



# 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