

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE
CROSS COUNTRY

SCHEDULE 2020

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

Monday AUGUST 17th, 2020

SHIK/PHAC CLASSIC

Saturday OCTOBER 17th, 2020

DISTRICT 4 Championship

Thursday OCTOBER 29th, 2020

PIAA Championship

Saturday NOVEMBER 7th, 2020

The JH Classic will take place on 10/10/2020 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 8TH

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

MEET 2 TUESDAY SEPTEMBER 15TH

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

MEET 3 TUESDAY SEPTEMBER 22ND

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

MEET 4 TUESDAY SEPTEMBER 29TH

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

MEET 5 TUESDAY OCTOBER 6TH

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

MEET 6 TUESDAY OCTOBER 13TH

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