

2023-25 Regional Assignments
Cross-Country, M Golf, Track and Field

Updated June 7, 2022

1A East	1A Mideast	1A Midwest	1A West
Atlantic 5 1A Coastal Plains 1A/2A Four Rivers 1A Tar Roanoke 1A	Carolina 1A Central Tar Heel 1A Mid-Carolina 1A/2A Super Six 1A/2A Triangle North 1A Waccamaw 1A/2A	Central Carolina 1A/2A Metro 8 1A Northwest Piedmont 1A Piedmont Athletic 1A/2A Yadkin Valley 1A/2A	Catawba Shores Athletic 1A/2A Northwest 1A Smoky Mountain 1A Southern Piedmont 1A/2A Western Highlands 1A/2A
2A East	2A Mideast	2A Midwest	2A West
Coastal Plains 1A/2A East Central 2A Eastern Plains 2A Neuse 6 2A Northeastern Coastal 2A/3A	Mid-Carolina 1A/2A Northern Lakes Athletic 2A/3A Southeastern Athletic 2A Super Six 1A/2A The Big East 2A/3A Waccamaw 1A/2A	Central Carolina 1A/2A Foothills 2A Mid-State 2A Piedmont Athletic 1A/2A Rocky River 2A/3A Yadkin Valley 1A/2A	Catawba Shores Athletic 1A/2A Catawba Valley Athletic 2A Mountain Foothills 7 2A Southern Piedmont 1A/2A Western Highlands 1A/2A
3A East	3A Mideast	3A Midwest	3A West
Big Carolina 3A/4A Coastal 3A Mideastern 3A/4A Northeastern Coastal 2A/3A Quad County 3A	All American 3A/4A Central 3A Northern Lakes Athletic 2A/3A Sandhills 3A/4A The Big East 2A/3A United 8 3A/4A	Mid Piedmont 3A Mid-State 3A Rocky River 2A/3A South Piedmont 3A	Big South 3A Mountain 7 3A Northwestern 3A/4A Queen City 3A/4A The Mountain 3A/4A Western Foothills 3A
4A East	4A Mideast	4A Midwest	4A West
Big Carolina 3A/4A CAP 6 4A Greater Neuse River 4A Mideastern 3A/4A Northern Athletic 4A	All American 3A/4A DAC-VII 4A Sandhills 3A/4A Southwest Wake 4A United 8 3A/4A	Central Piedmont 4A Greater Metro 4A Metro 4A Southern Carolina 4A	Northwestern 3A/4A Queen City 3A/4A So Meck 4A Southwestern 4A The Mountain 3A/4A