

2023 Washington State Cross Country Coaches Poll # 2
 Week of Sept. 10th

Rank	Boys 4A	Rank	Girls 4A
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	West Valley-Yakima
7	Curtis	7	Redmond
8	Redmond	8	Curtis
9	Olympia	9	Wenatchee
10	Tahoma	10	Bellarmine Prep
Others	Skyline, Camas & Lewis & Clark	Others	Olympia, Henry Jackson & Emerald Ridge
Rank	Boys 3A	Rank	Girls 3A
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	Gig Harbor	6	Mead
7	Shorewood	7	Peninsula
8	Mercer Island	8	Roosevelt
9	Hanford	9	Mercer Island
10	Lincoln-Seattle	10	Bainbridge
Others	Arlington, Lakes & North Central	Others	Mt. Spokane, Lake Washington & Ridgeline
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Anacortes
2	Squalicum	2	Sehome
3	Columbia River	3	Ellensburg
4	Anacortes	4	Bellingham
5	Ellensburg	5	Washougal
6	Tumwater	6	White River
7	Bellingham	7	Columbia River
8	Kingston	8	Ft. Vancouver
9	Cedarcrest	9	Selah
10	Lakewood	10	Ridgefield
Others	Ephrata, Selah & Steilacoom	Others	East Valley-Spokane, Ephrata & West Valley-Spokane
Rank	Boys 1A	Rank	Girls 1A
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	Montesano
7	Bellevue Christian	7	Bush
8	Montesano	8	Seattle Academy
9	South Whidbey	9	Bear Creek
10	Lakeside-Nine Mile Falls	10	Seton Catholic
Others	Overlake, Cashmere & Royal	Others	Meridian, Cascade & King's
Rank	Boys 1B/2B	Rank	Girls 1B/2B
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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