

# 2013 Cross Country Regional Contacts

**\*\* Assignments are subject to change following Eligibility Summary reporting \*\***

## **1A EAST**

**Director:** Gary Baker, Manteo High School  
829 Wingina Avenue  
Manteo, NC 27954

**Email:** gbakerobx@charter.net

**School #:** 252-473-5841

**Home #:** 252-441-2924

**Site:** Manteo HS

**Coaches Mtg:** 10:30 AM

**Course Walk:** Prior to coaches' meeting and in-between coaches' meeting and men's race.

**Men's Race:** 11:30 AM

**Women's Race:** 12:30 AM

**Awards Ceremony:** 1:30 AM

**Conferences:** Coastal 10  
Coastal Plains  
Two Rivers  
Tar Roanoke Athletic

## **1A MID EAST**

**Director:** Beth Martin, Franklin Academy High School  
648 Flaherty Avenue  
Wake Forest, NC 27587

**Email:** runrgrlbeth@gmail.com

**School #:** 919-453-5090

**Cell #:** 919-696-8850

**Site:** WakeMed Soccer Park, Cary

**Coaches Mtg:** 9:30 AM

**Course Walk:**

**Men's Race:** 10:30 AM

**Women's Race:** 11:30 AM

**Awards Ceremony:** 12:30 PM

**Conferences:** Carolina  
Four County  
North Central Athletic  
Three Rivers

## **1A MID WEST**

**Director:** Robert Youtz, Bishop McGuinness High School  
1725 NC 66 South  
Kernersville, NC 27284

**Email:** rysteelers@aol.com

**School#:** 336-564-1010

**Cell #:** 336-407-6713

**Site:** Ivey M. Redmon Park, Kernersville

**Coaches Mtg:** 9:45 AM

**Course Walk:**

**Men's Race:** 10:30 AM

**Women's Race:** 11:30 AM

**Awards Ceremony:** 12:30 PM

**Conferences:** Mountain Valley  
Northwest  
Yadkin Valley

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## **1A WEST**

**Director:** Eddie Swimmer, Cherokee High School  
200 Ravenswood Drive  
Cherokee, NC 28719  
**Email:** eshoops@yahoo.com  
**School#:** 828-506-4151  
**Site:** Cherokee HS  
**Coaches Mtg:** 10:00 AM  
**Course Walk:** Friday 3:00-7:30 PM; Saturday 8:00-10:30 AM  
**Men's Race:** 11:00 AM  
**Women's Race:** 11:45 AM  
**Awards Ceremony:**  
**Conferences:** Smoky Mountain  
Southern Piedmont  
Western Highlands

## **2A EAST**

**Director:** Paul Scruggs, North Pitt High School  
5659 NC Highway 11 N.  
Bethel, NC 27812  
**Email:** scruggp@pitt.k12.nc.us  
**School #:** 252-825-0054  
**Cell #:** 919-608-2016  
**Site:** Boyd Lee Park, Greenville  
**Coaches Mtg:** 11:00 AM  
**Course Walk:** 9:00-11:00 AM  
**Men's Race:** 12:00 Noon  
**Women's Race:** 1:00 PM  
**Awards Ceremony:** 2:00 PM  
**Conferences:** East Central  
Eastern Carolina  
Eastern Plains  
Northeastern Coastal

## **2A MID EAST**

**Director:** Mimi O'Grady, Carrboro High School  
201 Rock Haven Road  
Carrboro, NC 27510  
**Email:** coachogrady@carrboroxc.com  
**School #:** 919-918-2200  
**Site:** WakeMed Soccer Park, Cary  
**Coaches Mtg:** 8:15 AM  
**Course Walk:**  
**Men's Race:** 9:00 AM  
**Women's Race:** 9:30 AM  
**Awards Ceremony:** 10:45 AM  
**Conferences:** Four County  
Mid-State  
Northern Carolina  
Three Rivers

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## **2A MID WEST**

**Director:** Rodney King, North Stokes High School  
1350 N.S. School Road  
Danbury, NC 27016

**Email:** rodney.king@stokes.k12.nc.us

**School#:** 336-593-8134

**Site:** Ivey M. Redmon Park, Kernersville

**Coaches Mtg:** 9:15 AM

**Course Walk:**

**Men's Race:** 10:00 AM

**Women's Race:** 11:00 AM

**Awards Ceremony:** 12:30 PM

**Conferences:** Central Carolina  
Mountain Valley  
PAC-6  
Rocky River  
Western Piedmont Athletic

## **2A WEST**

**Director:** Odell Williams, East Burke High School  
3695 East Burke Boulevard  
Connelly Springs, NC 28612

**Email:** owilliams@burke.k12.nc.us

**School#:** 828-397-5541

**Site:** Freedom Park, Morganton

**Coaches Mtg:** 12:15 PM

**Course Walk:**

**Men's Race:** 1:00 PM

**Women's Race:** 1:45 PM

**Awards Ceremony:** 2:30 PM

**Conferences:** Big South  
Western NC Athletic  
South Mountain Athletic  
Southern District 7 Athletic  
Western Highlands

## **3A EAST**

**Director:** Jeff Dodrill, Northern Nash High School  
4230 Green Hills Road  
Rocky Mount, NC 27804

**Email:** JDodrill@nrms.k12.nc.us

**School#:** 252-937-9040

**Site:** Red Oak Middle School, Battleboro

**Coaches Mtg:** 9:30 AM at the finish line tent.

**Course Walk:** Friday 5:00-7:00 PM, Saturday 8:00-10:00 AM.

**Men's Race:** 10:30 AM

**Women's Race:** 11:30 AM

**Awards Ceremony:** 12:45 PM in the gym.

**Conferences:** Big East  
Coastal  
Eastern Carolina  
Mideastern  
Two Rivers

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## **3A MID EAST**

**Director:** Nathan Gardner, Eastern Alamance High School  
4040 Mebane Rogers Road  
Mebane, NC 27302

**Email:** Nathan\_Gardner@abss.k12.nc.us

**School#:** 919-563-5991

**Cell#:** 336-266-1694

**Site:** Hagan Stone Park, Greensboro

**Coaches Mtg:** 9:15 AM

**Course Walk:** 8:00-9:15 AM

**Men's Race:** 10:00 AM

**Women's Race:** 11:00 AM

**Awards Ceremony:** 12:00 PM

**Conferences:** Big Eight  
Cape Fear Valley  
Mid-State

## **3A MID WEST**

**Director:** Rick Spencer, Weddington High School  
4901 Monroe Weddington Road  
Matthews, NC 28104

**Email:** rick.spencer@ucps.k12.nc.us, coachspencer@gmail.com

**School#:** 704-708-5530

**Site:** McAlpine Park, Charlotte

**Coaches Mtg:**

**Course Walk:**

**Men's Race:** 10:00 AM

**Women's Race:** 11:00 AM

**Awards Ceremony:** 12:00 Noon

**Conferences:** Mid-Piedmont  
North Piedmont  
South Piedmont  
Southern Carolina

## **3A WEST**

**Director:** Odell Williams, East Burke High School  
3695 East Burke Boulevard  
Connelly Springs, NC 28612

**Email:** owilliams@burke.k12.nc.us

**School#:** 828-397-5541

**Site:** Freedom Park, Morganton

**Coaches Mtg:** 9:15 AM

**Course Walk:**

**Men's Race:** 10:00 AM

**Women's Race:** 10:45 AM

**Awards Ceremony:** 11:30 AM

**Conferences:** Big South  
Western NC Athletic  
Mountain Athletic  
Northwestern  
South Mountain Athletic

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## **4A EAST**

**Director:** Jesse Autry, South View High School  
1184 Elk Road  
Hope Mills, NC 28348  
**Email:** coachjesseautry@yahoo.com, JesseAutry@ccs.k12.nc.us  
**School#:** 910-425-8181  
**Site:** South View High and Middle School Athletic Complex  
**Coaches Mtg:** 9:00 AM in Hut 3  
**Course Walk:** 8:30 AM until 9:45 AM  
**Men's Race:** 10:00 AM  
**Women's Race:** 10:40 AM  
**Awards Ceremony:** 11:30 AM  
**Conferences:** Eastern Carolina  
Southeastern  
Mideastern  
Mid-South Athletic

## **4A MID EAST**

**Director:** Mike Miragliuolo, Green Hope High School  
2500 Carpenter Upchurch Road  
Cary, NC 27519  
**Email:** mmiragliuolo@wcpss.net  
**Cell#:** (919) 656-1269  
**School#:** (919) 380-3700  
**Site:** WakeMed Soccer Park, Cary  
**Coaches Mtg:** 9:15 AM  
**Course Walk:**  
**Men's Race:** 10:00 AM  
**Women's Race:** 11:00 AM  
**Awards Ceremony:** 12:15 PM  
**Conferences:** Cap-8  
Southwest Wake  
Greater Neuse River

## **4A MID WEST**

**Director:** Paul Egleston, NW Guilford High School  
5240 Northwest School Road  
Greensboro, NC 27409  
**Email:** eglestp@gcsnc.com  
**School#:** 336-509-5877  
**Site:** Ivey M. Redmon Park, Kernersville  
**Coaches Mtg:** 8:15 AM  
**Course Walk:**  
**Men's Race:** 9:00 AM  
**Women's Race:** 9:30 AM  
**Awards Ceremony:** 10:30 AM  
**Conferences:** Central Piedmont  
All Metro  
PAC-6  
Piedmont Triad

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## **4A WEST**

**Director:** Steve Touranjoe, Providence High School  
1800 Pineville-Matthews Road  
Charlotte, NC 28270

**Email:** steven.touranjoe@cms.k12.nc.us

**School#:** 980-343-5390

**Site:** McAlpine Park, Charlotte

**Coaches Mtg:** 8:45 AM

**Course Walk:**

**Men's Race:** 10:30 AM

**Women's Race:** 11:30 AM

**Awards Ceremony:** 12:00 Noon

**Conferences:** MeCKa  
Mountain Athletic  
North Piedmont  
Northwestern  
SoMeck 8  
Southwestern

**\*\* Please contact Brad Alford ([brad@nchsaa.org](mailto:brad@nchsaa.org)) with any updated information \*\***