

FCIAC GIRLS INDOOR TRACK & FIELD RECORDS				
45m	D. Muehlfeld, M. Bonaldes, N. Paul	Danb, Danb, Green	6.0	82, 87, 93
50m	Nicole Paul	Greenwich	6.5	1994
55m	Alanna Smith	Danbury	6.96*	2022
60m	Alanna Smith	Danbury	7.53*	2022
45HH	Elizabeth Merritt	Darien	6.99	1997
50HH	Elizabeth Merritt	Darien	7.61	1997
55HH	Tess Stapleton	Fairfield Ludlowe	7.88	2020
60HH	Tess Stapleton	Fairfield Ludlowe	8.67*	2019
200m	Alanna Smith	Danbury	24.31*	2022
300m	Alanna Smith	Danbury	38.22*	2022
400m	Jordan Numme	Greenwich	58.10	2017
Tie	Emma Koether	Fairfield Ludlowe	58.10	2015
500m	Deb Clark	New Canaan	1:17.45	1998
600m	Emily Philappedes	Greenwich	1:33.32	2017
800m	Emily Philappedes	Greenwich	2:09.82	2018
1000m	Emily Philappedes	Greenwich	2:50.75	2017
1500m	Ceci Hopp	Greenwich	4:32.1h	1981
1600m	Hannah DiBalsi	Staples	4:52.57	2014
1 Mile	Ceci Hopp	Greenwich	4:45.09*	1981
3000m	Ceci Hopp	Greenwich	9:33.19*	1981
3200m	Hannah DiBalsi	Staples	10:19.26*	2014
2 Mile	Hannah DiBalsi	Staples	10:12.95*	2014
5000m	Hannah DiBalsi	Staples	16:32.26*	2016
4 x 200m	S. Walton, T. Green, C. Green, D. Dorcemus	Danbury	1:41.36	2008
4 x 225m (Wilton)	S. Egbert,S. Barb, K. Graham, H. Bourgault	Danbury	2:06.6h	2002
4 x 240m (Staples)	T. Green, Lowry, S. Walton, C. Green,	Danbury	2:13.99	2009
4 x 375m (Wilton)	No Names Provided	Wilton	3:52.8h	1985
4 x 400m	H. Bourgault, K. Graham, L. DellaVolpe, S, Egbert	Danbury	3:58.35	2002
4 x 750m (Wilton)	No Names Provided	Wilton	9:08.1h	1985

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FCIAC Girls Indoor Records- pg 2				
4 x 800m	Z Harris, G. DeWinter, H. McMillan, E. Philippides	Greenwich	9:10.08	2017
SMR(Wilton-1500)	L. DellaVolpe, K. Graham, S. Barb, W. Dunbar	Danbury	4:12.40	2002
SMR(Staples-1600)	Record lost	??	??	??
SMR(1600m)	B. Chiaravalle, Z Bunn, O. Turk, L. Sarkisian	Danbury	4:08.84	2017
DMR(4000m)	E. Hefnawy, O. Weiner, Scanlon, H. DeBalsi	Staples	11:49.75*	2014
4 x 1500m	H. Stephens, K. Holmes, K. Howley, I. Corso	Ridgefield	20:13.40	2007
4xMile	D. Grullon-Pena, L. Moore, S. Queiroz, C. Sturdevant	Danbury	21:30.19	2019
Shuttle Hurdles	J. Heaslip, M. Bower, E. Tan, M. Schaefer	Ridgefield	36.01	2008
Pole Vault	Maddy Schneider	Darien	12'4	2015
High Jump	Leslie Nixon	Staples	5'10*	1984
Long Jump	Tess Stapleton	Fairfield Ludlowe	19'8.25	2021
Triple Jump	Tia Stapleton	Fairfield Ludlowe	37'9.5	2023
Shot Put	Tynisha McMillan	Stanford	46'11.75*	2006
Weight Throw 20lb	Kyra James	Danbury	40'04	2003
Pentathlon	Christy Gasparino	Darien	3129	2010
* = State Record		Updated 3/24/23		
<u>FCIAC Indoor Track Team Champions</u>				
<u>Year</u>				
1976	Darien			
1977	Darien			
1978	Darien			
1979	Rippowam			
1980	Greenwich			
1981	Ridgefield			
1982	Wilton			
1983	Wilton			
1984	Wilton			
1985	Wilton			

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1986	Staples			
1987	Staples			
1988	Wilton			
1989	New Canaan			
1990	Ridgefield			
1991	Ridgefield			
1992	Wilton			
1993	Wilton			
1994	Stamford			
1995	Wilton			
1996	Wilton			
1997	New Canaan			
1998	New Canaan			
1999	New Canaan			
2000	New Canaan			
2001	New Canaan			
2002	Danbury			
2003	Danbury			
2004	Danbury			
2005	Ridgefield			
2006	Ridgefield			
2007	Darien			
2008	Darien			
2009	Darien			
2010	Danbury			
2011	Danbury			
2012	Greenwich			
2013	Staples			
2014	Staples			
2015	Darien			

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2016	Danbury			
2017	Danbury			
2018	Greenwich			
2019	Danbury			
2020	Danbury			
2021	Covid- No Meet			
2022	Fairfield Ludlowe			
2023	Greenwich			