

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE  
CROSS COUNTRY

**SCHEDULE 2021**

<b>CROSS COUNTRY – BOYS &amp; GIRLS</b>	<b>19 Teams</b>
<b>Division I</b>	<b>Division II</b>
Williamsport	Midd West
Central Mountain w/ Bucktail	Montoursville
Shikellamy	Central Columbia
Selinsgrove	Loyalsock
Jersey Shore	Warrior Run
Mifflinburg	Hughesville
Shamokin Area	Mount Carmel
Danville	<i>w/Lourdes</i>
Lewisburg	Southern Columbia
Milton w/ Meadowbrook	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

<b>FIRST DAY OF PRACTICE</b>	<b>Monday AUGUST 16<sup>th</sup>, 2021</b>
<b>SHIK/PHAC CLASSIC</b>	<b>Saturday OCTOBER 16<sup>th</sup>, 2021</b>
<b>DISTRICT 4 Championship</b>	<b>Thursday OCTOBER 28<sup>th</sup>, 2021</b>
<b>PIAA Championship</b>	<b>Saturday NOVEMBER 6<sup>th</sup>, 2021</b>

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

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

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

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

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

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

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

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

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

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

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