

2024 Washington State Cross Country Coaches Poll # 5

Week of October 6th

Boys 4A		Girls 4A	
Rank		Rank	
1	Issaquah	1	Mount Si
2	Kamiakin	2	Eastlake
3	Redmond	3	Issaquah
4	Arlington	4	Gonzaga Prep
5	Curtis	5	Redmond
6	Lincoln (Seattle)	6	Curtis
7	Tahoma	7	Camas
8	Mead	8	Wenatchee
9	Camas	9	Stadium
10	Lewis & Clark	10	Tahoma
Others	South Kitsap, Lake Stevens, Eastlake, Union	Others	Lewis & Clark, Arlington, Ballard, Olympia
Boys 3A		Girls 3A	
Rank		Rank	
1	Mercer Island	1	Mercer Island
2	Seattle Prep	2	Bishop Blanchet
3	Mount Spokane	3	Central Kitsap
4	Central Kitsap	4	Gig Harbor
5	Cheney	5	Seattle Prep
6	Gig Harbor	6	Inglesmoor
7	Shorewood	7	Seattle Academy
8	Hermiston	8	University
9	Central Valley	9	Mount Spokane
10	Bishop Blanchet	10	Ballard
Others	Franklin, North Central, Lakes, Bellarmine Prep	Others	Holy Names, Bellarmine Prep, White River
Boys 2A		Girls 2A	
Rank		Rank	
1	Sehome	1	Sehome
2	Bainbridge	2	Anacortes
3	Ellensburg	3	Bainbridge
4	Ridgefield	4	Ellensburg
5	Anacortes	5	Squalicum
6	Nathan Hale	6	Bellingham
7	Squalicum	7	Hockinson
8	Burlington-Ed	8	Selah
9	Olympic	9	Prosser
10	Columbia River	10	West Valley - Spokane
Others	Mark Morris, Steilacoom, Bellingham	Others	Nathan Hale, Chief Sealth, Lynden
Boys 1A		Girls 1A	
Rank		Rank	
1	Cedar Park Christian	1	Cedar Park Christian
2	Bush	2	Lakeside (Nine Mile Falls)
3	La Center	3	Klahowya
4	Vashon Island	4	Montesano
5	South Whidbey	5	Medical Lake
6	Meridian	6	Meridian
7	King's	7	Cascade (Leavenworth)
8	East Jefferson	8	King's
9	Lakeside (Nine Mile Falls)	9	Naches Valley
10	Medical Lake	10	South Whidbey
Others	Klahowya, Colville	Others	Columbia (White Salmon), La Center, Overlake
Boys 1B/2B		Girls 1B/2B	
Rank		Rank	
1	Valley Christian	1	Pope John Paul II
2	Pope John Paul	2	Rainier
3	Garfield-Palouse	3	Saint George's
4	Cle-Elum / Roslyn	4	Valley Christian
5	Mount Vernon Christian	5	Liberty Bell
6	Okanogan	6	Garfield-Palouse
7	Freeman	7	Freeman
8	Liberty Bell	8	Chewelah
9	Saint George's	9	Chesterton Academy of Notre Dame
10	Morton - White Pass	10	Mount Vernon Christian