# 2019 Iowa High School Cross Country State Qualifying Meet Assignments

**IGHSAU & IHSAA**

## CLASS 4A

### CEDAR FALLS

**Mgr:** Troy Becker, AD  
Ames  
Cedar Falls  
Cedar Rapids Jefferson  
Cedar Rapids, Kennedy  
Cedar Rapids, Washington  
Dubuque, Senior  
Epworth, Western Dubuque  
Iowa City, City  
Muscatine  
Waterloo United

### COUNCIL BLUFFS, ABRAHAM LINCOLN

**Mgr:** Jeff Novotny, AD  
Ankeny Centennial  
Council Bluffs, Abraham Lincoln  
Council Bluffs, Thomas Jefferson  
Lewis Central  
Sioux City, East  
Sioux City, North  
Sioux City, West  
Urbandale  
Waukee

### MARSHALLTOWN

**Mgr:** Ryan Isgrig, AD  
Ankeny  
Fort Dodge  
Indianola  
Iowa City, Liberty  
Johnston  
Marshalltown  
Mason City  
Newton  
Ottumwa  
Prairie, Cedar Rapids

### PLEASANT VALLEY

**Mgr:** D'Anne Kroemer, AD  
Bettendorf  
Burlington  
Clinton  
Davenport, Central  
Davenport, North  
Davenport, West  
Dubuque, Hempstead  
Linn-Mar, Marion  
North Scott, Eldridge  
Pleasant Valley

### SOUTHEAST POLK

**Mgr:** Jayson Campbell, AD  
Des Moines, Abraham Lincoln  
Des Moines, East  
Des Moines, Hoover  
Des Moines, North  
Des Moines, Roosevelt  
Dowling Catholic, WDM  
Iowa City, West  
Southeast Polk  
Valley, West Des Moines

---

Find updates online: [ighsau.org](http://ighsau.org) & [iahsaa.org](http://iahsaa.org)