

## 2008 CLASS 4A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

### **CEDAR RAPIDS, WASHINGTON**

**Mgr: Paul James, AD**

Cedar Rapids, Jefferson  
Cedar Rapids, Kennedy  
Cedar Rapids, Washington  
Clinton  
Dubuque, Hempstead  
Iowa City, West  
Linn-Mar, Marion  
Prairie, Cedar Rapids  
Xavier, Cedar Rapids

### **COUNCIL BLUFFS, ABRAHAM LINCOLN**

**Mgr: Jeff Novotny, AD**

Ankeny  
Council Bluffs, Abraham Lincoln  
Council Bluffs, Thomas Jefferson  
Kuemper Catholic, Carroll  
Lewis Central  
Sioux City, East  
Sioux City, North  
Sioux City, West  
Valley, West Des Moines  
Waukee

### **INDIANOLA**

**Mgr: Bernie Brueck, AD**

Des Moines, Abraham Lincoln  
Des Moines, East  
Des Moines, Hoover  
Dowling Catholic, West Des Moines  
Indianola  
Johnston  
Ottumwa  
Southeast Polk  
Urbandale

### **MARSHALLTOWN**

**Mgr: Tim Bell, AD**

Ames  
Cedar Falls  
Des Moines, North  
Des Moines, Roosevelt  
Fort Dodge  
Marshalltown  
Mason City  
Newton  
Waterloo, East  
Waterloo, West

### **PLEASANT VALLEY**

**Mgr: Randy Teymer, AD**

Bettendorf  
Burlington  
Davenport, Central  
Davenport, North  
Davenport, West  
Dubuque, Senior  
Iowa City, City High  
Muscatine  
North Scott, Eldridge  
Pleasant Valley