

Lions near the top in cross country rankings

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West Des Moines Dowling has the top cross country program in the state, but the Linn-Mar Lions aren't far behind.

The Linn-Mar girls cross country team is ranked No.3 in the state this week and the Linn-Mar boys are ranked No.4, according to the Iowa Association of Track Coaches.

Dowling Catholic is No.1 in the Class 4A boys poll and the Class 4A girls poll, a rare double in any sport. Pleasant Valley is ranked No.3 in the boys poll and No.4 in the girls poll.

The Metro area has three boys teams in the top-10 with Linn-Mar fourth, Washington sixth and Prairie eighth. Kennedy is ranked 10th in the girls poll.

Xavier is ranked 12th in the boys poll in Class 3A.

Class 4A Boys

1. Dowling, 2. Cedar Falls, 3. Pleasant Valley, 4. Linn-Mar, 5. Ames, 6. Washington, 7. Iowa City West, 8. Prairie, 9. Waukee, 10. West Des Moines Valley, 11. Dubuque Senior, 12. Indianola, 13. Iowa City High, 14. Bettendorf, 15. Marshalltown.

Class 4A Girls

1. Dowling, 2. Iowa City High, 3. Linn-Mar, 4. Pleasant Valley, 5. Bettendorf, 6. West Des Moines Valley, 7. Waukee, 8. Roosevelt, 9. Iowa City West, 10. Kennedy, 11. Ankeny, 12. Cedar Falls, 13. Johnston, 14. Ames, 15. Dubuque Senior.

Class 3A Boys

1. Pella, 2. Boone, 3. Wahlert, 4. Decorah, 5. Glenwood, 6. Mount Vernon/Lisbon, 7. Heelan, 8. Grinnell, 9. Webster City, 10. MOC/Floyd Valley, 11. Ballard, 12. Xavier, 13. Western Dubuque, 14. Charles City, 15. Solon.

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Class 3A Girls

1. Assumption, 2. Solon, 3. Decorah, 4. Dallas Center Grimes, 5. Wahlert, 6. Williamsburg, 7. Pella, 8. Heelan, 9. GH/V/H, 10. MOC/Floyd Valley, 11. Benton, 12. Mount Vernon/Lisbon, 13. Humboldt, 14. Shenandoah Essex, 15. LeMars.