

2009 CLASS 1A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

GALVA-HOLSTEIN **Mgr: Mike Richard, AD**

Alta
Ar-We-Va, Westside
Aurelia
Bishop Garrigan, Algona
Boyer Valley, Dunlap
Emmetsburg
Buffalo Ridge
Gehlen Catholic, LeMars
Hartley-Melvin-Sanborn
Hinton
Laurens-Marathon
Manson Northwest Webster
Marcus-Meriden-Cleghorn
North Sentral Kossuth (Girls Only)
Pocahontas Area/Pomeroy-Palmer
Prairie Valley, Gowrie
Remsen-Union
River Valley, Correctionville
Sioux Central, Sioux Rapids
South O'Brien, Paullina
Spalding Catholic, Granville
St. Edmond, Fort Dodge
St. Mary's, Remsen
Trinity Christian
West Lyon, Inwood
West Monona, Onawa
West Sioux, Hawarden
Westwood, Sloan

STARMONT **Mgr: Josh Johnson**

AGWSR, Ackley
Belle Plaine
CAL, Latimer
Central, Elkader
Clayton Ridge, Guttenberg
Cono Christian (Boys Only)
Dunkerton
East Buchanan, Winthrop
Edgewood-Colesburg
Kee, Lansing
Lake Mills
Nashua-Plainfield
Newman Catholic, Mason City
North Butler, Greene
Northern University High
Postville (Girls Only)
Riceville
Rockford
Saint Ansgar
Starmont
Tipton
Turkey Valley, Jackson Junction
Valley Community, Elgin
Ventura
Wapsie Valley, Fairbank
West Fork, Sheffield

MARSHALLTOWN **Mgr: Tim Bell, AD**

BCLUW, Conrad
Belmond-Klemme
B-G-M, Brooklyn
Colo-Nesco
Coon Rapids-Bayard
CWL, Corwith
Dike-New Hartford
East Greene, Grand Junction
Gladbrook-Reinbeck
GMG, Garwin
Grandview Park Baptist, DM (Boys Only)
Grundy Center
Lynnville-Sully
Madrid
Martensdale-St. Marys
Montezuma
Moravia
North Iowa, Buffalo Center (Girls Only)
North Mahaska, New Sharon
North Tama, Traer
Ogden
Paton-Churdan
Pleasantville (Boys Only)
South Hamilton, Jewell
Southeast Webster-Grand, Burnside
Twin Cedars, Bussey
Woodward Academy (Boys Only)

WAPELLO **Mgr: Gwen Schaeffer, AD**

Andrew
Bellevue
Calamus-Wheatland
Cardinal, Eldon
English Valleys, North English
Harmony, Farmington
Highland, Riverside
H-L-V, Victor
Holy Trinity Catholic, Fort Madison
Iowa Mennonite, Kalona
Iowa Valley, Marengo
Keota
Lone Tree
Maharishi, Fairfield
Marquette Catholic, Bellevue
Midland, Wyoming
North-Linn, Troy Mills
Notre Dame, Burlington (Boys Only)
Preston
Prince of Peace Prep, Clinton
Rivermont Collegiate, Bettendorf (Boys Only)
Sigourney
Tri-County, Thornburg
Van Buren, Keosauqua
WACO, Wayland
Wapello
Winfield-Mt. Union

NODAWAY VALLEY **Mgr: David Huff, AD**

Adair-Casey/CAM
A-H-S-T, Avoca
Audubon
Bedford
Central Decatur, Leon
Corning
Earlham
Exira
Fremont-Mills, Tabor
Griswold
Guthrie Center
Logan-Magnolia
Mount Ayr
Nodaway Valley
Orient-Macksburg
Panorama, Panora
Riverside, Oakland
SE Warren Liberty Center (Girls Only)
Sidney
St. Albert, Council Bluffs
Stanton (Boys Only)
Treynor
Tri-Center, Neola
Underwood
Villisca
Wayne, Corydon
West Central Valley, Stuart
West Harrison, Mondamin
Woodbine