

2013 - 2014 Cross Country Regional Assignments

1A

<u>EAST</u>	<u>MIDEAST</u>	<u>MIDWEST</u>	<u>WEST</u>
Coastal 10	Carolina	Mountain Valley	Smoky Mountain
Coastal Plains	Four County	Northwest	Southern Piedmont
Two Rivers	North Central Athletic	Yadkin Valley	Western Highlands
Tar Roanoke Athletic	Three Rivers		

2A

<u>EAST</u>	<u>MIDEAST</u>	<u>MIDWEST</u>	<u>WEST</u>
East Central	Four County	Central Carolina	Big South
Eastern Carolina	Mid-State	Mountain Valley	Western NC Athletic
Eastern Plains	Northern Carolina	PAC-6	South Mountain Athletic
Northeastern Coastal	Three Rivers	Rocky River	Southern District 7 Athletic
		Western Piedmont Ath.	Western Highlands

3A

<u>EAST</u>	<u>MIDEAST</u>	<u>MIDWEST</u>	<u>WEST</u>
Big East	Big Eight	Mid-Piedmont	Big South
Coastal	Cape Fear Valley	North Piedmont	Western NC Athletic
Eastern Carolina	Mid-State	South Piedmont	Mountain Athletic
Mideastern		Southern Carolina	Northwestern
Two Rivers			South Mountain Athletic

4A

<u>EAST</u>	<u>MIDEAST</u>	<u>MIDWEST</u>	<u>WEST</u>
Eastern Carolina	CAP-8	Central Piedmont	MeCKa
Southeastern	Southwest Wake	All Metro	Mountain Athletic
Mideastern	Greater Neuse River	PAC-6	North Piedmont
Mid-South Athletic		Piedmont Triad	Northwestern
			SoMeck 8
			Southwestern