

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE
CROSS COUNTRY

SCHEDULE 2018

CROSS COUNTRY – BOYS & GIRLS 18 Teams

Division I

Williamsport
Central Mountain
Shikellamy
Selinsgrove
Jersey Shore
Milton
Mifflinburg

Division II

Danville
Shamokin
Mid-West
Montoursville
Lewisburg
Central Columbia

Division III

Loyalsock
Warrior Run
Hughesville
Mount Carmel *w/Our Lady of
Lourdes*
Southern Columbia
Bloomsburg

* South Williamsport may
have a team

NUMBER OF CONTEST ALLOWED = 16

MEET STARTING TIMES = JH AT 4:15, VARSITY BOYS followed by VARSITY GIRLS

Coaches can decide on the day of the meet whether to run JH boys and girls separate or together

FIRST DAY OF PRACTICE

Monday AUGUST 13th, 2018

SHIK CLASSIC

Saturday October 13th, 2018

DISTRICT 4 MEET

Thursday, OCTOBER 25th, 2018

STATES

Saturday NOVEMBER 3th, 2018

The JH Classic will take place on 10/6/2018 at Lewisburg's Pawling Sports Complex

MEET 1 TUESDAY SEPTEMBER 4TH

Williamsport, Jersey Shore, Shamokin, Hughesville
Central Mountain, Milton, Mount Carmel
Southern Columbia, Shikellamy
Selinsgrove, Mifflinburg, Loyalsock
Danville, Lewisburg South Williamsport

@ Central Columbia
@ Midd West
@ Montoursville
@ Bloomsburg
@ Warrior Run

MEET 2 TUESDAY SEPTEMBER 11TH

Williamsport, Milton, Montoursville, South Williamsport
Warrior Run, Hughesville
Jersey Shore, Bloomsburg
Mifflinburg, Lewisburg, Central Columbia, Mount Carmel
Southern Columbia, Selinsgrove, Shamokin

@ Loyalsock
@ Central Mountain
@ Midd West
@ Shikellamy
@ Danville

MEET 3 TUESDAY SEPTEMBER 18TH

Montoursville, Hughesville
Williamsport, Danville
Selinsgrove, Midd West, South Williamsport
Bloomsburg, Warrior Run, Shamokin, Shikellamy
Jersey Shore, Loyalsock, Southern Columbia, Central Mountain

@ Mifflinburg
@ Mount Carmel
@ Central Columbia
@ Milton
@ Lewisburg

MEET 4 TUESDAY SEPTEMBER 25TH

Bloomsburg, Lewisburg
Central Mountain, Shamokin, South Williamsport
Danville, Midd West, Loyalsock, Hughesville
Selinsgrove, Jersey Shore, Mount Carmel, Warrior Run
Central Columbia, Southern Columbia

@ Williamsport
@ Mifflinburg
@ Shikellamy
@ Montoursville
@ Milton

MEET 5 TUESDAY OCTOBER 2RD

Southern Columbia, Mifflinburg, Midd West, Warrior Run,
Central Mountain, Danville, Montoursville, Central Columbia
South Williamsport, Shikellamy
Lewisburg, Hughesville, Milton
Loyalsock, Mount Carmel,

@ Williamsport
@ Bloomsburg
@ Jersey Shore
@ Selinsgrove
@ Shamokin

MEET 6 TUESDAY OCTOBER 9TH

Williamsport, Central Mountain, Shikellamy
Jersey Shore, Milton, Mifflinburg
Shamokin, Midd West, Montoursville
Central Columbia, Loyalsock
Hughesville, Mount Carmel, South Williamsport, Bloomsburg

@ Selinsgrove
@ Danville
@ Lewisburg
@ Warrior Run
@ Southern Columbia

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CROSS COUNTRY

SCHEDULE 2019

CROSS COUNTRY – BOYS & GIRLS 18 Teams

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FIRST DAY OF PRACTICE

SHIK CLASSIC

DISTRICT 4 MEET

STATES

Monday AUGUST 12th, 2019

Saturday October 12th, 2019

Thursday, OCTOBER 24th, 2019

Saturday NOVEMBER 2nd, 2019

The JH Classic will take place on 10/5/2019 at Lewisburg's Pawling Sports Complex

MEET 1 TUESDAY SEPTEMBER 3rd

Loyalsock, Williamsport, Milton, South Williamsport
Central Mountain, Hughesville
Bloomsburg, Jersey Shore
Shikellamy, Mount Carmel, Lewisburg, Central Columbia
Danville, Southern Columbia, Shamokin

@ Montoursville,
@ Warrior Run
@ Midd West
@ Mifflinburg
@ Selinsgrove

MEET 2 TUESDAY SEPTEMBER 10TH

Mifflinburg, Montoursville
Williamsport, Danville
Selinsgrove, Midd West, South Williamsport
Bloomsburg, Warrior Run, Shamokin, Shikellamy
Lewisburg, Loyalsock, Southern Columbia, Central Mountain

@ Hughesville
@ Mount Carmel
@ Central Columbia
@ Milton
@ Jersey Shore

MEET 3 TUESDAY SEPTEMBER 17TH

Williamsport, Bloomsburg
Mifflinburg, Central Mountain, South Williamsport
Shikellamy, Danville, Midd West, Hughesville
Montoursville, Selinsgrove, Jersey Shore, Mount Carmel
Milton, Central Columbia

@ Lewisburg
@ Shamokin
@ Loyalsock
@ Warrior Run
@ Southern Columbia

MEET 4 TUESDAY SEPTEMBER 24TH

Williamsport, Southern Columbia, Mifflinburg, Warrior Run,
Bloomsburg, Central Columbia, Danville, Montoursville
Jersey Shore, South Williamsport
Selinsgrove, Milton, Hughesville
Shamokin, Loyalsock

@ Midd West
@ Central Mountain
@ Shikellamy
@ Lewisburg
@ Mount Carmel

MEET 5 TUESDAY OCTOBER 1ST

Selinsgrove, Central Mountain, Shikellamy
Danville, Jersey Shore, Milton
Lewisburg, Shamokin, Midd West
Warrior Run, Loyalsock,
Southern Columbia, Hughesville, Mount Carmel, S Williamsport

@ Williamsport
@ Mifflinburg
@ Montoursville
@ Central Columbia
@ Bloomsburg

MEET 6 TUESDAY OCTOBER 8TH

Central Columbia, Williamsport, Shamokin, Hughesville
Midd West, Milton, Mount Carmel
Montoursville, Shikellamy
Bloomsburg, Mifflinburg, Selinsgrove
Warrior Run, Lewisburg, South Williamsport

@ Jersey Shore
@ Central Mountain
@ Southern Columbia
@ Loyalsock
@ Danville