

## 2020 Cross Country Regional Assignments

### 1A EAST

#### Atlantic 5

Bear Grass Charter  
Cape Hatteras  
Columbia  
Mattamuskeet  
Ocracoke

#### Albemarle Athletic

Camden County  
Gates County  
Holmes  
Manteo  
Perquimans  
Washington County

#### Coastal 8

East Carteret (1A)  
Lejeune (1A)  
Pender (1A)

Croatan (2A)  
Dixon (2A)  
Heide Trask (2A)  
Richlands (2A)  
Southwest Onslow (2A)

#### Coastal Plains

Jones Senior  
Northside  
Pamlico County  
Riverside (Martin)  
South Creek  
Southside  
Tarboro

#### Tar Roanoke

KIPP Pride  
North Edgecombe  
Northampton County  
Northwest Halifax  
Rocky Mount Preparatory  
Southeast Halifax  
Weldon  
Wilson Preparatory Academy

### 1A MIDEAST

#### Carolina

Hobpton  
Lakewood  
Neuse Charter  
North Duplin  
Princeton  
Rosewood  
Union

#### Three Rivers

East Columbus (1A)  
West Columbus (1A)

East Bladen (2A)  
Fairmont (2A)  
Red Springs (2A)  
South Columbus (2A)  
St. Pauls (2A)  
West Bladen (2A)  
Whiteville (2A)

#### Northern Carolina

Granville Central (1A)  
Louisburg (1A)  
Warren County (1A)  
Bunn (2A)  
J.F. Webb (2A)  
Roanoke Rapids (2A)  
South Granville (2A)

#### North Central Athletic

East Wake Academy  
Falls Lake Academy  
Franklin Academy  
Henderson Collegiate  
Oxford Preparatory  
Roxboro Community  
Triangle Math & Science Academy  
Vance Charter  
Voyager Academy

#### Central Tar Heel

Chatham Charter  
Clover Garden  
Cornerstone Charter Academy  
Eno River Academy  
Raleigh Charter  
Research Triangle  
River Mill Academy  
Southern Wake Academy  
Woods Charter

### 1A MIDWEST

#### Yadkin Valley

Albemarle  
Chatham Central  
Gray Stone Day  
North Moore  
North Rowan  
North Stanly  
South Davidson  
South Stanly  
Uwharrie Charter

#### Northwest

Bishop McGuinness  
East Surry  
Mount Airy  
North Stokes  
South Stokes  
Winston-Salem Preparatory

#### PAC 7

Bradford Preparatory  
Carolina International School  
Community School of Davidson  
Langtree Charter Academy  
Mountain Island Charter  
Pine Lake Preparatory  
Queen's Grant  
Union Academy

#### Independent

Cabarrus Charter  
Corvian Community  
Millennium Charter Academy  
N.C. Leadership Academy  
N.C. School for the Deaf  
Sugar Creek Charter

### 1A WEST

#### Mountain Valley

Alleghany (1A)  
East Wilkes (1A)  
Elkin (1A)  
Starmount (1A)  
Ashe County (2A)  
North Wilkes (2A)  
West Wilkes (2A)  
Wilkes Central (2A)

#### Southern Piedmont

Bessemer City  
Cherryville  
Christ the King  
Highland Tech  
Lincoln Charter  
Piedmont Community Charter  
Thomas Jefferson Classical Academy

#### Western Highlands

Avery County (1A)  
Mitchell (1A)  
Polk County (1A)  
Madison (2A)  
Mountain Heritage (2A)  
Owen (2A)

#### Smoky Mountain

Andrews  
Blue Ridge  
Cherokee  
Hayesville  
Highlands  
Hiwassee Dam  
Murphy  
Nantahala  
Robbinsville  
Rosman  
Swain County  
Tri-County Early College

## 2020 Cross Country Regional Assignments

### 2A EAST

#### Northeastern Coastal

Bertie  
Currituck County  
First Flight  
Hertford County  
Northeastern  
Pasquotank County

#### Coastal 8

Croatan (2A)  
Dixon (2A)  
Heide Trask (2A)  
Richlands (2A)  
Southwest Onslow (2A)

*East Carteret (1A)*  
*Lejeune (1A)*  
*Pender (1A)*

#### Eastern Carolina

Ayden-Grifton  
Greene Central  
Kinston  
North Lenoir  
South Lenoir  
Washington  
West Craven

#### East Central

Clinton  
East Duplin  
Goldsboro  
James Kenan  
Midway  
Spring Creek  
Wallace-Rose Hill

#### Eastern Plains

Beddingfield  
Farmville Central  
Nash Central  
North Johnston  
North Pitt  
Southwest Edgecombe

### 2A MIDEAST

#### Three Rivers

East Bladen (2A)  
Fairmont (2A)  
Red Springs (2A)  
South Columbus (2A)  
St. Pauls (2A)  
West Bladen (2A)  
Whiteville (2A)

*East Columbus (1A)*  
*South Robeson (1A)*  
*West Columbus (1A)*

#### Northern Carolina

Bunn (2A)  
J.F. Webb (2A)  
Roanoke Rapids (2A)  
South Granville (2A)

*Granville Central (1A)*  
*Louisburg (1A)*  
*Warren County (1A)*

#### Mid-State

Bartlett Yancey  
Carrboro  
Cummings  
Durham School of the Arts  
Graham  
N.C. School of Science & Math  
Reidsville

#### PAC 7

Eastern Randolph  
Jordan-Matthews  
Providence Grove  
Randleman  
T.W. Andrews  
Trinity  
Wheatmore

### 2A MIDWEST

#### Mid-State Athletic

McMichael  
Morehead  
*Eastern Alamance (3A)*  
*Northeast Guilford (3A)*  
*Northern Guilford (3A)*  
*Person (3A)*  
*Rockingham County (3A)*  
*Western Alamance (3A)*

#### Central Carolina

Central Davidson  
East Davidson  
Ledford  
Lexington  
North Davidson  
Oak Grove  
Salisbury  
South Rowan  
Thomasville  
West Davidson

#### Rocky River

Anson County  
Central Academy  
Forest Hills  
Mount Pleasant  
West Stanly  
*Montgomery Central (3A)*

#### Western Piedmont Athletic

Atkins  
Carver  
Forbush  
North Forsyth  
North Surry  
Surry Central  
Walkertown  
West Stokes

#### Mountain Valley

Ashe County (2A)  
North Wilkes (2A)  
West Wilkes (2A)  
Wilkes Central (2A)  
*Alleghany (1A)*  
*East Wilkes (1A)*  
*Elkin (1A)*  
*Starmount (1A)*

### 2A WEST

#### South Fork Athletic

Bandys  
East Lincoln  
Lake Norman Charter  
Lincolnton  
Maiden  
Newton-Conover  
North Lincoln  
West Lincoln

#### Northwestern Foothills

Bunker Hill  
Draughn  
East Burke  
Fred T. Foard  
Hibriten  
Patton  
West Caldwell  
West Iredell

#### Southwestern Athletic

Burns  
Chase  
East Gaston  
East Rutherford  
R-S Central  
Shelby  
South Point

#### Western Highlands

Madison (2A)  
Mountain Heritage (2A)  
Owen (2A)  
*Avery County (1A)*  
*Mitchell (1A)*  
*Polk County (1A)*

#### Mountain Six

Brevard  
East Henderson  
Franklin  
Hendersonville  
Pisgah  
Smoky Mountain

## 2020 Cross Country Regional Assignments

### 3A EAST

#### Coastal

Havelock  
Jacksonville  
Northside (Jacksonville)  
Swansboro  
West Carteret  
White Oak

#### Mideastern

New Hanover (3A)  
North Brunswick (3A)  
South Brunswick (3A)  
Topsail (3A)  
West Brunswick (3A)  
*Ashley (4A)*  
*Hoggard (4A)*  
*Laney (4A)*

#### Big East

Fike  
Franklinton  
Hunt  
Northern Nash  
Rocky Mount  
Southern Nash

#### Eastern Carolina

C.B. Aycock (3A)  
D.H. Conley (3A)  
Eastern Wayne (3A)  
J.H. Rose (3A)  
Southern Wayne (3A)  
*New Bern (4A)*  
*South Central (4A)*

#### Greater Neuse

Clayton  
Cleveland  
East Wake  
Smithfield-Selma  
South Johnston  
West Johnston

### 3A MIDEAST

#### Patriot Athletic

Cape Fear (3A)  
Douglas Byrd (3A)  
E.E. Smith (3A)  
Gray's Creek (3A)  
Terry Sanford (3A)  
Westover (3A)  
*Overhills (4A)*  
*Pine Forest (4A)*  
*South View (4A)*

#### Tri-County 6

Harnett Central  
Lee County  
Southern Lee  
Triton  
Union Pines  
Western Harnett

#### Big Eight

Cedar Ridge  
Chapel Hill  
East Chapel Hill  
Northern Durham  
Northwood  
Orange  
Southern Durham  
Vance County

#### Mid-State Athletic

Eastern Alamance  
Northeast Guilford  
Northern Guilford  
Person  
Rockingham County  
Western Alamance  
*McMichael (2A)*  
*Morehead (2A)*

### 3A MIDWEST

#### Mid-Piedmont

Asheboro  
Eastern Guilford  
Southeast Guilford  
Southern Alamance  
Southern Guilford  
Southwestern Randolph  
Williams

#### Piedmont Triad

Ben L. Smith  
Dudley  
Mount Tabor  
Parkland  
Southwest Guilford  
Western Guilford

#### Rocky River

Montgomery Central  
*Anson County (2A)*  
*Central Academy (2A)*  
*Forest Hills (2A)*  
*Mount Pleasant (2A)*  
*West Stanly (2A)*

#### South Piedmont

A.L. Brown  
Central Cabarrus  
Concord  
Cox Mill  
Jay M. Robinson  
Northwest Cabarrus  
West Cabarrus

#### Southern Carolina

Charlotte Catholic  
Cuthbertson  
Marvin Ridge  
Monroe  
Parkwood  
Piedmont  
Sun Valley  
Weddington

### 3A WEST

#### North Piedmont

East Rowan  
Jesse Carson  
North Iredell  
South Iredell  
Statesville  
West Rowan

#### Big South

Ashbrook  
Crest  
Forestview  
Hunter Huss  
Kings Mountain  
North Gaston  
Stuart Cramer

#### Northwestern

Alexander Central (3A)  
Freedom (3A)  
Hickory (3A)  
St. Stephens (3A)  
Watauga (3A)  
*McDowell (4A)*  
*South Caldwell (4A)*

#### Western Mountain Athletic

A.C. Reynolds  
Asheville  
Enka  
Erwin  
North Buncombe  
North Henderson  
T.C. Roberson  
Tuscola  
West Henderson

## 2020 Cross Country Regional Assignments

### 4A EAST

#### Mideastern

Ashley (4A)

Hoggard (4A)

Laney (4A)

*New Hanover (3A)*

*North Brunswick (3A)*

*South Brunswick (3A)*

*Topsail (3A)*

*West Brunswick (3A)*

#### Eastern Carolina

New Bern (4A)

South Central (4A)

*C.B. Aycock (3A)*

*D.H. Conley (3A)*

*Eastern Wayne (3A)*

*J.H. Rose (3A)*

*Southern Wayne (3A)*

#### Northern Athletic

Corinth Holders

Heritage

Knightdale

Rolesville

Wake Forest

Wakefield

#### CAP 7

Broughton

Cardinal Gibbons

Enloe

Leesville Road

Millbrook

Sanderson

Southeast Raleigh

#### Patriot Athletic

Overhills (4A)

Pine Forest (4A)

South View (4A)

*Cape Fear (3A)*

*Douglas Byrd (3A)*

*E.E. Smith (3A)*

*Gray's Creek (3A)*

*Terry Sanford (3A)*

*Westover (3A)*

### 4A MIDEAST

#### Sandhills Athletic

Hoke County

Jack Britt

Lumberton

Pinecrest

Purnell Swett

Richmond County

Scotland County

Seventy-First

#### South Wake Athletic

Apex

Apex Friendship

Fuquay-Varina

Garner

Holly Springs

Middle Creek

South Garner

#### Triangle 6

Athens Drive

Cary

Green Hope

Green Level

Hillside

Jordan

Panther Creek

Riverside

### 4A MIDWEST

#### Metro

Grimsley

High Point Central

Northwest Guilford

Page

Ragsdale

#### Central Piedmont

Davie

East Forsyth

Glenn

R.J. Reynolds

Reagan

West Forsyth

#### Southwestern

Butler

East Mecklenburg

Garinger

Hickory Ridge

Independence

Myers Park

Porter Ridge

Rocky River

### 4A WEST

#### I-Meck

Hopewell

Hough

Lake Norman

Mallard Creek

Mooreville

North Mecklenburg

Vance

West Charlotte

#### So Meck 7

Ardrey Kell

Berry Academy

Harding University

Olympic

Providence

South Mecklenburg

West Mecklenburg

#### Northwestern

McDowell (4A)

South Caldwell (4A)

*Alexander Central (3A)*

*Freedom (3A)*

*Hickory (3A)*

*St. Stephens (3A)*

*Watauga (3A)*