staples
2022-23	Danbury
2026-27	

1963-64	Rippowam
1967-68	Staples
1971-72	Greenwich
1975-76	New Canaan
1979-80	New Canaan
1983-84	New Canaan
1987-88	Staples
1991-92	Danbury
1995-96	Danbury
1999-00	Danbury
2003-04	Danbury
2007-08	Danbury
2011-12	Danbury
2015-16	Danbury
2019-20	Staples
2023-24	Ridgefield
2027-28	

1964-65	New Canaan
1968-69	Staples
1972-73	Greenwich
1976-77	Greenwich
1980-81	Warde
1984-85	Ridgefield
1988-89	Staples
1992-93	Danbury
1996-97	Danbury
2000-01	Danbury
2004-05	Staples
2008-09	Danbury
2012-13	Danbury
2016-17	Staples
2020-21	Ridgefield
2024-25	Ridgefield
2028-29	

Top FCIAC Boys Performances at Waveny Park: 5K

<i>Name</i>	<i>School</i>	<i>Year</i>	<i>Time</i>
Alex Ostberg	Darien	2014	14:47
Trevor Hopper	Ridgefield	2013	15:15
Alex Ostberg	Darien	2013	15:18
Henry Wynne	Staples	2012	15:23
Eric van der Els	McMahon	2015	15:24
Benjamin Seiple	Staples	2017	15:27
Ren Provey	Fairfield	1998	15:28
Steve Hergenrother	Ridgefield	2022	15:29
Ethan Kearns	Ridgefield	1998	15:33
Spencer Brown	Wilton	2014	15:34
Steve Hergenrother	Ridgefield	2023	15:34

Top FCIAC Girls Performances at Waveny Park: 5K

Sophie Passalacqua	Greenwich	2025	17:51
Sarah Bogdan	Staples	2025	18:10
Sohie Spelman	Warde	2024	18:27
Sophie Passalacqua	Greenwich	2024	18:33
Sienna De Kanter	New Canaan	2025	18:45
Charlotte Moor	New Canaan	2024	18:48
Kate Friedman	Greenwich	2023	18:49
Esme Daplyn	Greenwich	2023	18:51
Sarah Bogdan	Staples	2024	18:55
Alexandra Morgan	Warde	2025	18:59

(Prior to 2023 FCIAC Girls Distance was 4K)

Top FCIAC Girls Performances at Waveny Park: 4K

Hannah DeBalsi	Staples	2013	13:29
Hannah DeBalsi	Staples	2014	13:37
Claire Howlett	Westhill	2013	13:41
Morgan McCormick	Wilton	2017	13:44
Meg Ryan	Warde	2009	14:03
Hannah DeBalsi	Staples	2015	14:05
Marie Noble	Greenwich	2021	14:05
Heather Stephens	Ridgefield	2007	14:12
Cate Allen	Warde	2012	14:20
Caroline McDonough	Darien	2007	14:26
Marie Noble	Greenwich	2020	14:26