

### 1A Regional Qualification Based on Conference

	Boys		Boys	Boys	Girls		Girls	Girls		
	# of Schools	Individual	# of 2020	Team	# of Schools	Individual	# of 2020	Team		
Conference	w/Participants	Qualifiers**	Teams*	Qualifiers	w/Participants	Qualifiers**	Teams*	Qualifiers	Regional Qualifying Formula	
Atlantic 5	2	1	2	1	2	1	1	1	# of Teams w/ at least 5 participants	# of Qualifying Teams
Albemarle Athletic	4	2	3	2	5	2	2	1	1-2 Teams	1
Coastal 8	3	1	2	1	3	1	2	1	3-4 Teams	2
Coastal Plains	4	2	3	2	4	2	2	1	5-6 Teams	3
Tar Roanoke	2	1	2	1	0	0	0	0	7+ Teams	4
<b>1A East</b>	<b>15</b>	<b>7</b>	<b>12</b>	<b>7</b>	<b>14</b>	<b>6</b>	<b>7</b>	<b>4</b>		
Carolina	6	3	4	2	6	3	3	2		
Three Rivers	0	0	0	0	0	0	0	0		
Northern Carolina	3	1	2	1	2	1	1	1		
North Central Athletic	9	4	7	4	9	4	5	3		
Central Tar Heel	4	2	4	2	4	2	3	2		
<b>1A Mideast</b>	<b>22</b>	<b>10</b>	<b>17</b>	<b>9</b>	<b>21</b>	<b>10</b>	<b>12</b>	<b>8</b>		
Yadkin Valley	9	4	7	4	9	4	4	2		
Northwest	6	3	4	2	6	3	4	2		
Pac 7	7	3	6	3	7	3	6	3		
Independent	3	1	3	2	3	1	1	1		
<b>1A Midwest</b>	<b>25</b>	<b>11</b>	<b>20</b>	<b>11</b>	<b>25</b>	<b>11</b>	<b>15</b>	<b>8</b>		
Mountain Valley	4	2	2	1	4	2	1	1		
Southern Piedmont	7	3	7	4	6	3	6	3		
Western Highlands	3	1	3	2	3	1	3	2		
Smoky Mountain	10	5	8	4	9	4	5	3		
<b>1A West</b>	<b>24</b>	<b>11</b>	<b>20</b>	<b>11</b>	<b>22</b>	<b>10</b>	<b>15</b>	<b>9</b>		
<b>Notes:</b>										
* A team consists of at least 5 runners based on the 2020 Eligibility Summary data.										
**The number of Individual qualifiers is half the number of schools in a conference that has athletes participating in cross country this season, regardless of the number of students.										
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## 2A Regional Qualification Based on Conference

Conference	Boys		Boys		Girls		Girls		Regional Qualifying Formula	
	# of Schools w/Participants	Individual Qualifiers**	# of 2020 Teams*	Team Qualifiers	# of Schools w/Participants	Individual Qualifiers**	# of 2020 Teams*	Team Qualifiers	# of Teams w/ at least 5 participants	# of Qualifying Teams
Northeastern Coastal	3	1	3	2	3	1	2	1		
Coastal 8	5	2	5	3	5	2	5	3	1-2 Teams	1
Eastern Carolina	5	2	4	2	5	2	2	1	3-4 Teams	2
East Central	5	2	4	2	5	2	4	2	5-6 Teams	3
Eastern Plains	5	2	4	2	5	2	1	1	7+ Teams	4
<b>2A East</b>	<b>23</b>	<b>9</b>	<b>20</b>	<b>11</b>	<b>23</b>	<b>9</b>	<b>14</b>	<b>8</b>		
Three Rivers	6	3	3	2	6	3	6	3		
Northern Carolina	3	1	1	1	1	0	1	1		
Mid-State	3	1	3	2	2	1	2	1		
PAC 7	6	3	6	3	6	3	5	3		
<b>2A Mideast</b>	<b>18</b>	<b>8</b>	<b>13</b>	<b>8</b>	<b>15</b>	<b>7</b>	<b>14</b>	<b>8</b>		
Mid-State Athletic	2	1	2	1	2	1	2	1		
Central Carolina	10	5	9	4	10	5	9	4		
Rocky River	5	2	3	2	5	2	3	2		
Western Piedmont Athletic	7	3	6	3	7	3	5	3		
Mountain Valley	4	2	3	2	4	2	2	1		
<b>2A Midwest</b>	<b>26</b>	<b>13</b>	<b>23</b>	<b>12</b>	<b>28</b>	<b>13</b>	<b>21</b>	<b>11</b>		
South Fork Athletic	8	4	8	4	7	3	6	3		
Northwestern Foothills	8	4	8	4	7	3	6	3		
Southwestern Athletic	7	3	7	4	7	3	5	3		
Western Highlands	3	1	2	1	3	1	2	1		
Mountain Six	6	3	6	3	6	3	5	3		
<b>2A West</b>	<b>32</b>	<b>15</b>	<b>31</b>	<b>16</b>	<b>30</b>	<b>13</b>	<b>24</b>	<b>13</b>		
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### 3A Regional Qualification Based on Conference

Conference	Boys		Boys		Girls		Girls		Regional Qualifying Formula	
	# of Schools w/Participants	Individual Qualifiers**	# of 2020 Teams*	Team Qualifiers	# of Schools w/Participants	Individual Qualifiers**	# of 2020 Teams*	Team Qualifiers	# of Teams w/ at least 5 participants	# of Qualifying Teams
Coastal	6	3	6	3	6	3	4	2		
Mideastern	5	2	4	2	5	2	4	2	1-2 Teams	1
Big East	6	3	6	3	6	3	4	2	3-4 Teams	2
Eastern Carolina	5	2	4	2	5	2	4	2	5-6 Teams	3
Greater Neuse	5	2	5	3	6	3	4	2	7+ Teams	4
<b>3A East</b>	<b>27</b>	<b>12</b>	<b>25</b>	<b>13</b>	<b>28</b>	<b>13</b>	<b>20</b>	<b>10</b>		
Patriot Athletic	6	3	4	2	6	3	4	2		
Tri-County	5	2	5	3	5	2	3	2		
Big Eight	8	4	6	3	8	4	6	3		
Mid-State Athletic	6	3	5	3	6	3	5	3		
<b>3A Mideast</b>	<b>25</b>	<b>12</b>	<b>20</b>	<b>11</b>	<b>25</b>	<b>12</b>	<b>18</b>	<b>10</b>		
Mid-Piedmont	7	3	7	4	7	3	5	3		
Piedmont Triad	5	2	4	2	5	2	5	3		
Rocky River	1	0	1	1	1	3	0	0		
South Piedmont	7	3	6	3	7	3	6	3		
Southern Carolina	8	4	8	4	8	4	7	4		
<b>3A Midwest</b>	<b>28</b>	<b>12</b>	<b>26</b>	<b>14</b>	<b>28</b>	<b>15</b>	<b>23</b>	<b>13</b>		
North Piedmont	6	3	6	3	6	3	6	3		
Big South	7	3	6	3	7	3	4	2		
Northwestern	5	2	5	3	5	2	5	3		
Western Mountain Athletic	9	4	8	4	9	4	8	4		
<b>3A West</b>	<b>27</b>	<b>12</b>	<b>25</b>	<b>13</b>	<b>27</b>	<b>12</b>	<b>23</b>	<b>12</b>		
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### 4A Regional Qualification Based on Conference

	Boys		Boys		Girls		Girls		Girls			
	# of Schools	Individual	# of 2020	Team	# of Schools	Individual	# of 2020	Team				
Conference	w/Participants	Qualifiers**	Teams*	Qualifiers	w/Participants	Qualifiers**	Teams*	Qualifiers	Regional Qualifying Formula			
Mideastern	3	1	3	2	3	1	3	2	# of Teams w/ at least 5 participants	# of Qualifying Teams		
Eastern Carolina	2	1	2	1	2	1	2	1	1-2 Teams			1
Northern Atlantic	6	3	6	3	6	3	6	3	3-4 Teams			2
CAP 7	7	3	7	4	7	3	7	4	5-6 Teams			3
Patriot Athletic	3	1	2	1	3	1	2	1	7+ Teams			4
<b>4A East</b>	<b>21</b>	<b>9</b>	<b>20</b>	<b>11</b>	<b>21</b>	<b>9</b>	<b>20</b>	<b>11</b>				
Sandhills Athletic	8	4	7	4	8	4	6	3				
South Wake Athletic	7	3	6	3	7	3	5	3				
Triangle 8	8	4	8	4	8	4	8	4				
<b>4A Mideast</b>	<b>23</b>	<b>11</b>	<b>21</b>	<b>11</b>	<b>23</b>	<b>11</b>	<b>19</b>	<b>10</b>				
Metro	5	2	4	2	5	2	3	2				
Central Piedmont	6	3	6	3	5	2	5	3				
Southwestern	8	4	8	4	8	4	8	4				
<b>4A Midwest</b>	<b>19</b>	<b>9</b>	<b>18</b>	<b>9</b>	<b>18</b>	<b>8</b>	<b>16</b>	<b>9</b>				
I-Meck	8	4	7	4	8	4	7	4				
So Meck 7	7	3	6	3	7	3	4	2				
Northwestern	2	1	2	1	2	1	2	1				
<b>4A Midwest</b>	<b>17</b>	<b>8</b>	<b>15</b>	<b>8</b>	<b>17</b>	<b>8</b>	<b>13</b>	<b>7</b>				
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