

**2023-24 Regional Assignments
Cross-Country, Men's Golf, Track and Field**

| 1A East | |
|----------------------|--------------------------|
| Atlantic 1A | Bear Grass Charter |
| Atlantic 1A | Cape Hatteras |
| Atlantic 1A | Columbia |
| Atlantic 1A | Hogbood Charter |
| Atlantic 1A | Mattamuskeet |
| Atlantic 1A | Ocracoke |
| Coastal Plains 1A/2A | Jones Senior |
| Coastal Plains 1A/2A | Lejeune |
| Coastal Plains 1A/2A | Northside (Pinetown) |
| Coastal Plains 1A/2A | Pamlico County |
| Coastal Plains 1A/2A | Southside |
| Four Rivers 1A/2A | Bertie |
| Four Rivers 1A/2A | Gates County |
| Four Rivers 1A/2A | North East Carolina Prep |
| Four Rivers 1A/2A | Perquimans |
| Four Rivers 1A/2A | Tarboro |
| Four Rivers 1A/2A | Washington County |
| Tar Roanoke 1A | KIPP Pride |
| Tar Roanoke 1A | North Edgecombe |
| Tar Roanoke 1A | Northampton County |
| Tar Roanoke 1A | Northwest Halifax |
| Tar Roanoke 1A | Rocky Mount Prep |
| Tar Roanoke 1A | Southeast Halifax |
| Tar Roanoke 1A | Warren County |
| Tar Roanoke 1A | Weldon |
| Tar Roanoke 1A | Wilson Prep |

| 1A Mideast | |
|---------------------|---------------------------|
| Carolina 1A | Hobbtton |
| Carolina 1A | Lakewood |
| Carolina 1A | Neuse Charter |
| Carolina 1A | North Duplin |
| Carolina 1A | Rosewood |
| Carolina 1A | Union |
| Central Tar Heel 1A | Ascend Leadership |
| Central Tar Heel 1A | Chatham Charter |
| Central Tar Heel 1A | Clover Garden |
| Central Tar Heel 1A | River Mill |
| Central Tar Heel 1A | Southern Wake Academy |
| Central Tar Heel 1A | Triangle Math and Science |
| Central Tar Heel 1A | Woods Charter |
| Mid-Carolina 1A/2A | Chatham Central |
| Mid-Carolina 1A/2A | North Moore |
| Super Six 1A/2A | East Wake Academy |
| Super Six 1A/2A | Falls Lake Academy |
| Triangle North 1A | Eno River Academy |
| Triangle North 1A | Excelsior Classical |
| Triangle North 1A | Henderson Collegiate |
| Triangle North 1A | Oxford Prep |
| Triangle North 1A | Roxboro Community |
| Triangle North 1A | Vance Charter |
| Triangle North 1A | Voyager Academy |
| Waccamaw 1A/2A | East Bladen |
| Waccamaw 1A/2A | East Columbus |
| Waccamaw 1A/2A | Pender |
| Waccamaw 1A/2A | West Columbus |

| 1A Midwest | |
|-------------------------|-----------------------------|
| Central Carolina 1A/2A | North Rowan |
| Central Carolina 1A/2A | South Davidson |
| Central Carolina 1A/2A | Thomasville |
| Metro 8 1A | Apprentice Academy |
| Metro 8 1A | Cabarrus Charter |
| Metro 8 1A | Carolina International |
| Metro 8 1A | Piedmont Community Charter |
| Metro 8 1A | Queens Grant |
| Metro 8 1A | Sugar Creek |
| Northwest 1A | Alleghany |
| Northwest 1A | East Wilkes |
| Northwest 1A | Elkin |
| Northwest 1A | Mount Airy |
| Northwest 1A | North Stokes |
| Northwest 1A | South Stokes |
| Northwest 1A | Starmount |
| Northwest Piedmont 1A | Bethany Community |
| Northwest Piedmont 1A | Bishop McGuinness |
| Northwest Piedmont 1A | Carver |
| Northwest Piedmont 1A | College Prep and Leadership |
| Northwest Piedmont 1A | Cornerstone Charter |
| Northwest Piedmont 1A | Millennium Charter |
| Northwest Piedmont 1A | NC Leadership Academy |
| Northwest Piedmont 1A | Piedmont Classical |
| Northwest Piedmont 1A | Triad Math & Science |
| Northwest Piedmont 1A | Winston-Salem Prep |
| Piedmont Athletic 1A/2A | Eastern Randolph |
| Piedmont Athletic 1A/2A | Uwharrie Charter |
| Yadkin Valley 1A/2A | Albemarle |
| Yadkin Valley 1A/2A | Gray Stone Day |
| Yadkin Valley 1A/2A | South Stanly |
| Yadkin Valley 1A/2A | Union Academy |

| 1A West | |
|-------------------------------|--------------------------|
| Catawba Shores Athletic 1A/2A | Bradford Prep |
| Catawba Shores Athletic 1A/2A | Christ the King |
| Catawba Shores Athletic 1A/2A | Corvian Community |
| Catawba Shores Athletic 1A/2A | Langtree Charter |
| Catawba Shores Athletic 1A/2A | Mountain Island Charter |
| Mountain Foothills 7 1A/2A | Polk County |
| Smoky Mountain 1A | Andrews |
| Smoky Mountain 1A | Blue Ridge Early College |
| Smoky Mountain 1A | Cherokee |
| Smoky Mountain 1A | Hayesville |
| Smoky Mountain 1A | Highlands |
| Smoky Mountain 1A | Hiwassee Dam |
| Smoky Mountain 1A | Murphy |
| Smoky Mountain 1A | Nantahala |
| Smoky Mountain 1A | Robbinsville |
| Smoky Mountain 1A | Swain County |
| Smoky Mountain 1A | Tri-County Early College |
| Southern Piedmont 1A/2A | Bessemer City |
| Southern Piedmont 1A/2A | Cherryville |
| Southern Piedmont 1A/2A | Highland Tech |
| Southern Piedmont 1A/2A | Thomas Jefferson |
| Western Highlands 1A/2A | Avery County |
| Western Highlands 1A/2A | Draughn |
| Western Highlands 1A/2A | Mitchell |
| Western Highlands 1A/2A | Mountain Heritage |
| Western Highlands 1A/2A | NCSSM - Morganton |
| Western Highlands 1A/2A | Rosman |