

2010 CLASS 3A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

ANAMOSA

Mgr: Derek Roberts, AD

Anamosa
Assumption, Davenport
Center Point-Urbana
Central Clinton, DeWitt
Clear Creek-Amana
Epworth, Western Dubuque
Maquoketa
Marion
Mount Vernon
South Tama County, Tama
Vinton-Shellsburg
Wahlert, Dubuque
Xavier, Cedar Rapids (Boys Only)

CHARLES CITY

Mgr: Nancy Heiter, Principal

Charles City
Clear Lake
Columbus Catholic, Waterloo
Crestwood, Cresco
Decorah
Denver
Forest City
Garner-Hayfield/W Hancock/Ventura
Independence
Oelwein
Waukon
Waverly-Shell Rock
West Delaware, Manchester

DENISON-SCHLESWIG

Dave Wiebers, AD

Algona
Bishop Heelan Catholic, Sioux City
Creston
Denison-Schleswig
Estherville Lincoln Central-AR
Glenwood
Harlan
LeMars
MOC-Floyd Valley
Sergeant Bluff-Luton
Spencer
Storm Lake (Girls Only)
Woodbury Central, Merville

KNOXVILLE

Mgr: Randy Wilson, AD

Benton, Van Horne
Centerville
Chariton
Clarke, Osceola (Boys Only)
Fairfield
Fort Madison
Grinnell
Keokuk
Knoxville
Mount Pleasant
Oskaloosa
Pella
Washington
Williamsburg (Girls Only)

PERRY

Mgr: Tom Lipovac, AD

A-D-M, Adel
Atlantic
Ballard
Boone
Carlisle
Dallas Center-Grimes
Iowa Falls-Alden/AGWSR
Nevada
Norwalk
Perry
Saydel
Webster City
Winterset