

**1A DUAL TEAM WRESTLING CONFERENCES
2019-2020**

Atlantic 5

Bear Grass Charter
Cape Hatteras
Columbia
Mattamuskeet
Ocracoke

Albemarle Athletic

Camden County
Gates County
Holmes
Manteo
Perquimans
Washington County

Coastal 8

East Carteret (1A)
Lejeune (1A)
Pender (1A)
Croatan (2A)
Dixon (2A)
Heide Trask (2A)
Richlands (2A)
Southwest Onslow (2A)

Coastal Plains

Jones Senior
Northside
Pamlico County
Riverside (Martin)
South Creek
Southside
Tarboro

Carolina

Hobbs
Lakewood
Neuse Charter
North Duplin
Princeton
Rosewood
Union

Tar Roanoke

KIPP Pride
North Edgemore
Northampton County
Northwest Halifax
Rocky Mount Preparatory
Southeast Halifax
Weldon
Wilson Preparatory Academy

Three Rivers

East Columbus (1A)
West Columbus (1A)
East Bladen (2A)
Fairmont (2A)
Red Springs (2A)
South Columbus (2A)
St. Pauls (2A)
West Bladen (2A)
Whiteville (2A)

Northern Carolina

Granville Central (1A)
Louisburg (1A)
Warren County (1A)
Bunn (2A)
J.F. Webb (2A)
Roanoke Rapids (2A)
South Granville (2A)

North Central Athletic

East Wake Academy
Falls Lake Academy
Franklin Academy
Henderson Collegiate
Oxford Preparatory
Roxboro Community
Triangle Math & Science Academy
Vance Charter
Voyager Academy

Central Tar Heel

Chatham Charter
Clover Garden
Cornerstone Charter Academy
Eno River Academy
Raleigh Charter
Research Triangle
River Mill Academy
Woods Charter

Yadkin Valley

Albemarle
Chatham Central
Gray Stone Day
North Moore
North Rowan
North Stanly
South Davidson
South Stanly
Uwharrie Charter

Northwest

Bishop McGuinness
East Surry
Mount Airy
North Stokes
South Stokes
Winston-Salem Preparatory

Mountain Valley

Alleghany (1A)
East Wilkes (1A)
Elkin (1A)
Starmount (1A)
Ashe County (2A)
North Wilkes (2A)
West Wilkes (2A)
Wilkes Central (2A)

PAC 7

Bradford Preparatory
Carolina International School
Community School of Davidson
Langtree Charter Academy
Mountain Island Charter
Pine Lake Preparatory
Queen's Grant
Union Academy

Southern Piedmont

Bessemer City
Cherryville
Christ the King
Highland Tech
Lincoln Charter
Piedmont Community Charter
Thomas Jefferson Classical Academy

Western Highlands

Avery County (1A)
Mitchell (1A)
Polk County (1A)
Madison (2A)
Mountain Heritage (2A)
Owen (2A)

Smoky Mountain

Andrews
Blue Ridge
Cherokee
Hayesville
Highlands
Hiwassee Dam
Murphy
Nantahala
Robbinsville
Rosman
Swain County
Tri-County Early College

**Highlighted Conference Are
Combined into Single Conferences**

2A DUAL TEAM WRESTLING CONFERENCES
2019-2020

Northeastern Coastal

Bertie
Currituck County
First Flight
Hertford County
Northeastern
Pasquotank County

Eastern Plains

Beddingfield
Farmville Central
Nash Central
North Johnston
North Pitt
Southwest Edgecombe

Central Carolina

Central Davidson
East Davidson
Ledford
Lexington
North Davidson
Oak Grove
Salisbury
South Rowan
Thomasville
West Davidson

South Fork Athletic

Bandys
East Lincoln
Lake Norman Charter
Lincolnton
Maiden
Newton-Conover
North Lincoln
West Lincoln

Coastal 8

Croatan (2A)
Dixon (2A)
Heide Trask (2A)
Richlands (2A)
Southwest Onslow (2A)
East Carteret (1A)
Lejeune (1A)
Pender (1A)

Northern Carolina

Bunn (2A)
J.F. Webb (2A)
Roanoke Rapids (2A)
South Granville (2A)
Granville Central (1A)
Louisburg (1A)
Warren County (1A)

Rocky River

Anson County
Central Academy
Forest Hills
Mount Pleasant
West Stanly
Montgomery Central (3A)

Northwestern Foothills

Bunker Hill
Draughn
East Burke
Fred T. Foard
Hibriten
Patton
West Caldwell
West Iredell

Eastern Carolina

Ayden-Grifton
Greene Central
Kinston
North Lenoir
South Lenoir
Washington
West Craven

Mid-State

Bartlett Yancey
Carrboro
Cummings
Durham School of the Arts
Graham
N.C. School of Science & Math
Reidsville

Western Piedmont Athletic

Atkins
Carver
Forbush
North Forsyth
North Surry
Surry Central
Walkertown
West Stokes

Southwestern Athletic

Burns
Chase
East Gaston
East Rutherford
R-S Central
Shelby
South Point

East Central

Clinton
East Duplin
Goldsboro
James Kenan
Midway
Spring Creek
Wallace-Rose Hill

PAC 7

Eastern Randolph
Jordan-Matthews
Providence Grove
Randleman
T.W. Andrews
Trinity
Wheatmore

Mountain Valley

Ashe County (2A)
North Wilkes (2A)
West Wilkes (2A)
Wilkes Central (2A)
Alleghany (1A)
East Wilkes (1A)
Elkin (1A)
Starmount (1A)

Western Highlands

Madison (2A)
Mountain Heritage (2A)
Owen (2A)
Avery County (1A)
Mitchell (1A)
Polk County (1A)

Three Rivers

East Bladen (2A)
Fairmont (2A)
Red Springs (2A)
South Columbus (2A)
St. Pauls (2A)
West Bladen (2A)
Whiteville (2A)
East Columbus (1A)
West Columbus (1A)

Mid-State Athletic

McMichael
Morehead
Eastern Alamance (3A)
Northeast Guilford (3A)
Northern Guilford (3A)
Person (3A)
Rockingham County (3A)
Western Alamance (3A)

Mountain Six

Brevard
East Henderson
Franklin
Hendersonville
Pisgah
Smoky Mountain

**Highlighted Conference Are
Combined into Single Conferences**

3A DUAL TEAM WRESTLING CONFERENCES
2019-2020

Coastal

Havelock
Jacksonville
Northside (Jacksonville)
Swansboro
West Carteret
White Oak

Greater Neuse

Clayton
Cleveland
East Wake
Smithfield-Selma
South Johnston
West Johnston

Mid-State Athletic

Eastern Alamance
Northeast Guilford
Northern Guilford
Person
Rockingham County
Western Alamance
McMichael (2A)
Morehead (2A)

South Piedmont

A.L. Brown
Central Cabarrus
Concord
Cox Mill
Jay M. Robinson
Northwest Cabarrus

Mid-eastern

New Hanover (3A)
North Brunswick (3A)
South Brunswick (3A)
Topsail (3A)
West Brunswick (3A)
Ashley (4A)
Hoggard (4A)
Laney (4A)

Patriot Athletic

Cape Fear (3A)
Douglas Byrd (3A)
E.E. Smith (3A)
Gray's Creek (3A)
Terry Sanford (3A)
Westover (3A)
Overhills (4A)
Pine Forest (4A)
South View (4A)

Mid-Piedmont

Asheboro
Eastern Guilford
Southeast Guilford
Southern Alamance
Southern Guilford
Southwestern Randolph
Williams

Southern Carolina

Charlotte Catholic
Cuthbertson
Marvin Ridge
Monroe
Parkwood
Piedmont
Sun Valley
Weddington

Big East

Fike
Franklinton
Hunt
Northern Nash
Rocky Mount
Southern Nash

Tri-County 6

Harnett Central
Lee County
Southern Lee
Triton
Union Pines
Western Harnett

Piedmont Triad

Ben L. Smith
Dudley
Mount Tabor
Parkland
Southwest Guilford
Western Guilford

Big South

Ashbrook
Crest
Forestview
Hunter Huss
Kings Mountain
North Gaston
Stuart Cramer

Eastern Carolina

C.B. Aycock (3A)
D.H. Conley (3A)
Eastern Wayne (3A)
J.H. Rose (3A)
Southern Wayne (3A)
New Bern (4A)
South Central (4A)

Big Eight

Cedar Ridge
Chapel Hill
East Chapel Hill
Northern Durham
Northwood
Orange
Southern Durham
Vance County

North Piedmont

East Rowan
Jesse Carson
North Iredell
South Iredell
Statesville
West Rowan

Northwestern

Alexander Central (3A)
Freedom (3A)
Hickory (3A)
St. Stephens (3A)
Watauga (3A)
McDowell (4A)
South Caldwell (4A)

Rocky River

Montgomery Central
Anson County (2A)
Central Academy (2A)
Forest Hills (2A)
Mount Pleasant (2A)
West Stanly (2A)

Western Mountain Athletic

A.C. Reynolds
Asheville
Enka
Erwin
North Buncombe
North Henderson
T.C. Roberson
Tuscola
West Henderson

4A DUAL TEAM WRESTLING CONFERENCES
2019-2020

Mideastern

Ashley (4A)
Hoggard (4A)
Laney (4A)
New Hanover (3A)
North Brunswick (3A)
South Brunswick (3A)
Topsail (3A)
West Brunswick (3A)

Eastern Carolina

New Bern (4A)
South Central (4A)
C.B. Aycock (3A)
D.H. Conley (3A)
Eastern Wayne (3A)
J.H. Rose (3A)
Southern Wayne (3A)

Northern Athletic

Corinth Holders
Heritage
Knightdale
Rolesville
Wake Forest
Wakefield

CAP 7

Broughton
Cardinal Gibbons
Enloe
Leesville Road
Millbrook
Sanderson
Southeast Raleigh

Patriot Athletic

Overhills (4A)
Pine Forest (4A)
South View (4A)
Cape Fear (3A)
Douglas Byrd (3A)
E.E. Smith (3A)
Gray's Creek (3A)
Terry Sanford (3A)
Westover (3A)

Sandhills Athletic

Hoke County
Jack Britt
Lumberton
Pinecrest
Purnell Swett
Richmond County
Scotland County
Seventy-First

South Wake Athletic

Apex
Apex Friendship
Fuquay-Varina
Garner
Holly Springs
Middle Creek
South Garner

Triangle 8

Athens Drive
Cary
Green Hope
Green Level
Hillside
Jordan
Panther Creek
Riverside

Metro

Grimsley
High Point Central
Northwest Guilford
Page
Ragsdale

Central Piedmont

Davie
East Forsyth
Glenn
R.J. Reynolds
Reagan
West Forsyth

I-Meck

Hopewell
Hough
Lake Norman
Mallard Creek
Mooresville
North Mecklenburg
Vance
West Charlotte

Southwestern

Butler
East Mecklenburg
Garinger
Hickory Ridge
Independence
Myers Park
Porter Ridge
Rocky River

So Meck 7

Ardrey Kell
Berry Academy
Harding University
Olympic
Providence
South Mecklenburg
West Mecklenburg

Northwestern

McDowell (4A)
South Caldwell (4A)
Alexander Central (3A)
Freedom (3A)
Hickory (3A)
St. Stephens (3A)
Watauga (3A)