

2023 Regional Wrestling Site Information

Region	Hosting School	Tournament Director's Name	Cell Phone	E-mail	Friday Weigh-in Time	Friday Match Start Time	Saturday Weigh-in Time	Saturday Match Start Time	Mats Friday	Mats Saturday
1A East	Uwharrie Charter	Chris Waddell	336-963-2670	chris_waddell@uwharriecharter.org	3:30 P.M.	5:00 P.M.	8:00 A.M.	9:30 A.M.	4	4
1A West	Mitchell	Travise Pitman	828-385-2766	tpitman@mhslive.net	3:30 P.M.	5:00 P.M.	7:30 A.M.	9:00 A.M.	3	3
2A East	Ayden-Grifton	Jeff Wooten	252-286-7304	wootenj@pitt.k12.nc.us	4:00 P.M.	5:30 P.M.	8:00 A.M.	9:30 A.M.	5	5
2A Mideast	Bunn	Parker Haake	828-989-5527	parkerhaake@fcschools.net	4:00 P.M.	5:30 P.M.	7:30 A.M.	9:00 A.M.	3	3
2A Midwest	Walkertown	Joe McCormick	336-354-2827	jmccormi@wsfcs.k12.nc.us	3:30 P.M.	5:00 P.M.	7:30 A.M.	9:00 A.M.	4	4
2A West	West Lincoln	Butch Ross	704-472-3022	butchross90@gmail.com	4:00 P.M.	5:30 P.M.	9:00 A.M.	10:00 A.M.	4	4
3A East	West Carteret	Ken Riley	252-864-6193	ecuaqua@gmail.com	3:30 P.M.	5:00 P.M.	7:00 A.M.	8:30 A.M.	3	3
3A Mideast	Cedar Ridge	Jim Trenner	919-824-9585	jtrenner@live.com	5:00 P.M.	6:30 P.M.	8:00 A.M.	9:30 A.M.	4	4
3A Midwest	North Davidson	Lee Lawson	336-749-5046	lawson04@triad.rr.com	4:30 P.M.	6:00 P.M.	8:00 A.M.	9:00 A.M.	4	4
3A West	Pisgah	Heath Early	336-829-0723	heathe316@hotmail.com	4:00 P.M.	5:30 P.M.	7:30 A.M.	9:00 A.M.	4	4
4A East	Laney	Andre Adams	910-228-1073	Andre.adams@nhcs.net	4:00 P.M.	5:00 P.M.	7:00 A.M.	8:30 A.M.	4	4
4A Mideast	Fuquay-Varina	James Mountford	919-906-1727	jtrenner@live.com	3:30 P.M.	5:00 P.M.	7:00 A.M.	8:30 A.M.	4	4
4A Midwest	Piedmont	Jamie Belk	704-207-5371	james.belk@ucps.k12.nc.us	4:30 P.M.	6:00 P.M.	7:00 A.M.	8:30 A.M.	4	4
4A West	Mallard Creek	Ben Barry	704-796-3284	benjamin.barry@cms.k12.nc.us	3:30 P.M.	5:00 P.M.	8:00 A.M.	9:00 A.M.	4	4