

# PHAC XC Cross Country Schedule

## FALL 2023

- 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 14, 2023
- LEWISBURG / PHAC MIDDLE SCHOOL CLASSIC = Saturday, October 7, 2023
- SHIKELLAMY / PHAC VARSITY CLASSIC = Saturday, October 14, 2023
- PIAA DISTRICT IV CHAMPIONSHIPS = Thursday, October 26, 2023
- PIAA STATE CHAMPIONSHIPS = Saturday, November 4, 2023

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 29, 2023 @ 4:15pm
  - 8/29 -- Williamsport, Mifflinburg, Midd-West @ **Warrior Run**
  - 8/29 -- Central Mountain, Shamokin, Montoursville @ **Bloomsburg**
  - 8/29 -- Shikellamy, Danville, Central Columbia @ **Mount Carmel**
  - 8/29 -- Selinsgrove, Loyalsock, Lewisburg @ **Southern Columbia**
  - 8/29 -- Jersey Shore, Milton, Hughesville @ **Milton**
- RACE DAY 2: Tuesday, September 5, 2023 @ 4:15pm
  - 9/5 -- Williamsport, Shamokin, Southern Columbia @ **Central Columbia**
  - 9/5 -- Danville, Central Mountain @ **Loyalsock**
  - 9/5 -- Shikellamy, Warrior Run, Hughesville @ **Lewisburg**
  - 9/5 -- Selinsgrove, Milton, Bloomsburg @ **Midd-West**
  - 9/5 -- Jersey Shore, Montoursville, Mount Carmel @ **Mifflinburg**
- RACE DAY 3: Tuesday, September 12, 2023 @ 4:15pm
  - 9/12 -- Bloomsburg, Hughesville, Williamsport @ **Danville**
  - 9/12 -- Lewisburg, Midd-West, Central Mountain @ **Mount Carmel**
  - 9/12 -- Shikellamy, Montoursville, Southern Columbia @ **Milton**
  - 9/12 -- Mifflinburg, Selinsgrove @ **Central Columbia**
  - 9/12 -- Jersey Shore, Loyalsock, Warrior Run @ **Shamokin**

- RACE DAY 4: Tuesday, September 19, 2023 @ 4:15pm
  - 9/19 – Montoursville, Lewisburg @ **Williamsport**
  - 9/19 – Central Columbia, Warrior Run, Milton @ **Central Mountain**
  - 9/19 – Loyalsock, Bloomsburg, Mifflinburg @ **Shikellamy**
  - 9/19 – Hughesville, Mount Carmel, Shamokin @ **Selinsgrove**
  - 9/19 – Midd-West, Danville, Jersey Shore @ **Southern Columbia**
  
- OPEN DATE/MAKE-UP DATE #1: Tuesday, September 26, 2023
  
- RACE DAY 5: Tuesday, October 3, 2023 @ 4:15pm
  - 10/3 – Loyalsock, Mount Carmel, Milton @ **Williamsport**
  - 10/3 – Central Mountain, Hughesville, Southern Columbia @ **Mifflinburg**
  - 10/3 – Shamokin, Shikellamy @ **Midd-West**
  - 10/3 – Selinsgrove, Montoursville, Danville @ **Warrior Run**
  - 10/3 – Central Columbia, Lewisburg, Bloomsburg @ **Jersey Shore**
  
- RACE DAY 6: Tuesday, October 10, 2022 @ 4:15pm
  - 10/10 – Selinsgrove, Central Mountain, Williamsport, Jersey Shore @ **Shikellamy**
  - 10/10 – Mifflinburg, Shamokin, Lewisburg, Milton @ **Danville**
  - 10/10 – Midd-West, Central Columbia, Montoursville, Hughesville @ **Loyalsock**
  - 10/10 – Warrior Run, Mount Carmel, Southern Columbia @ **Bloomsburg**
  
- OPEN DATE/MAKE-UP DATE #2: Tuesday, October 17, 2022