

2007 CLASS 4A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

CEDAR FALLS

Mgr: Gary Koenen, AD

Cedar Falls
Cedar Rapids, Jefferson
Cedar Rapids, Kennedy
Cedar Rapids, Washington
Dubuque, Hempstead
Dubuque, Senior
Prairie, Cedar Rapids
Waterloo, East
Waterloo, West

COUNCIL BLUFFS, ABE LINCOLN

Mgr: Jeff Novotny, AD

Council Bluffs, Abraham Lincoln
Council Bluffs, Thomas Jefferson
Des Moines, Roosevelt
Indianola
Johnston
Lewis Central
Sioux City, East
Sioux City, North
Sioux City, West
Waukee

FORT DODGE

Mgr: Tom Kinseth, AD

Ames
Ankeny
Boone
Des Moines, Lincoln
Dowling Catholic, West Des Moines
Fort Dodge
Kuemper Catholic, Carroll
Mason City
Valley, West Des Moines

MARSHALLTOWN

Mgr: Tim Bell, AD

Des Moines, East
Des Moines, Hoover
Des Moines, North
Iowa City, City High
Linn-Mar, Marion
Marshalltown
Newton
Ottumwa
Southeast Polk
Urbandale

PLEASANT VALLEY

Mgr: Randy Teymer, AD

Bettendorf
Burlington
Clinton
Davenport, Central
Davenport, North
Davenport, West
Iowa City, West
Muscatine
North Scott, Eldridge
Pleasant Valley