<table>
<thead>
<tr>
<th>Conference</th>
<th>Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Atlantic 5 1A</strong></td>
<td>Bear Grass Charter, Cape Hatteras, Columbia, Mattamuskeet, Ocracoke</td>
</tr>
<tr>
<td><strong>Four Rivers 1A</strong></td>
<td>Bertie, Gates County, North East Carolina Prep, Perquimans,</td>
</tr>
<tr>
<td></td>
<td>Riverside-Martin, South Creek, Tarboro, Washington County</td>
</tr>
<tr>
<td><strong>Coastal Plains 1A/2A</strong></td>
<td>Jones Senior, Lejeune, Northside-Pinetown, Pamlico County, Southside, East Carteret (2A)</td>
</tr>
<tr>
<td><strong>Waccamaw 1A/2A</strong></td>
<td>East Columbus, Pender, West Columbus, South Columbus (2A),</td>
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<tr>
<td></td>
<td>Heide Trask (2A), Whiteville (2A)</td>
</tr>
<tr>
<td><strong>Tar Roanoke 1A</strong></td>
<td>KIPP Pride, North Edgecombe, Northampton County, Northwest Halifax,</td>
</tr>
<tr>
<td></td>
<td>Rocky Mount Prep, Southeast Halifax, Warren County, Weldon, Wilson</td>
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<td></td>
<td>Prep</td>
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<tr>
<td><strong>Carolina 1A</strong></td>
<td>Hobbtont, Lakewood, Neuse Charter, North Duplin, Rosewood, Union</td>
</tr>
<tr>
<td><strong>Triangle North 1A</strong></td>
<td>Eno River, Henderson Collegiate, Oxford Prep, Roxboro Community,</td>
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<td>Vance Charter</td>
</tr>
<tr>
<td><strong>Super Six 1A/2A</strong></td>
<td>East Wake Academy, Falls Lake Academy, Franklin Academy (2A), NCSSM (2A), Raleigh Charter (2A), Research Triangle (2A)</td>
</tr>
<tr>
<td><strong>Central Tar Heel 1A</strong></td>
<td>Chatham Charter, Clover Garden, River Mill, Southern Wake Academy, Triangle Math and Science, Woods Charter</td>
</tr>
<tr>
<td><strong>Mid-Carolina 1A/2A</strong></td>
<td>Chatham Central, North Moore, Bartlett Yancey (2A), Cummings (2A), Graham (2A), Jordan-Matthews (2A), Seaforth (2A)</td>
</tr>
<tr>
<td><strong>Independent</strong></td>
<td>Ascend Leadership Academy</td>
</tr>
</tbody>
</table>
### Piedmont Athletic 1A/2A
- Eastern Randolph
- Uwharrie Charter
- Providence Grove (2A)
- Randleman (2A)
- SW Randolph (2A)
- Trinity (2A)
- Wheatmore (2A)

### Northwest Piedmont 1A
- Bethany Community
- Bishop McGuinness
- Carver
- Cornerstone Charter
- Millennium Charter
- NC Leadership Academy
- Winston-Salem Prep

### Central Carolina 1A/2A
- North Rowan
- South Davidson
- Thomasville
  - East Davidson (2A)
  - Lexington (2A)
  - Salisbury (2A)
  - West Davidson (2A)

### Yadkin Valley 1A/2A
- Albemarle
- Gray Stone Day
- South Stanly
- Union Academy
  - Jay M. Robinson (2A)
  - Mount Pleasant (2A)
  - North Stanly (2A)

### North Piedmont 1A
- Apprentice Academy
- Bradford Prep
- Cabarrus Charter
- Carolina International
- Corvian Community
- Piedmont Community
- Queens Grant
- Sugar Creek

### Metro 8 1A
- Catawba Shores Athletic 1A/2A
  - Christ the King
  - Langtree Charter
  - Mountain Island Charter
  - Community School of Davidson (2A)
  - Lincoln Charter (2A)
  - Pine Lake Prep (2A)

### Southern Piedmont 1A/2A
- Bessemer City
- Cherryville
- Highland Tech
- Thomas Jefferson
  - Burns (2A)
  - East Gaston (2A)
  - Shelby (2A)

### Western Highlands 1A/2A
- Avery
- Draughn
- Mitchell
- Mountain Heritage
- Rosman
  - Madison (2A)
  - Owen (2A)

### Smoky Mountain 1A
- Andrews
- Blue Ridge
- Cherokee
- Hayesville
- Highlands
- Hiwassee Dam
- Murphy
- Nantahala
- Robbinsville
- Swain County
- Tri-County Early College

### Yadkin Valley 1A/2A
- Bishop McGuinness
- Carver
- Christ the King
- Mountain Island Charter
- Winston-Salem Prep
  - Community School of Davidson (2A)
  - Pine Lake Prep (2A)

### Football Only Conference A
- NC School for the Deaf
- Community School of Davidson (2A)
- Pine Lake Prep (2A)