

2025-2026 Cross Country/Track Regions

School Name	Class	Region
Ascend Leadership Academy	1A	Central
Bethany Community School	1A	Central
Central Carolina Academy	1A	Central
Chatham Central High School	1A	Central
Chatham Charter School	1A	Central
Clover Garden School	1A	Central
Discovery Charter	1A	Central
East Columbus Junior-Senior High School	1A	Central
Excelsior Classical Academy	1A	Central
Falls Lake Academy	1A	Central
Oxford Preparatory School	1A	Central
Phoenix Academy	1A	Central
River Mill Academy	1A	Central
South Davidson Middle and High School	1A	Central
Southern Wake Academy	1A	Central
The College Prep and Leadership Academy	1A	Central
The North Carolina Leadership Academy	1A	Central
TMSA Triad	1A	Central
Vance Charter School	1A	Central
Woods Charter School	1A	Central
Bear Grass Charter School	1A	East
Cape Hatteras Secondary School	1A	East
Columbia High School	1A	East
Eastern NC School for the Deaf	1A	East
Hobgood Charter School	1A	East
Jones Senior High School	1A	East
KIPP Pride High	1A	East
Mattamuskeet School	1A	East
Neuse Charter School	1A	East
North East Carolina Preparatory School	1A	East
North Edgecombe High School	1A	East
Northside High School (Pinetown)	1A	East
Ocracoke School	1A	East
Onslow Early College	1A	East
Rocky Mount Preparatory School	1A	East
Sallie B. Howard High School	1A	East
Southeast Collegiate Prep Academy	1A	East
Washington County High School	1A	East
Weldon STEM High School Career Academies	1A	East
Wilson Preparatory Academy	1A	East
Andrews High School	1A	West
Blue Ridge Early College	1A	West
Bonnie Cone Leadership Academy	1A	West
Carolina International School	1A	West
Highlands School	1A	West
Hiwassee Dam High School	1A	West
Jackson Day School	1A	West

2025-2026 Cross Country/Track Regions

School Name	Class	Region
Macon Early College	1A	West
Millennium Charter Academy	1A	West
Nantahala School	1A	West
North Carolina School for the Deaf	1A	West
North Carolina School of Science and Mathematics - Morganton	1A	West
North Stokes High School	1A	West
Robbinsville High School	1A	West
Rosman High School	1A	West
Summit Charter Academy	1A	West
Thomas Jefferson Classical Academy	1A	West
TMSA Charlotte	1A	West
Tri-County Early College High School	1A	West
Winston-Salem Preparatory Academy	1A	West
Albemarle High School	2A	Central
American Leadership Academy Johnston	2A	Central
Bishop McGuinness Catholic High School	2A	Central
Cornerstone Charter Academy	2A	Central
East Bladen High School	2A	Central
Eno River Academy	2A	Central
Franklin Academy	2A	Central
Gray Stone Day School	2A	Central
Henderson Collegiate	2A	Central
Lakewood High School	2A	Central
North Rowan High School	2A	Central
Piedmont Classical High School	2A	Central
Raleigh Charter High School	2A	Central
Research Triangle High School	2A	Central
Roxboro Community School	2A	Central
South Stanly High School	2A	Central
South Stokes High School	2A	Central
TMSA Triangle	2A	Central
Voyager Academy	2A	Central
West Columbus High School	2A	Central
Bertie High School	2A	East
Camden County High School	2A	East
East Carteret High School	2A	East
East Wake Academy	2A	East
Gates County Senior High School	2A	East
Hobbton High School	2A	East
John A. Holmes High School	2A	East
Lejeune High School	2A	East
Manteo High School	2A	East
North Duplin Junior-Senior High School	2A	East
Northampton County High School	2A	East
Northwest Halifax Collegiate and Technical Academy	2A	East
Pamlico County High School	2A	East
Perquimans County High School	2A	East

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School Name	Class	Region
Rosewood High School	2A	East
Southside High School	2A	East
Tarboro High School	2A	East
Union High School	2A	East
Warren County High School	2A	East
Alleghany High School	2A	West
Avery County High School	2A	West
Bradford Preparatory School	2A	West
Cherokee High School	2A	West
Cherryville High School	2A	West
Christ the King Catholic High School	2A	West
Community School of Davidson	2A	West
Corvian Community School	2A	West
East Wilkes High School	2A	West
Elkin High School	2A	West
Hayesville High School	2A	West
Highland School of Technology	2A	West
Langtree Charter Academy	2A	West
Mitchell High School	2A	West
Mountain Island Charter School	2A	West
Murphy High School	2A	West
Queen's Grant High School	2A	West
Starmount High School	2A	West
Sugar Creek Charter	2A	West
Swain County High School	2A	West
Bartlett Yancey High School	3A	Central
Dalton L. McMichael High School	3A	Central
East Davidson High School	3A	Central
East Surry High School	3A	Central
Eastern Randolph High School	3A	Central
North Carolina School of Science and Mathematics - Durham	3A	Central
North Moore High School	3A	Central
North Stanly High School	3A	Central
Northwood High School	3A	Central
Providence Grove High School	3A	Central
South Columbus High School	3A	Central
Thomasville High School	3A	Central
Trinity High School	3A	Central
Union Academy	3A	Central
Walkertown High School	3A	Central
West Bladen High School	3A	Central
West Davidson High School	3A	Central
Wheatmore High School	3A	Central
Whiteville High School	3A	Central
Ayden-Grifton High School	3A	East
Beddingfield High School	3A	East
Farmville Central High School	3A	East

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School Name	Class	Region
Goldsboro High School	3A	East
Greene Central High School	3A	East
Heide Trask Senior High School	3A	East
Hertford County High School	3A	East
James Kenan High School	3A	East
Kinston High School	3A	East
Louisburg Magnet High School	3A	East
Martin County High School	3A	East
Midway High School	3A	East
Northeastern High School	3A	East
Pasquotank County High School	3A	East
Pender High School	3A	East
Princeton High School	3A	East
South Lenoir High School	3A	East
Spring Creek High School	3A	East
Wake Preparatory Academy	3A	East
Wallace-Rose Hill High School	3A	East
Bessemer City High School	3A	West
Charles D. Owen High School	3A	West
CHASE High School	3A	West
East Rutherford High School	3A	West
Hendersonville High School	3A	West
Jimmy C. Draughn High School	3A	West
Lincolnton High School	3A	West
Madison High School	3A	West
Mount Airy High School	3A	West
Mountain Heritage High School	3A	West
North Wilkes High School	3A	West
Piedmont Community Charter School	3A	West
Pine Lake Preparatory	3A	West
Polk County High School	3A	West
Robert L. Patton High School	3A	West
Shelby High School	3A	West
Surry Central High School	3A	West
West Caldwell High School	3A	West
West Lincoln High School	3A	West
West Wilkes High School	3A	West
Anson High School	4A	Central
Carver High School	4A	Central
Central Academy of Technology and Arts	4A	Central
Central Davidson High School	4A	Central
Forbush High School	4A	Central
John M. Morehead High School	4A	Central
Lake Norman Charter School	4A	Central
Ledford Senior High School	4A	Central
Lexington Senior High School	4A	Central
Mount Pleasant High School	4A	Central

2025-2026 Cross Country/Track Regions

School Name	Class	Region
North Surry High School	4A	Central
Randleman High School	4A	Central
Reidsville High School	4A	Central
Salisbury High School	4A	Central
South Rowan High School	4A	Central
Southwestern Randolph High School	4A	Central
T. Wingate Andrews High School	4A	Central
Uwharrie Charter Academy	4A	Central
West Stanly High School	4A	Central
West Stokes High School	4A	Central
Bunn High School	4A	East
Carrboro High School	4A	East
Clinton High School	4A	East
East Duplin High School	4A	East
Eastern Wayne High School	4A	East
Fairmont High School	4A	East
First Flight High School	4A	East
Graham High School	4A	East
Hugh M. Cummings High School	4A	East
Jordan-Matthews High School	4A	East
Nash Central High School	4A	East
North Johnston High School	4A	East
North Lenoir High School	4A	East
North Pitt High School	4A	East
Red Springs High School	4A	East
Roanoke Rapids High School	4A	East
SouthWest Edgecombe High School	4A	East
Southwest Onslow High School	4A	East
Washington High School	4A	East
West Craven High School	4A	East
Ashe County High School	4A	West
Bandys High School	4A	West
Brevard High School	4A	West
Bunker Hill High School	4A	West
Burns High School	4A	West
East Burke High School	4A	West
East Gaston High School	4A	West
East Henderson High School	4A	West
Fred T. Foard High School	4A	West
Hibriten High School	4A	West
Lincoln Charter School	4A	West
Maiden High School	4A	West
Newton-Conover High School	4A	West
Pisgah High School	4A	West
Rutherfordton-Spindale Central High School	4A	West
Stuart W. Cramer High School	4A	West
Tuscola High School	4A	West

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School Name	Class	Region
West Iredell High School	4A	West
Wilkes Central High School	4A	West
Cedar Ridge High School	5A	Central
Concord High School	5A	Central
East Rowan High School	5A	Central
Eastern Alamance High School	5A	Central
Forest Hills High School	5A	Central
High Point Central High School	5A	Central
Jesse C. Carson High School	5A	Central
Monroe High School	5A	Central
Montgomery Central High School	5A	Central
North Davidson High School	5A	Central
North Forsyth High School	5A	Central
Northeast Guilford High School	5A	Central
Oak Grove High School	5A	Central
Orange High School	5A	Central
Rockingham County High School	5A	Central
Seaforth High School	5A	Central
Simon G. Atkins Academic & Technology High School	5A	Central
Southeast Alamance High School	5A	Central
Southern Guilford High School	5A	Central
Western Alamance High School	5A	Central
Charles B. Aycock High School	5A	East
Croatan High School	5A	East
Currituck County High School	5A	East
Dixon High School	5A	East
Douglas Byrd High School	5A	East
Durham School of the Arts	5A	East
Fike High School	5A	East
Havelock High School	5A	East
J.F. Webb High School	5A	East
James B. Hunt High School	5A	East
Northside High School (Jacksonville)	5A	East
Person High School	5A	East
Richlands High School	5A	East
Rocky Mount High School	5A	East
Saint Pauls High School	5A	East
South Brunswick High School	5A	East
South Granville High School	5A	East
Southern Nash High School	5A	East
Southern Wayne High School	5A	East
West Carteret High School	5A	East
Clyde A. Erwin High School	5A	West
Crest High School	5A	West
East Lincoln High School	5A	West
Enka High School	5A	West
Forestview High School	5A	West

2025-2026 Cross Country/Track Regions

School Name	Class	Region
Franklin High School	5A	West
Hickory High School	5A	West
Hunter Huss High School	5A	West
Jay M. Robinson High School	5A	West
North Buncombe High School	5A	West
North Gaston High School	5A	West
North Henderson High School	5A	West
North Lincoln High School	5A	West
Northwest Cabarrus High School	5A	West
Parkwood High School	5A	West
Smoky Mountain High School	5A	West
South Point High School	5A	West
West Henderson High School	5A	West
West Rowan High School	5A	West
Asheboro High School	6A	Central
Ben L. Smith High School	6A	Central
East Chapel Hill High School	6A	Central
Eastern Guilford High School	6A	Central
James B. Dudley High School	6A	Central
Lee County High School	6A	Central
Lucy Ragsdale High School	6A	Central
Northern Guilford High School	6A	Central
Robert B. Glenn High School	6A	Central
Scotland High School	6A	Central
Seventy-First High School	6A	Central
Southeast Guilford High School	6A	Central
Southern Alamance High School	6A	Central
Southern Lee High School	6A	Central
Union Pines High School	6A	Central
Walter M. Williams High School	6A	Central
Western Guilford High School	6A	Central
Western Harnett High School	6A	Central
Westover High School	6A	Central
E.E. Smith High School	6A	East
Felton Grove High School	6A	East
Franklinton High School	6A	East
Gray's Creek High School	6A	East
Harnett Central High School	6A	East
Jacksonville High School	6A	East
Junius H. Rose High School	6A	East
Middle Creek High School	6A	East
Northern Durham High School	6A	East
Northern Nash High School	6A	East
South Johnston High School	6A	East
South View High School	6A	East
Swansboro High School	6A	East
Terry Sanford High School	6A	East

2025-2026 Cross Country/Track Regions

School Name	Class	Region
Triton High School	6A	East
Vance County High School	6A	East
West Brunswick High School	6A	East
West Johnston High School	6A	East
White Oak High School	6A	East
A.C. Reynolds High School	6A	West
Alexander Central High School	6A	West
Ashbrook High School	6A	West
Asheville High School / SILSA	6A	West
Central Cabarrus High School	6A	West
Charlotte Catholic High School	6A	West
Freedom High School	6A	West
Harding University High School	6A	West
Kings Mountain High School	6A	West
Mount Tabor High School	6A	West
North Iredell High School	6A	West
Olympic High School	6A	West
Phillip O. Berry Academy of Technology	6A	West
Piedmont High School	6A	West
South Caldwell High School	6A	West
St. Stephens High School	6A	West
Statesville High School	6A	West
Sun Valley High School	6A	West
T.C. Roberson High School	6A	West
Watauga High School	6A	West
Cary High School	7A	Central
Chapel Hill High School	7A	Central
East Forsyth High School	7A	Central
Fuquay-Varina High School	7A	Central
Grimsley Senior High School	7A	Central
Hillside High School	7A	Central
Holly Springs High School	7A	Central
Jack Britt High School	7A	Central
Lumberton Senior High School	7A	Central
Overhills High School	7A	Central
Page High School	7A	Central
Parkland High School	7A	Central
Pine Forest High School	7A	Central
Purnell Swett High School	7A	Central
Richard J. Reynolds High School	7A	Central
Richmond Senior High School	7A	Central
Riverside High School	7A	Central
Ronald W. Reagan High School	7A	Central
Southern School of Energy and Sustainability	7A	Central
Southwest Guilford High School	7A	Central
Cape Fear High School	7A	East
Cardinal Gibbons High School	7A	East



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School Name	Class	Region
Clayton High School	7A	East
Cleveland High School	7A	East
D.H. Conley High School	7A	East
East Wake High School	7A	East
Eugene Ashley High School	7A	East
Garner Magnet High School	7A	East
Heritage High School	7A	East
Knightdale High School	7A	East
New Bern High School	7A	East
New Hanover High School	7A	East
North Brunswick High School	7A	East
Sanderson High School	7A	East
Smithfield-Selma High School	7A	East
South Central High School	7A	East
South Garner High School	7A	East
Southeast Raleigh High School	7A	East
Topsail High School	7A	East
Wake Forest High School	7A	East
A.L. Brown High School	7A	West
Ballantyne Ridge High School	7A	West
Cox Mill High School	7A	West
Cuthbertson High School	7A	West
David W. Butler High School	7A	West
Davie County High School	7A	West
Hickory Ridge High School	7A	West
Hopewell High School	7A	West
Independence High School	7A	West
Lake Norman High School	7A	West
Marvin Ridge High School	7A	West
McDowell High School	7A	West
Mooreville High School	7A	West
North Mecklenburg High School	7A	West
Porter Ridge High School	7A	West
Rocky River High School	7A	West
South Iredell High School	7A	West
Weddington High School	7A	West
West Cabarrus High School	7A	West
West Mecklenburg High School	7A	West
Apex Friendship High School	8A	Central
Apex High School	8A	Central
Charles E. Jordan High School	8A	Central
Green Hope High School	8A	Central
Green Level High School	8A	Central
Hoke County High School	8A	Central
Northwest Guilford High School	8A	Central
Panther Creek High School	8A	Central
Pinecrest High School	8A	Central

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School Name	Class	Region
West Forsyth High School	8A	Central
Athens Drive Magnet High School	8A	East
Corinth Holders High School	8A	East
Emsley A. Laney High School	8A	East
John T. Hoggard High School	8A	East
Leesville Road High School	8A	East
Millbrook High School	8A	East
Needham B. Broughton High School	8A	East
Rolesville High School	8A	East
Wakefield High School	8A	East
William G. Enloe High School	8A	East
Willow Spring High School	8A	East
Ardrey Kell High School	8A	West
East Mecklenburg High School	8A	West
Garinger High School	8A	West
Julius L. Chambers High School	8A	West
Mallard Creek High School	8A	West
Myers Park High School	8A	West
Palisades High School	8A	West
Providence High School	8A	West
South Mecklenburg High School	8A	West
West Charlotte High School	8A	West
William Amos Hough High School	8A	West