

2016 Washington State Cross Country Coaches Poll # 1
2016 Pre-Season Poll

Rank	Boys 4A	Rank	Girls 4A
1	Bellarmine Prep	1	Camas
2	Eisenhower	2	Lewis & Clark
3	Tahoma	3	Issaquah
4	Central Valley	4	Mt.Si
5	Lake Stevens	5	Glacier Peak
6	Ferris	6	Eastlake
7	Camas	7	Tahoma
8	Mt.Si	8	Mead
9	Lewis & Clark	9	Central Valley
10	Issaquah	10	Eisenhower
Others	Jackson, Mead and Glacier Peak	Others	Kamiak, Olympia, Union & Lake Stevens
Rank	Boys 3A	Rank	Girls 3A
1	North Central	1	Edmonds-Woodway
2	Kamiakin	2	North Central
3	Ballard	3	Ballard
4	Interlake	4	Garfield
5	Gig Harbor	5	Holy Names Academy
6	Central Kitsap	6	Kamiakin
7	Mt. Spokane	7	Capital
8	Nathan Hale	8	Mercer Island
9	Arlington	9	Central Kitsap
10	Bainbridge Island	10	Lakeside
Others	Edmonds-Woodway, Peninsula & Bonney Lake	Others	Peninsula, Mt. Spokane, Enumclaw & Sumner
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Liberty-Issaquah
2	Cedarcrest	2	Sehome
3	Lindbergh	3	Pullman
4	Ridgefield	4	Selah
5	Selah	5	Bellingham
6	Burlington-Edison	6	Mountlake Terrace
7	Cheney	7	Cedarcrest
8	Bellingham	8	Anacortes
9	Ellensburg	9	Steilacoom
10	Mountlake Terrace	10	Ellensburg
Others	Pullman, Liberty, Kingston & Columbia River	Others	Ephrata, Lindbergh, Ridgefield & White River
Rank	Boys 1A	Rank	Girls 1A
1	Deer Park	1	Northwest
2	Medical Lake	2	Lakeside- Nine Mile Falls
3	King's	3	Zillah
4	Charles Wright Academy	4	Deer Park
5	Lakeside-Nine Mile Falls	5	Meridian
6	Cashmere	6	Chelan
7	Chelan	7	Royal
8	Meridian	8	LaCenter
9	Royal	9	Lynden Christian
10	Northwest	10	Nooksack Valley
Others	Forks, Bellevue Christian & Connell	Others	Eatonville & Omak
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Northwest Christian-Colbert	1	Asotin
2	Northwest Christian-Lacey	2	Northwest Christian-Lacey
3	St. George's	3	Ocosta
4	Liberty Bell	4	Liberty Bell
5	Asotin	5	Rearden
6	Mary Walker	Others	Northwest Christian-Colbert & Morton-White Pass
7	Tonasket		
8	Tri-Cities Prep		
9	Mossyrock		
10	Tonasket		
Others	Reardan, Adna, Crosspoint & Rainier		

For further information contact Phil English at the following location:
Email: englishp@wolfenet.com