

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	Tahoma	3	West Valley-Yakima
4	Redmond	4	Eastlake
5	Kamiak	5	Bellarmino Prep
6	Eastlake	6	Tahoma
7	Lewis & Clark	7	Skyline
8	Emerald Ridge	8	Emerald Ridge
9	Curtis	9	Redmond
10	West Valley-Yakima	10	Camas
Others	Union, Henry Jackson & Puyallup	Others	Puyallup, Wenatchee & Lewis & Clark
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Mount Spokane	2	Bishop Blanchet
3	Central Kitsap	3	Mead
4	Arlington	4	Gig Harbor
5	Shorewood	5	Arlington
6	Bishop Blanchet	6	Ballard
7	Cheney	7	Mercer Island
8	Mercer Island	8	Roosevelt
9	Gig Harbor	9	Lincoln-Seattle
10	Lincoln-Seattle	10	Stadium
Others	Nathan Hale, Hermiston & Bainbridge	Others	Mount Spokane, Bainbridge & Hermiston
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Anacortes	2	Anacortes
3	Ellensburg	3	Ellensburg
4	Columbia River	4	White River
5	Bellingham	5	Bellingham
6	Squalicum	6	West Valley-Spokane
7	Kingston	7	East Valley-Spokane
8	Shadle Park	8	Selah
9	Enumclaw	9	Ridgefield
10	Selah	10	Steilacoom
Others	West Valley-Spokane, Ridgefield & Franklin Pierce	Others	Washougal, Hockinson & Squalicum
Rank	Boys 1A	Rank	Girls 1A
1	Cedar Park Christian	1	Lakeside-Nine Mile Falls
2	Bush	2	Seattle Academy
3	Seton Catholic	3	King's
4	Meridian	4	Medical Lake
5	South Whidbey	5	Montesano
6	LaCenter	6	Cedar Park Christian
7	Lakeside-Nine Mile Falls	7	Naches Valley
8	Cascade-Leavenworth	8	Cascade-Leavenworth
9	Medical Lake	9	Port Townsend
10	College Place	10	Overlake
Others	Port Townsend & Charles Wright Academy	Others	Meridian, Seton Catholic & Klahowya
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Valley Christian	1	Pope John Paul II
2	Pope John Paul II	2	Garfield-Palouse
3	Chewelah	3	Liberty Bell
4	Liberty Bell	4	Rainier
5	Garfield-Palouse	5	St. George's
6	Okanogan	6	Davenport
7	Davenport	7	Valley Christian
8	Covenant	8	Northwest Christian-Colbert
9	Adna	9	Covenant
10	Coupeville	10	Manson
Others	Goldendale, Cle Elum-Roslyn & Brewster	Others	Three Rivers Christian & Chewelah

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