

2023 Washington State Cross Country Coaches Poll # 1
Preseason Poll

Rank	Boys 4A	Rank	Girls 4A
1	Issaquah	1	Mt. Si
2	Kamiakin	2	Eastlake
3	Redmond	3	Stadium
4	Lewis and Clark	4	Olympia
5	Curtis	5	Arlington
6	Lincoln (Seattle)	6	West Valley - Yakima
7	South Kitsap	7	Issaquah
8	Arlington	8	Curtis
9	Mead	9	Redmond
10	Olympia	10	South Kitsap
Others	Glacier Peak, Tahoma, Puyallup	Others	Wenatchee, Puyallup, Gonzaga Prep
Rank	Boys 3A	Rank	Girls 3A
1	Mercer Island	1	Bishop Blanchet
2	Mount Spokane	2	Mercer Island
3	Seattle Prep	3	Central Kitsap
4	Central Kitsap	4	Inglemoor
5	Shorewood	5	Ballard
6	Bishop Blanchet	6	Gig Harbor
7	Cheney	7	Roosevelt
8	Hermiston	8	Seattle Prep
9	Shorecrest	9	Holy Names
10	Walla Walla	10	Shorecrest
Others	Gig Harbor, Bellarmine Prep, Mountlake Terrace	Others	Bellarmine Prep, Lakeside (Sea), Shorewood, West Seattle
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Ellensburg	2	Anacortes
3	Bainbridge	3	Bellingham
4	Anacortes	4	Ellensburg
5	Bellingham	5	West Valley - Spokane
6	Franklin Pierce	6	Bainbridge
7	Ridgefield	7	Cedarcrest
8	Nathan Hale	8	Squalicum
9	Squalicum	9	Selah
10	Columbia River	10	Pullman
Others	Lakewood, WV-Spokane, Pullman	Others	East Valley-Spokane, Burlington-Edison, Lakewood
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	Klahowya	5	Klahowya
6	Lakeside (Nine Mile)	6	Meridian
7	Bellevue Christian	7	South Whidbey
8	La Center	8	Bear Creek
9	Medical Lake	9	Royal
10	Colville	10	Montesano
Others	Lynden Christian, Naches Valley, East Jefferson	Others	Cascade Christian, Naches Valley
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	Valley Christian
4	Freeman	4	Freeman
5	Garfield-Palouse	5	Liberty Bell
6	Coupeville	6	Friday Harbor
7	Libert Bell	7	Republic
8	Mount Vernon Christian	8	St. George's
9	Morton-White Pass	9	NW Christian (Colbert)
10	Reardan	10	Mt Vernon Christian

For further information contact Kevin Ryan at the following location:
Email: kevin.ryan@bellingshamschools.org