

2023-24 Women's Wrestling Regional Assignments

Regions Are Divided by Longitude of School, Not by Class or Conference

| School Name | Region |
|-----------------------------|-------------|
| First Flight | East |
| Manteo | East |
| Currituck County | East |
| Northeastern | East |
| Northeastern | East |
| Pasquotank County | East |
| Holmes | East |
| East Carteret | East |
| Northside (Pinetown) | East |
| Pamlico County | East |
| West Carteret | East |
| Havelock (EAST HOST) | East |
| Croatan | East |
| Southside | East |
| New Bern | East |
| West Craven | East |
| Swansboro | East |
| D.H. Conley | East |
| White Oak | East |
| Lejeune | East |
| North Pitt | East |
| Northside (Jacksonville) | East |
| Jacksonville | East |
| South Central | East |
| Ayden - Grifton | East |
| Dixon | East |
| Southwest Onslow | East |
| Richlands | East |
| SouthWest Edgecombe | East |
| Greene Central | East |
| Topsail | East |
| South Lenoir | East |
| Rocky Mount | East |
| Laney | East |
| Eastern Wayne | East |
| Northern Nash | East |
| Heide Trask | East |
| Hoggard | East |
| Nash Central | East |
| Ashley | East |
| Fike | East |
| New Hanover | East |
| C.B. Aycock | East |
| Goldsboro | East |

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|---------------------------|---------|
| Hunt | East |
| North Brunswick | East |
| South Brunswick | East |
| Southern Wayne | East |
| Rosewood | East |
| Southern Nash | East |
| Bunn | East |
| Louisburg | East |
| Smithfield-Selma | East |
| Corinth Holders | East |
| Vance County | East |
| West Brunswick | East |
| East Wake | East |
| Rolesville | East |
| Franklinton | East |
| Clayton | East |
| Knightdale | East |
| Cleveland | East |
| South Johnston | East |
| Heritage | East |
| Wake Forest | East |
| West Johnston | East |
| Wakefield | East |
| South Garner | East |
| Millbrook | East |
| Enloe | East |
| Southeast Raleigh | East |
| Garner | Mideast |
| Broughton | Mideast |
| Triton | Mideast |
| South Granville | Mideast |
| Athens Drive | Mideast |
| Willow Spring | Mideast |
| Middle Creek | Mideast |
| Cape Fear | Mideast |
| Cary | Mideast |
| Harnett Central | Mideast |
| Fuquay - Varina | Mideast |
| Southern Durham | Mideast |
| Apex | Mideast |
| Holly Springs | Mideast |
| Green Hope | Mideast |
| Pine Forest | Mideast |
| Panther Creek | Mideast |
| E.E. Smith | Mideast |
| Green Level | Mideast |
| Gray's Creek | Mideast |
| Durham School of the Arts | Mideast |

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| Apex Friendship | Mideast |
| Northern Durham | Mideast |
| Terry Sanford | Mideast |
| N.C. School of Science & Math | Mideast |
| South View | Mideast |
| Riverside | Mideast |
| Douglas Byrd | Mideast |
| Overhills | Mideast |
| St. Pauls | Mideast |
| Western Harnett | Mideast |
| Person | Mideast |
| Westover | Mideast |
| Lumberton | Mideast |
| Seventy-First | Mideast |
| Jack Britt (MIDEAST HOST) | Mideast |
| East Chapel Hill | Mideast |
| Seaforth | Mideast |
| Chapel Hill | Mideast |
| Carrboro | Mideast |
| Orange | Mideast |
| Cedar Ridge | Mideast |
| Lee County | Mideast |
| Northwood | Mideast |
| Hoke County | Mideast |
| Purnell Swett | Mideast |
| Eastern Alamance | Mideast |
| Bartlett Yancey | Mideast |
| Union Pines | Mideast |
| Chatham Central | Mideast |
| Pinecrest | Mideast |
| Jordan-Matthews | Mideast |
| Williams | Mideast |
| Western Alamance | Mideast |
| Scotland | Mideast |
| North Moore | Mideast |
| Eastern Randolph | Mideast |
| Reidsville | Mideast |
| Southeast Guilford | Mideast |
| Providence Grove | Mideast |
| Richmond Senior | Mideast |
| Morehead | Mideast |
| Rockingham County | Mideast |
| Page | Mideast |
| Northern Guilford | Mideast |
| Northeast Guilford | Mideast |
| Grimsley | Mideast |
| Uwharrie Charter | Mideast |
| Montgomery Central | Mideast |

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|-----------------------|---------|
| Southwestern Randolph | Midwest |
| Western Guilford | Midwest |
| Ragsdale | Midwest |
| Northwest Guilford | Midwest |
| Southwest Guilford | Midwest |
| T.W. Andrews | Midwest |
| Trinity | Midwest |
| Wheatmore | Midwest |
| High Point Central | Midwest |
| Thomasville | Midwest |
| South Davidson | Midwest |
| East Davidson | Midwest |
| Anson | Midwest |
| Ledford | Midwest |
| Walkertown | Midwest |
| East Forsyth | Midwest |
| Oak Grove | Midwest |
| South Stanly | Midwest |
| Albemarle | Midwest |
| Atkins | Midwest |
| North Stanly | Midwest |
| Central Davidson | Midwest |
| South Stokes | Midwest |
| North Davidson | Midwest |
| Parkland | Midwest |
| R.J. Reynolds | Midwest |
| North Stokes | Midwest |
| Mount Tabor | Midwest |
| Reagan | Midwest |
| West Davidson | Midwest |
| West Stokes | Midwest |
| West Forsyth | Midwest |
| East Rowan | Midwest |
| East Surry | Midwest |
| Mount Pleasant | Midwest |
| Salisbury | Midwest |
| Lexington | Midwest |
| Piedmont | Midwest |
| Monroe | Midwest |
| Carson | Midwest |
| Davie | Midwest |
| Forbush | Midwest |
| Porter Ridge | Midwest |
| Union Academy | Midwest |
| Apprentice Academy | Midwest |
| North Rowan | Midwest |
| South Rowan | Midwest |
| Mount Airy | Midwest |

| A.L. Brown (MIDWEST HOST) | Midwest |
|----------------------------------|----------------|
| Parkwood | Midwest |
| Hickory Ridge | Midwest |
| Rocky River | Midwest |
| West Rowan | Midwest |
| West Cabarrus | Midwest |
| Jay. M. Robinson | Midwest |
| Northwest Cabarrus | Midwest |
| North Surry | Midwest |
| Butler | Midwest |
| Surry Central | Midwest |
| Weddington | Midwest |
| Cox Mill | Midwest |
| Cuthbertson | Midwest |
| East Mecklenburg | Midwest |
| Providence | Midwest |
| Julius Chambers | Midwest |
| Mallard Creek | Midwest |
| Corvian Community | Midwest |
| Starmount | Midwest |
| Garinger | Midwest |
| Ardrey Kell | Midwest |
| Hough | Midwest |
| Myers Park | Midwest |
| North Mecklenburg | Midwest |
| Langtree Charter | Midwest |
| West Charlotte | Midwest |
| Elkin | Midwest |
| South Mecklenburg | West |
| North Iredell | West |
| Berry | West |
| Statesville | West |
| Lake Norman | West |
| Hopewell | West |
| East Wilkes | West |
| Olympic | West |
| West Mecklenburg | West |
| West Iredell | West |
| Lincoln Charter | West |
| Palisades | West |
| East Lincoln | West |
| Cramer | West |
| East Gaston | West |
| Bandys | West |
| North Wilkes | West |
| Bunker Hill | West |
| North Lincoln | West |
| Ashbrook | West |

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| North Gaston | West |
| Wilkes Central | West |
| Alexander Central | West |
| Hunter Huss | West |
| Maiden | West |
| Lincolnton | West |
| West Wilkes | West |
| Bessemer City | West |
| Cherryville | West |
| West Lincoln | West |
| South Caldwell | West |
| East Burke | West |
| Hibriten | West |
| Burns | West |
| Draughn | West |
| West Caldwell | West |
| Watauga | West |
| N.C. School for the Deaf | West |
| Freedom | West |
| Thomas Jefferson Classical Academy | West |
| East Rutherford | West |
| Chase | West |
| Avery | West |
| R-S Central | West |
| McDowell | West |
| Mitchell | West |
| Polk County | West |
| Owen | West |
| Mountain Heritage | West |
| North Henderson (WEST HOST) | West |
| East Henderson | West |
| Hendersonville | West |
| A.C. Reynolds | West |
| West Henderson | West |
| T.C. Roberson | West |
| Asheville | West |
| North Buncombe | West |
| Erwin | West |
| Enka | West |
| Madison | West |
| Brevard | West |
| Rosman | West |
| Pisgah | West |
| Tuscola | West |
| Smoky Mountain | West |
| Cherokee | West |
| Franklin | West |
| Swain County | West |

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| Robbinsville | West |
| Hayesville | West |
| Murphy | West |