

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE  
CROSS COUNTRY

**SCHEDULE 2021**

**CROSS COUNTRY – BOYS & GIRLS 19 Teams**

**Division I**

Williamsport  
Central Mountain w/ Bucktail  
Shikellamy  
Selinsgrove  
Jersey Shore  
Mifflinburg  
Shamokin Area  
Danville  
Lewisburg  
Milton w/ Meadowbrook

**Division II**

Midd West  
Montoursville  
Central Columbia  
Loyalsock  
Warrior Run  
Hughesville  
Mount Carmel  
*w/Lourdes*  
Southern Columbia  
Bloomsburg

**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**

**SHIK/PHAC CLASSIC**

**DISTRICT 4**

**Championship**

**PIAA Championship**

**Monday AUGUST 16<sup>th</sup>, 2021**

**Saturday OCTOBER 16<sup>th</sup>, 2021**

**Thursday OCTOBER 28<sup>th</sup>, 2021**

**Saturday NOVEMBER 6<sup>th</sup>, 2021**

**The JH Classic will take place on 10/9/2021 at Lewisburg Area High School**

Team in "BOLD" is the home team. If your school cannot handle a home event with at least three other schools please notify the chairman and ask one of the other teams to host.

**MEET 1 TUESDAY SEPTEMBER 7<sup>TH</sup>**

Williamsport	<b>Mifflinburg</b>	Midd West	Warrior Run
Central Mountain	<b>Shamokin</b>	Montoursville	Bloomsburg
Shikellamy	<b>Danville</b>	Central Columbia	Mount Carmel
Selinsgrove	<b>Lewisburg</b>	Loyalsock	Southern Columbia
Jersey Shore	<b>Milton</b>	Hughesville	

**MEET 2 TUESDAY SEPTEMBER 14<sup>TH</sup>**

Williamsport	Shamokin	<b>Central Columbia</b>	Southern Columbia
Central Mountain	Danville	<b>Loyalsock</b>	
Shikellamy	Lewisburg	<b>Hughesville</b>	Warrior Run
Selinsgrove	Milton	<b>Midd West</b>	Bloomsburg
Jersey Shore	Mifflinburg	<b>Montoursville</b>	Mount Carmel

**MEET 3 TUESDAY SEPTEMBER 21<sup>ST</sup>**

Williamsport	Danville	Hughesville	<b>Bloomsburg</b>
Central Mountain	Lewisburg	Midd West	<b>Mount Carmel</b>
Shikellamy	Milton	Montoursville	<b>Southern Columbia</b>
<b>Selinsgrove</b>	Mifflinburg	Central Columbia	
Jersey Shore	Shamokin	Loyalsock	<b>Warrior Run</b>

**MEET 4 TUESDAY SEPTEMBER 28<sup>TH</sup>**

<b>Williamsport</b>	Lewisburg	Montoursville	
<b>Central Mountain</b>	Milton	Central Columbia	Warrior Run
<b>Shikellamy</b>	Mifflinburg	Loyalsock	Bloomsburg
<b>Selinsgrove</b>	Shamokin	Hughesville	Mount Carmel
<b>Jersey Shore</b>	Danville	Midd West	Southern Columbia

**MEET 5 TUESDAY OCTOBER 5<sup>TH</sup>**

Williamsport	<b>Milton</b>	Loyalsock	Mount Carmel
Central Mountain	<b>Mifflinburg</b>	Hughesville	Southern Columbia
Shikellamy	Shamokin	<b>Midd West</b>	
Selinsgrove	Danville	Montoursville	<b>Warrior Run</b>
Jersey Shore	<b>Lewisburg</b>	Central Columbia	Bloomsburg

**MEET 6 TUESDAY OCTOBER 12<sup>TH</sup>**

Williamsport	<b>Central Mountain</b>	Shikellamy	Selinsgrove	Jersey Shore
Mifflinburg	Shamokin	<b>Danville</b>	Lewisburg	Milton
Midd West	<b>Montoursville</b>	Central Columbia	Loyalsock	Hughesville
Warrior Run	<b>Bloomsburg</b>	Mount Carmel	Southern Col	