

2010 CLASS 1A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

MARSHALLTOWN

Mgr: Tim Bell, AD

BCLUW, Conrad
Belmond-Klemme
B-G-M, Brooklyn
CAL, Latimer
Colo-Nesco
CWL, Corwith
Dike-New Hartford
Earlham
East Greene, Grand Junction
Gladbrook-Reinbeck
GMG, Garwin
Grandview Park Baptist, Des Moines
Grundy Center
Lake Mills
Lynnville-Sully
Madrid
Meskwaki Settlement School (Boys Only)
Newman Catholic, Mason City
North Tama, Traer
Ogden
Pleasantville (Boys Only)
South Hamilton, Jewell
Southeast Warren, Liberty Center
Twin Cedars, Bussey
Wayne, Corydon
West Fork, Sheffield

PANORAMA, PANORA

Mgr: Shane Arp, AD

Adair-Casey
A-H-S-T, Avoca
Audubon
Bedford
Clarinda Academy (Boys Only)
Corning
EHK-Exira
Griswold
Guthrie Center
IKM-Manning
Logan-Magnolia
Martensdale-St. Marys
Mormon Trail, Garden Grove
Mount Ayr
Nodaway Valley
Orient-Macksburg
Panorama, Panora
Paton-Churdan
Riverside, Oakland
Southeast Webster-Grand, Burnside
Treynor
Underwood
Villisca
West Central Valley, Stuart
Woodbine
Woodward Academy (Boys Only)

RIDGE VIEW, Holstein

Mgr: Mike Richards, AD

Alta
Ar-We-Va, Westside
Aurelia
Bishop Garrigan, Algona
Boyer Valley, Dunlap
Eagle Grove
Emmetsburg
Gehlen Catholic, LeMars
Hartley-Melvin-Sanborn (Girls Only)
Hinton
Laurens-Marathon
Manson Northwest Webster
North Iowa, Buffalo Center (Girls Only)
Pocahontas Area
Prairie Valley, Gowrie
Ridge View
River Valley, Correctionville
South O'Brien, Paullina
Spalding Catholic, Granville
St. Albert, Council Bluffs
St. Mary's, Remsen
Tri-Center, Neola
Trinity Christian High School
West Harrison, Mondamin
West Lyon, Inwood
West Monona, Onawa
West Sioux, Hawarden
Westwood, Sloan

STARMONT

Mgr: Josh Johnson

Alburnett
Andrew
Belle Plaine
Bellevue
Central, Elkader
Clarksville
Clayton Ridge, Guttenberg
Dunkerton
East Buchanan, Winthrop
Edgewood-Colesburg
Kee, Lansing
Maquoketa Valley, Delhi
Marquette Catholic, Bellevue
Midland, Wyoming
Nashua-Plainfield
North Butler, Greene
Northeast, Goose Lake
Northern University High
North-Linn, Troy Mills
Postville (Girls Only)
Preston
Rockford
Saint Ansgar
Starmont
Turkey Valley, Jackson Junction
Valley Community, Elgin
Valley Lutheran, Cedar Falls
Wapsie Valley, Fairbank

WAPELLO

Mgr: Gwen Schaeffer, AD

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
Montezuma
Moravia
North Mahaska, New Sharon
Notre Dame, Burlington
Pekin
Prince of Peace Prep, Clinton
Rivermont Collegiate, Bettendorf
Sigourney
Tri-County, Thornburg
Van Buren, Keosauqua
WACO, Wayland
Wapello
Winfield-Mt. Union