

2016 Washington State Cross Country Coaches Poll # 5  
Week of Oct. 3

<b>Rank</b>	<b>Boys 4A</b>	<b>Rank</b>	<b>Girls 4A</b>
1	Tahoma	1	Camas
2	Central Valley	2	Lewis & Clark
3	Eisenhower	3	Glacier Peak
4	Bellarmine Prep	4	Issaquah
5	Henry Jackson	5	Mt. Si
6	Lewis & Clark	6	Tahoma
7	Glacier Peak	7	Eisenhower
8	Camas	8	Mead
9	Issaquah	9	Central Valley
10	Richland	10	Eastlake
<b>Others</b>	Mead & Inglemoor	<b>Others</b>	Kamiak, Skyview, Curtis & Lake Stevens
<b>Rank</b>	<b>Boys 3A</b>	<b>Rank</b>	<b>Girls 3A</b>
1	North Central	1	Edmonds-Woodway
2	Kamiakin	2	North Central
3	Gig Harbor	3	Holy Names Academy
4	Interlake	4	Garfield
5	Southridge	5	Lake Washington
6	Ballard	6	Capital
7	Redmond	7	Kamiakin
8	Nathan Hale	8	Interlake
9	Ingraham	9	Ballard
10	Edmonds-Woodway	10	Mt. Spokane
<b>Others</b>	Bishop Blanchett, Capital, Arlington & Shorewood	<b>Others</b>	Bishop Blanchett, Peninsula, & Eastside Catholic
<b>Rank</b>	<b>Boys 2A</b>	<b>Rank</b>	<b>Girls 2A</b>
1	Sehome	1	Liberty-Issaquah
2	Cedarcrest	2	Sehome
3	Lindbergh	3	Cedarcrest
4	Mountlake Terrace	4	Pullman
5	Burlington-Edison	5	Selah
6	Ellensburg	6	Mountlake Terrace
7	Liberty-Issaquah	7	Bellingham
8	West Valley-Spokane	8	Ellensburg
9	Pullman	9	Port Angeles
10	Ridgefield	10	Lindbergh
<b>Others</b>	Selah, Bellingham, Kingston & Tumwater	<b>Others</b>	Ridgefield, Washougal & Steilacoom
<b>Rank</b>	<b>Boys 1A</b>	<b>Rank</b>	<b>Girls 1A</b>
1	Deer Park	1	Northwest
2	Riverside	2	Riverside
3	Bush	3	Deer Park
4	Meridian	4	Zillah
5	Lakeside-Nine Mile Falls	5	Lakeside
6	Medical Lake	6	Colville
7	Chelan	7	Meridian
8	Overlake	8	Charles Wright
9	Royal	9	Klahowya
10	Goldendale	10	Royal
<b>Others</b>	King's, Cedar Park Christian, & Zillah	<b>Others</b>	Chelan, Nooksack Valley & LaCenter
<b>Rank</b>	<b>Boys 1B/2B</b>	<b>Rank</b>	<b>Girls 1B/2B</b>
1	Northwest Christian-Colbert	1	Northwest Christian-Lacey
2	Northwest Christian-Lacey	2	Northwest Christian-Colbert
3	St. George's	3	Asotin
4	Liberty Bell	4	Liberty Bell
5	Asotin	5	Reardan
6	Mary Walker	<b>Others</b>	Morton-White Pass
7	Tonasket		
8	Tri-Cities Prep		
9	Mossyrock		
10	Tonasket		
<b>Others</b>	Reardan, Ilwaco & Kalama		

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