

2023 Washington State Cross Country Coaches Poll # 9
 Week of Oct. 29

Rank	Boys 4A	Rank	Girls 4A
1	Issaquah	1	Mt. Si
2	Kamiakin	2	Issaquah
3	Lewis & Clark	3	West Valley-Yakima
4	West Valley-Yakima	4	Bellarmino Prep
5	Tahoma	5	Lewis & Clark
6	Eastlake	6	Skyline
7	Redmond	7	Eastlake
8	Kamiak	8	Kamiakin
9	Curtis	9	Wenatchee
10	Henry Jackson	10	Curtis
Others	Olympia, Union, Camas & Sunnyside	Others	Tahoma, Redmond & Camas
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Shorewood	2	Gig Harbor
3	Mercer Island	3	Bishop Blanchet
4	Mount Spokane	4	Stadium
5	Central Kitsap	5	Arlington
6	Arlington	6	Mead
7	Bishop Blanchet	7	Mercer Island
8	Lincoln-Seattle	8	Roosevelt
9	Gig Harbor	9	Mount Spokane
10	Cheney	10	Stanwood
Others	Nathan Hale, Hermiston & Edmonds-Woodway	Others	Shorecrest, Bainbridge & Lincoln-Seattle
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Anacortes	2	Anacortes
3	Ellensburg	3	Ellensburg
4	Kingston	4	White River
5	Columbia River	5	Bellijgham
6	Enumclaw	6	Ridgefield
7	Selah	7	Selah
8	Shadle Park	8	East Valley-Spokane
9	Steilacoom	9	West Valley-Spokane
10	West Valley-Spokane	10	Enumclaw
Others	Franklin Pearce, Olympic, Ridgefield & Tumwater	Others	Steilacoom, Hockinson & Washougal
Rank	Boys 1A	Rank	Girls 1A
1	Cedar Park Christian	1	Lakeside-Nine Mile Falls
2	Lakeside-Nine Mile Falls	2	Medical Lake
3	Medical Lake	3	Seattle Academy
4	Seton Catholic	4	King's
5	Bush	5	Port Townsend-East Jefferson
6	South Whidbey	6	Klahowya
7	Meridian	7	Naches Valley
8	College Place	8	Montesano
9	Port Townsend-East Jefferson	9	Cascade-Leavenworth
10	Cascade-Leavenworth	10	Meridian
Others	Charles Wright Academy, LaCenter & Cashmere	Others	Seaton Catholic, Overlake & Royal
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Valley Christian	1	Pope John Paul II
2	Pope John Paul II	2	Liberty Bell
3	Garfield-Palouse	3	Garfield-Palouse
4	Chewelah	4	Davenport
5	Adna	5	Manson
6	Couville	6	Rainier
7	Davenport	7	Three Rivers Christian
8	Okanogan	8	Covenant
9	Liberty Bell		
10	Brewster		
Others	Goldendale, Onalaska & Goldendale		

For further information contact Phil English at the following location:
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