

2019 CROSS COUNTRY REGIONAL ASSIGNMENTS

1A EAST

Atlantic 5
Albemarle Athletic
Coastal 8
Coastal Plains
Tar Roanoke

1A MIDEAST

Carolina
Three Rivers
Northern Carolina
North Central Athletic
Central Tar Heel

1A MIDWEST

Yadkin Valley
Northwest
PAC 7
*Independent Schools

1A WEST

Mountain Valley
Southern Piedmont
Western Highlands
Smoky Mountain

2A EAST

Northeastern Coastal
Coastal 8
Eastern Carolina
East Central
Eastern Plains

2A MIDEAST

Three Rivers
Northern Carolina
Mid-State
PAC 7

2A MIDWEST

Mid-State Athletic
Central Carolina
Rocky River
Western Piedmont Athletic
Mountain Valley

2A WEST

South Fork Athletic
Northwestern Foothills
Southwestern Athletic
Western Highlands
Mountain Six

3A EAST

Coastal
Mideastern
Big East
Eastern Carolina
Greater Neuse

3A MIDEAST

Patriot Athletic
Tri-County 6
Big Eight
Mid-State Athletic

3A MIDWEST

Mid-Piedmont
Piedmont Triad
Rocky River
South Piedmont
Southern Carolina

3A WEST

North Piedmont
Big South
Northwestern
Western Mountain Athletic

4A EAST

Mideastern
Eastern Carolina
Northern Athletic
CAP 7
Patriot Athletic

4A MIDEAST

Sandhills Athletic
South Wake Athletic
Triangle 6

4A MIDWEST

Metro
Central Piedmont
Southwestern

4A WEST

I-Meck
So Meck 7
Northwestern