

**2024 Washington State Cross Country Coaches Poll # 3**

**Week of September 22nd**

<b>Boys 4A</b>		<b>Girls 4A</b>	
Rank		Rank	
1	Issaquah	1	Mount Si
2	Kamiakin	2	Issaquah
3	Redmond	3	Eastlake
4	Arlington	4	Gonzaga Prep
5	Lincoln (Seattle)	5	Curtis
6	Curtis	6	Stadium
7	South Kitsap	7	Camas
8	Lewis & Clark	8	Redmond
9	Mead	9	Tahoma
10	Tahoma	10	Arlington
Others	Eastlake, Puyallup, Lake Stevens	Others	Olympia, Wenatchee, Puyallup,
<b>Boys 3A</b>		<b>Girls 3A</b>	
Rank		Rank	
1	Mercer Island	1	Mercer Island
2	Mount Spokane	2	Bishop Blanchet
3	Seattle Prep	3	Inglesmoor
4	Shorewood	4	Gig Harbor
5	Central Kitsap	5	Central Kitsap
6	Bishop Blanchet	6	Ballard
7	Gig Harbor	7	Seattle Prep
8	Cheney	8	Holy Names
9	Hermiston	9	Shorecrest
10	Walla Walla	10	Roosevelt
Others	Bellarmine Prep, Central Valley, North Central	Others	Bellarmine Prep, Mount Spokane, Shorewood
<b>Boys 2A</b>		<b>Girls 2A</b>	
Rank		Rank	
1	Sehome	1	Sehome
2	Bainbridge	2	Anacortes
3	Ellensburg	3	Bainbridge
4	Anacortes	4	Ellensburg
5	Ridgefield	5	West Valley - Spokane
6	Nathan Hale	6	Bellingham
7	Bellingham	7	Selah
8	Hockinson	8	Hockinson
9	Mark Morris	9	Ridgefield
10	Franklin Pierce	10	Cedarcrest
Others	Columbia River, Squalicum, Washougal	Others	Squalicum, Lakewood, Columbia River
<b>Boys 1A</b>		<b>Girls 1A</b>	
Rank		Rank	
1	Cedar Park Christian (Bothell)	1	Cedar Park Christian (Bothell)
2	Bush	2	Lakeside (Nine Mile)
3	South Whidbey	3	Medical Lake
4	Meridian	4	King's
5	Vashon Island	5	Klahowya
6	La Center	6	Montesano
7	East Jefferson	7	Meridian
8	Lakeside (Nine Mile Falls)	8	Cascade Leavenworth
9	Klahowya	9	Overlake
10	Cascade Christian	10	Bear Creek
Others	Medical Lake, Seton Catholic	Others	Bush, Naches Valley
<b>Boys 1B/2B</b>		<b>Girls 1B/2B</b>	
Rank		Rank	
1	Valley Christian	1	Saint George's
2	Garfield-Palouse	2	Pope John Paul II
3	Okanogan	3	Rainier
4	Cle Elum-Roslyn	4	Liberty Bell
5	Saint George's	5	Valley Christian
6	Pope John Paul II	6	Garfield-Palouse
7	Liberty Bell	7	Chewelah
8	Mount Vernon Christian	8	Chesterton Academy of Notre Dame
9	Brewster	9	Republic
10	NW Christian (Colbert)	10	Mt Vernon Christian

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