



2023 Iowa High School Cross Country State Qualifying Meet Assignments

CLASS 4A

4 p.m., Wednesday, October 18



AMES

Ames
Ankeny
Council Bluffs, Abraham Lincoln
Council Bluffs, Thomas Jefferson
Dallas Center-Grimes
Fort Dodge
Iowa City, Liberty
Sioux City, East
Sioux City, North
Sioux City, West

IOWA CITY, WEST

Ankeny Centennial
Burlington
Cedar Falls
Cedar Rapids, Jefferson
Iowa City, West
Muscatine
North Scott, Eldridge
Waterloo, East
Waukee

MARSHALLTOWN

Cedar Rapids, Washington
Dubuque, Senior
Linn-Mar, Marion
Marshalltown
Mason City
Urbandale
Valley, West Des Moines
Waterloo, West
Dowling Catholic, W.D.M.

PLEASANT VALLEY

Bettendorf
Cedar Rapids, Kennedy
Clinton
Davenport Central
Davenport, North
Davenport, West
Dubuque, Hempstead
Iowa City, City High
Pleasant Valley
Prairie, Cedar Rapids

SOUTHEAST POLK

Des Moines, East
Des Moines, Lincoln
Des Moines, North
Des Moines, Roosevelt
Indianola
Johnston
Norwalk
Ottumwa
Southeast Polk
Waukee Northwest