

2023 Washington State Cross Country Coaches Poll # 4  
 Week of Sept. 24th

<b>Rank</b>	<b>Boys 4A</b>	<b>Rank</b>	<b>Girls 4A</b>
1	Issaquah	1	Mt. Si
2	Emerald Ridge	2	Issaquah
3	Redmond	3	West Valley-Yakima
4	West Valley-Yakima	4	Skyline
5	Union	5	Eastlake
6	Kamiakin	6	Wenatchee
7	Eastlake	7	Redmond
8	Lewis & Clark	8	Camas
9	Battleground	9	Union
10	Henry Jackson	10	Emerald Ridge
Others	Curtis, Hanford, Sunnyside & Tahoma	Others	Tahoma, Olympia & Lewis & Clark
<b>Rank</b>	<b>Boys 3A</b>	<b>Rank</b>	<b>Girls 3A</b>
1	Seattle Prep	1	Central Kitsap
2	Gig Harbor	2	Gig Harbor
3	Central Kitsap	3	Stadium
4	Bishop Blanchet	4	Bishop Blanchet
5	Mercer Island	5	Mercer Island
6	Lincoln-Seattle	6	Lincoln-Seattle
7	Cheney-Seattle	7	Bainbridge
8	Mount Spokane	8	Mt. Spokane
9	Shorewood	9	Ballard
10	Arlington	10	University
Others	North Central, Mead & Hermiston	Others	Joel Ferris, Mead & Holy Names Academy
<b>Rank</b>	<b>Boys 2A</b>	<b>Rank</b>	<b>Girls 2A</b>
1	Sehome	1	Sehome
2	Squalicum	2	Anacortes
3	Columbia River	3	Ellensburg
4	Bellingham	4	Bellingham
5	Ellensburg	5	White River
6	Anacortes	6	Ridgefield
7	Cedarcrest	7	Columbia River
8	Ridgefield	8	Washougal
9	Lakewood	9	Selah
10	Pullman	10	Squalicum
Others	Kingston, Tumwater & Steilacoom	Others	East Valley-Yakima, Pullman & Burlington-Edison
<b>Rank</b>	<b>Boys 1A</b>	<b>Rank</b>	<b>Girls 1A</b>
1	Bush	1	Lakeside-Nine Mile Falls
2	Seton Catholic	2	Naches Valley
3	Cedar Park Christian	3	Cascade-Leavenworth
4	South Whidbey	4	Montesano
5	La Center	5	King's
6	Lakeside-Nine Mile Falls	6	Seattle Academy
7	Bellevue Christian	7	Bear Creek
8	Meridian	8	Medical Lake
9	College Place	9	Cedar Park Christian
10	Overlake	10	Bush
Others	Cascade-Leavenworth, King's & Montesano	Others	South Whidbey, Klahowya & Toppenish
<b>Rank</b>	<b>Boys 1B/2B</b>	<b>Rank</b>	<b>Girls 1B/2B</b>
1	Liberty Bell	1	Pope John Paul II
2	Chewelah	2	Liberty Bell
3	Valley Christian	3	Garfield-Palouse
4	St. George's	4	Rainier
5	Okanogan	5	St. George's
6	Onalaska	6	Valley Christian
7	Asotin	7	Chewelah
8	Pope John Paul II	8	Covenant
9	Liberty-Spangle	9	Oroville
10	Morton White Pass	10	Summit Classical Christian-Bellevue
Others	Mt. Vernon Christian, Kettle Falls & Adna	Others	Mt. Vernon Christian

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