

2023 Washington State Cross Country Coaches Poll # 1  
Preseason Poll

<b>Rank</b>	<b>Boys 4A</b>	<b>Rank</b>	<b>Girls 4A</b>
1	Issaquah	1	Skyline
2	Eastlake	2	Eastlake
3	West Valley-Yakima	3	Issaquah
4	Kamiakin	4	Mt. Si
5	Lake Stevens	5	Tahoma
6	Kamiak	6	Redmond
7	Curtis	7	Curtis
8	Redmond	8	West Valley-Yakima
9	Olympia	9	Wenatchee
10	Tahoma	10	Bellarmine Prep
Others	Skyline, Camas & Lewis & Clark	Others	Olympia, Henry Jackson & Emerald Ridge
<b>Rank</b>	<b>Boys 3A</b>	<b>Rank</b>	<b>Girls 3A</b>
1	Seattle Prep	1	Central Kitsap
2	Central Kitsap	2	Gig Harbor
3	Cheney	3	Stadium
4	Mt. Spokane	4	Bishop Blanchet
5	Bishop Blanchet	5	Holy Names Academy
6	Shorewood	6	Mead
7	Lincoln-Seattle	7	Peninsula
8	Gig Harbor	8	Roosevelt
9	Arlington	9	Bainbridge
10	Lakes	10	Mt. Spokane
Others	North Central, Bainbridge & Edmonds-Woodway	Others	Lake Washington, Ridgeline & Cheney
<b>Rank</b>	<b>Boys 2A</b>	<b>Rank</b>	<b>Girls 2A</b>
1	Squalicum	1	Sehome
2	Sehome	2	Anacortes
3	Bellingham	3	Ellensburg
4	Tumwater	4	Hockinson
5	Columbia River	5	Bellingham
6	Ellensburg	6	White River
7	Anacortes	7	Columbia River
8	Kingston	8	Washougal
9	Cedarcrest	9	Mark Morris
10	Lynden	10	Fort Vancouver
Others	Ephrata, Steilacoom & Selah	Others	Tumwater, Selah & West Valley-Spokane
<b>Rank</b>	<b>Boys 1A</b>	<b>Rank</b>	<b>Girls 1A</b>
1	Seton Catholic	1	Naches Valley
2	Meridian	2	Overlake
3	Cedar Park Christian	3	Lakeside-Nine Mile Falls
4	Bush	4	Port Townsend
5	La Center	5	Medical Lake
6	King's	6	Bush
7	Bellevue Christian	7	Seattle Academy
8	South Whidbey	8	Bear Creek
9	Overlake	9	Seton Catholic
10	Lakeside-Nine Mile Falls	10	Meridian
Others	Cashmere, Royal & Klahowya	Others	Cascade, King's & cedar Park Christian
<b>Rank</b>	<b>Boys 1B/2B</b>	<b>Rank</b>	<b>Girls 1B/2B</b>
1	Pope John Paul II	1	Pope John Paul II
2	Chewelah	2	Garfield-Palouse
3	Liberty Bell	3	Rainier
4	Brewster	4	St. George's
5	St. George's	5	Republic
6	Davenport	6	Northwest Christian-Lacey
7	Valley Christian	7	Northwest Christian-Colbert
8	Mossyrock	8	Covenant
9	Okanogan	9	Colfax
10	Onalaska	10	Mt. Vernon Christian
Others	Goldendale, Kettle Falls & Asotin	Others	Forks & Oroville

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