

2023 Washington State Cross Country Coaches Poll # 3
 Week of Sept. 17th

Rank	Boys 4A	Rank	Girls 4A
1	Issaquah	1	Mt. Si
2	Emerald Ridge	2	Eastlake
3	Redmond	3	Skyline
4	Kamiakin	4	Issaquah
5	West Valley-Yakima	5	West Valley-Yakima
6	Kamiak	6	Wenatchee
7	Curtis	7	Redmond
8	Lewis & Clark	8	Camas
9	Skyline	9	Emerald Ridge
10	Battleground	10	Olympia
Others	Wenatchee, Tahoma, Puyallup & Hanford	Others	Tahoma, Skyview & Kamiakin
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Gig Harbor	2	Gig Harbor
3	Central Kitsap	3	Stadium
4	Cheney	4	Bishop Blanchet
5	Bishop Blanchet	5	Lincoln-Seattle
6	Mercer Island	6	Ballard
7	Lincoln-Seattle	7	Mead
8	Shorewood	8	Mt. Spokane
9	North Central	9	Mercer Island
10	Mount Spokane	10	University
Others	Arlington, Mead & Hermiston	Others	Peninsula, Lake Washington & Arlington
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Squalicum	2	Anacortes
3	Columbia River	3	Ellensburg
4	Bellingham	4	Bellingham
5	Ellensburg	5	White River
6	Anacortes	6	Ridgefield
7	Cedarcrest	7	Columbia River
8	Ridgefield	8	Washougal
9	Lakewood	9	Selah
10	Pullman	10	Squalicum
Others	Kingston, Tumwater & Steilacoom	Others	East Valley-Yakima, Pullman & Burlington-Edison
Rank	Boys 1A	Rank	Girls 1A
1	Bush	1	Lakeside-Nine Mile Falls
2	Seton Catholic	2	Naches Valley
3	Cedar Park Christian	3	Seattle Academy
4	South Whidbey	4	Montesano
5	La Center	5	Medical Lake
6	Lakeside-Nine Mile Falls	6	King's
7	Bellevue Christian	7	Cascade-Leavenworth
8	Meridian	8	Bear Creek
9	Overlake	9	Cedar Park Christian
10	Montesano	10	Bush
Others	Cascade-Leavenworth, King's & College Place	Others	South Whidbey, Klahowya & Toppenish
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Valley Christian	1	Pope John Paul II
2	Liberty Bell	2	Liberty Bell
3	Asotin	3	St. George's
4	Pope John Paul II	4	Valley Christian
5	St. George's	5	Rainier
6	Okanogan	6	Northwest Christian-Lacey
7	Onalaska	7	Northwest Christian-Colbert
8	Mt. Vernon Christian	8	Covenant
9	Covenant	9	Colfax
10	Brewster	10	Mt. Vernon Christian
Others	Goldendale, Northwest Christian-Colbert	Others	Forks & Oroville

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