

## 2009 CLASS 4A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

### **BURLINGTON**

**Mgr: Tom Plein, AD**

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

### **CEDAR RAPIDS, WASHINGTON**

**Mgr: Paul James, AD**

Cedar Rapids, Jefferson  
Cedar Rapids, Kennedy  
Cedar Rapids, Washington  
Dubuque, Hempstead  
Dubuque, Senior  
Iowa City, City High  
Linn-Mar, Marion  
Waterloo, East  
Waterloo, West

### **COUNCIL BLUFFS, ABE 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  
Urbandale

### **INDIANOLA**

**Mgr: Bernie Brueck, AD**

Des Moines, Abraham Lincoln  
Des Moines, East  
Des Moines, Hoover  
Des Moines, Roosevelt  
Dowling Catholic, West Des Moines  
Indianola  
Johnston  
Ottumwa  
Valley, West Des Moines  
Waukee

### **MARSHALLTOWN**

**Mgr: Tim Bell, AD**

Ames  
Cedar Falls  
Des Moines, North  
Fort Dodge  
Marshalltown  
Mason City  
Newton  
Prairie, Cedar Rapids  
Southeast Polk  
Storm Lake