

2024 Washington State Cross Country Coaches Poll # 1
Preseason Poll

Rank	Boys 4A	Rank	Girls 4A
1	Issaquah	1	Mt. Si
2	Kamiakin	2	Issaquah
3	Lincoln (Seattle)	3	Eastlake
4	Mt. Si	4	West Valley (Yakima)
5	Arlington	5	Camas
6	Lewis and Clark	6	Stadium
7	Redmond	7	Tahoma
8	Curtis	8	Kamaikin
9	Tahoma	9	Lewis and Clark
10	Lake Stevens	10	Olympia
Others	Puyallup, Jackson, Union, Camas	Others	Skyline, Henry Jackson, Puyallup, Wenatchee
Rank	Boys 3A	Rank	Girls 3A
1	Mercer Island	1	Bishop Blanchet
2	Mount Spokane	2	Central Kitsap
3	Seattle Prep	3	Mercer Island
4	Central Kitsap	4	Gig Harbor
5	Bishop Blanchet	5	Stanwood
6	Cheney	6	Holy Names
7	Shorewood	7	Ballard
8	Hermiston	8	Seattle Prep
9	Gig Harbor	9	Inglemoor
10	Central Valley	10	White River
Others	North Central, Lakes, Meadowdale	Others	Bellarmine Prep, Hermiston
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Ellensburg	2	Anacortes
3	Bainbridge	3	Bellingham
4	Bellingham	4	Ellensburg
5	Anacortes	5	Bainbridge
6	Franklin Pierce	6	West Valley - Spokane
7	Ridgefield	7	Squaticum
8	Nathan Hale	8	Cedarcrest
9	Columbia River	9	Selah
10	Olympic	10	E Valley - Spokane
Others	Fife, Hockinson, WV-Spokane	Others	Pullman, Burlington-Edison, Hockinson
Rank	Boys 1A	Rank	Girls 1A
1	Cedar Park Christian (Bothell)	1	Lakeside (Nine Mile)
2	Bush	2	Cedar Park Christian (Bothell)
3	Meridian	3	Medical Lake
4	South Whidbey	4	King's
5	Lakeside (Nine Mile)	5	Meridian
6	La Center	6	Bear Creek
7	King's	7	Cascade (Leavenworth)
8	Medical Lake	8	Royal
9	Lynden Christian	9	Montesano
10	Colville	10	Naches Valley
Others	Montesano, Klahowya, Mt. Baker	Others	
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Valley Christian	1	Pope John Paul 2
2	Okanogan	2	Rainier (WA)
3	Pope John Paul 2	3	St. George's
4	Garfield-Palouse	4	Covenant
5	Chewelah	5	Liberty Bell
6	Coupeville	6	Valley Christian
7	Mount Vernon Christian	7	Summit Classical Christian
8	Cle Elum/Roslyn	8	NW Christian (Colbert)
9	Davenport	9	Mt Vernon Christian
10	Brewster	10	Jenkins
Others		Others	

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