

PHAC XC Cross Country Schedule

FALL 2022

- NUMBER OF CONTESTS ALLOWED = 16
- MEET STARTING TIMES = MS BOYS at 4:15pm then MS GIRLS then VARSITY BOYS then VARSITY GIRLS
 - All coaches need to agree prior to the day of the meet whether to run MS boys and girls separate or together.
- FIRST DAY OF PIAA PRACTICE = Monday, August 15, 2022
- LEWISBURG / PHAC MIDDLE SCHOOL CLASSIC = Saturday, October 8, 2022
- SHIKELLAMY / PHAC VARSITY CLASSIC = Saturday, October 15, 2022
- PIAA DISTRICT IV CHAMPIONSHIPS = Thursday, October 27, 2022
- PIAA STATE CHAMPIONSHIPS = Saturday, November 5, 2022

Division 1: Williamsport, Central Mountain, Shikellamy, Selinsgrove, Jersey Shore, Montoursville, Shamokin, Danville, Milton

Division 2: Midd-West, Mifflinburg, Central Columbia, Lewisburg, Loyalsock, Warrior Run, Hughesville, Mount Carmel, Southern Columbia, Bloomsburg

- RACE DAY 1: Tuesday, August 30, 2022 @ 4:15pm
 - 8/30 -- Williamsport, Mifflinburg, Warrior Run @ **Midd-West**
 - 8/30 -- Central Mountain, Shamokin, Bloomsburg @ **Montoursville**
 - 8/30 -- Shikellamy, Danville, Mount Carmel @ **Central Columbia**
 - 8/30 -- Selinsgrove, Loyalsock, Southern Columbia @ **Lewisburg**
 - 8/30 -- Jersey Shore, Hughesville @ **Milton**
- RACE DAY 2: Tuesday, September 6, 2022 @ 4:15pm
 - 9/6 -- Williamsport, Shamokin, Central Columbia @ **Southern Columbia**
 - 9/6 -- Danville, Loyalsock @ **Central Mountain**
 - 9/6 -- Shikellamy, Lewisburg, Hughesville @ **Warrior Run**
 - 9/6 -- Selinsgrove, Milton, Midd-West @ **Bloomsburg**
 - 9/6 -- Jersey Shore, Mifflinburg, Montoursville @ **Mount Carmel**
- RACE DAY 3: Tuesday, September 13, 2022 @ 4:15pm
 - 9/13 -- Bloomsburg, Danville, Hughesville @ **Williamsport**
 - 9/13 -- Lewisburg, Midd-West, Mount Carmel @ **Central Mountain**
 - 9/13 -- Milton, Montoursville, Southern Columbia @ **Shikellamy**
 - 9/13 -- Mifflinburg, Central Columbia @ **Selinsgrove**
 - 9/13 -- Shamokin, Loyalsock, Warrior Run @ **Jersey Shore**

- RACE DAY 4: Tuesday, September 20, 2022 @ 4:15pm
 - 9/20 – Williamsport, Montoursville @ **Lewisburg**
 - 9/20 – Central Mountain, Central Columbia, Warrior Run @ **Milton**
 - 9/20 – Loyalsock, Bloomsburg, Shikellamy @ **Mifflinburg**
 - 9/20 – Hughesville, Mount Carmel, Selinsgrove @ **Shamokin**
 - 9/20 – Midd-West, Southern Columbia, Jersey Shore @ **Danville**

- OPEN DATE/MAKE-UP DATE #1: Tuesday, September 27, 2022

- RACE DAY 5: Tuesday, October 4, 2022 @ 4:15pm
 - 10/4 – Milton, Loyalsock, Mount Carmel @ **Williamsport**
 - 10/4 – Central Mountain, Mifflinburg, Southern Columbia @ **Hughesville**
 - 10/4 – Shamokin, Midd-West @ **Shikellamy**
 - 10/4 – Selinsgrove, Montoursville, Warrior Run @ **Danville**
 - 10/4 – Jersey Shore, Lewisburg, Bloomsburg @ **Central Columbia**

- RACE DAY 6: Tuesday, October 11, 2022 @ 4:15pm
 - 10/11 – Williamsport, Central Mountain, Shikellamy, Jersey Shore @ **Selinsgrove**
 - 10/11 – Mifflinburg, Shamokin, Danville, Milton @ **Lewisburg**
 - 10/11 – Midd-West, Central Columbia, Loyalsock, Hughesville @ **Montoursville**
 - 10/11 – Bloomsburg, Mount Carmel, Southern Columbia @ **Warrior Run**

- OPEN DATE/MAKE-UP DATE #2: Tuesday, October 18, 2022