

2026 NCHSAA Regional Cross Country Championship Host Sites							
Region	Date of Regional	Time	Host School	Location of Regional Championship	Meet Director	Meet Director Email	
1A West	Oct 30, 2026	3:00 PM	North Stokes High School	Fisher River Park	Rodney King (North Stokes)	rodney.king@stokes.k12.nc.us	
1A Central	Oct 31, 2026	9:00 AM	Phoenix Academy & NC Leadership Academy	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	ryoutz@paph.com	cswisher@toknc.com
1A East	Oct 31, 2026		Manteo High School	Manteo High School	Chad Leary	learych@daretolearn.org	
2A West	Oct 31, 2026		Swain County High School	Tryon International Equestrian Center	BJ Ledford (Swain) & Ben Paxton	bledford@swainmail.org	bpaxton@tryon.com
2A Central	Oct 31, 2026	10:00AM	Phoenix Academy & NC Leadership Academy	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	ryoutz@paph.com	cswisher@toknc.com
2A East	Oct 31, 2026		Manteo High School	Manteo High School	Chad Leary	learych@daretolearn.org	
3A West	Oct 31, 2026		Polk County	Tryon International Equestrian Center	Alan Peoples (Polk) & Ben Paxton	silverfishltd@windstream.net	bpaxton@tryon.com
3A Central	Oct 31, 2026	11:00AM	Phoenix Academy & NC Leadership Academy	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	ryoutz@paph.com	cswisher@toknc.com
3A East	Oct 30, 2026		South Lenoir High School	Lenoir County Fairgrounds	Carlos Dodd (South Lenoir)	cdodd@lenoir.k12.nc.us	
4A West	Oct 31, 2026		Lincoln Charter	Tryon International Equestrian Center	Josh Williams (Lincoln Charter) & Ben Paxton	josh.williams@lincolncharter.org	bpaxton@tryon.com
4A Central	Oct 31, 2026	12:00PM	Phoenix Academy & NC Leadership Academy	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	126.ryoutz@nhaschools.org	cswisher@toknc.com
4A East	Oct 30, 2026		South Lenoir High School	Lenoir County Fairgrounds	Carlos Dodd (South Lenoir)	cdodd@lenoir.k12.nc.us	
5A West	Oct 30, 2026	4:00PM	North Stokes High School / North Lincoln	Fisher River Park	Rodney King (North Stokes) & Jerry Castro (North Lincoln)	rodney.king@stokes.k12.nc.us	jhcastro94@yahoo.com
5A Central	Oct 31, 2026	1:00PM	Phoenix Academy & NC Leadership Academy	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	ryoutz@paph.com	cswisher@toknc.com
5A East	Oct 31, 2026		Northern Nash High School	Red Oak Middle School	Jeff Dodrill (Northern Nash)	jdodrill@ncpschools.net	
6A West	Oct 31, 2026	3:30PM	Mount Tabor High School	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	ryoutz@paph.com	cswisher@toknc.com
6A Central	Oct 31, 2026	2:30PM	Phoenix Academy & NC Leadership Academy	Ivey Redmon Sports Complex	Robert Youtz (Phoenix) & Curtis Swisher (NC Leadership)	ryoutz@paph.com	cswisher@toknc.com
6A East	Oct 31, 2026		Northern Nash High School	Red Oak Middle School	Jeff Dodrill (Northern Nash)	jdodrill@ncpschools.net	
7A West	Oct 31, 2026		Hough	McAlpine	andrew1.carrington@cms.k12.nc.us	rick.spencer@ucps.k12.nc.us	
7A Central	Oct 31, 2026		Panther Creek, Green Hope, Apex Friendship	Wake Med	Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)	plockwood@wcpss.net	pscruggs@wcpss.net
7A East	Oct 31, 2026		Panther Creek, Green Hope, Apex Friendship	Wake Med	Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)	plockwood@wcpss.net	pscruggs@wcpss.net
8A West	Oct 31, 2026		Hough	McAlpine	andrew1.carrington@cms.k12.nc.us	rick.spencer@ucps.k12.nc.us	
8A East	Oct 31, 2026		Panther Creek, Green Hope, Apex Friendship	Wake Med	Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)	plockwood@wcpss.net	pscruggs@wcpss.net