

## 2009 CLASS 3A DISTRICT/REGIONAL CROSS COUNTRY ASSIGNMENTS

### **ANAMOSA**

**Mgr: Derek Roberts, AD**

Anamosa  
Assumption, Davenport  
Benton Community  
Central Clinton, DeWitt  
Clear Creek-Amana  
Maquoketa  
Marion  
Mount Vernon/Lisbon  
South Tama County, Tama  
Vinton-Shellsburg  
Washington  
Xavier, Cedar Rapids

### **DECORAH**

**Mgr: Adam Riley, AD**

Charles City  
Columbus Catholic/Don Bosco  
Crestwood, Cresco  
Decorah  
Denver/Tripoli  
Epworth, Western Dubuque  
Independence  
New Hampton (Boys Only)  
Oelwein/West Central  
Wahlert, Dubuque  
Waukon  
Waverly-Shell Rock  
West Delaware, Manchester

### **KNOXVILLE**

**Mgr: Randy Wilson, AD**

Ballard  
Carlisle  
Centerville/Moulton-Udell  
Chariton  
Clarke, Osceola/Murray  
Fairfield  
Fort Madison  
Grinnell  
Keokuk  
Knoxville  
Mount Pleasant  
Oskaloosa  
Pella  
Williamsburg

### **PERRY**

**Mgr: Tom Lipovac, AD**

A-D-M, Adel/Van Meter  
Atlantic  
Boone  
Creston  
Dallas Center-Grimes  
Glenwood  
Harlan  
Nevada  
Norwalk  
Perry  
Saydel  
Shenandoah/Essex/Farragut (Girls Only)  
Winterset

### **SPENCER**

**Mgr: Roger Johnson, AD**

Algona  
Bishop Heelan Catholic, Sioux City  
Clear Lake  
Denison-Schleswig  
Estherville Lincoln Central-AR  
Forest City/WCLT  
Garner-Hayfield/West Hancock  
LeMars  
MOC-Floyd Valley  
Sergeant Bluff-Luton  
Spencer  
Webster City  
Woodbury Central/Lawton-Bronson/Kingsley-Pierson