

2023 Washington State Cross Country Coaches Poll # 7  
Week of Oct. 15

<b>Rank</b>	<b>Boys 4A</b>	<b>Rank</b>	<b>Girls 4A</b>
1	Issaquah	1	Mt. Si
2	Kamiakin	2	Issaquah
3	West Valley-Yakima	3	West Valley-Yakima
4	Mt. Si	4	Skyline
5	Union	5	Eastlake
6	Redmond	6	Wenatchee
7	Kamiak	7	Redmond
8	Lewis & Clark	8	Camas
9	Emerald Ridge	9	Bellarmine Prep
10	Central Valley	10	Emerald Ridge
Others	Camas, Olympia, Tahoma & Henry Jackson	Others	Union, Olympia & Kamiakin
<b>Rank</b>	<b>Boys 3A</b>	<b>Rank</b>	<b>Girls 3A</b>
1	Bishop Blanchet	1	Central Kitsap
2	Seattle Prep	2	Gig Harbor
3	Central Kitsap	3	Bishop Blanchet
4	Shorewood	4	Mead
5	Mercer Island	5	Lincoln-Seattle
6	Cheney	6	Mercer Island
7	North Central	7	Joel Ferris
8	Gig Harbor	8	Mt. Spokane
9	Arlington	9	Ballard
10	Mount Spokane	10	Arlington
Others	Lincoln-Seattle, Mead & Hermiston	Others	Roosevelt, Bainbridge & Stadium
<b>Rank</b>	<b>Boys 2A</b>	<b>Rank</b>	<b>Girls 2A</b>
1	Sehome	1	Sehome
2	Squalicum	2	Anacortes
3	Anacortes	3	Ellensburg
4	Bellingham	4	Bellingham
5	Ellensburg	5	White River
6	Columbia River	6	East Valley-Spokane
7	Steilacoom	7	Ridgefield
8	Cedarcrest	8	Squalicum
9	Rifgefield	9	West Valley-Spokane
10	Selah	10	Selah
Others	Lakewood, Ephrata & Lynden	Others	Steilacoom, Pullman & Washougal
<b>Rank</b>	<b>Boys 1A</b>	<b>Rank</b>	<b>Girls 1A</b>
1	Cedar Park Christian	1	Lakeside-Nine Mile Falls
2	Bush	2	Cascade-Leavenworth
3	Seton Catholic	3	King's
4	Lakeside-Nine Mile Falls	4	Seattle Academy
5	King's	5	Medical Lake
6	Meridian	6	Naches Valley
7	Overlake	7	Bear Creek
8	Meridian	8	Cedar Park Christian
9	South Whidbey	9	Royal
10	College Place	10	Overlake
Others	La Center & Cascade-Leavenworth-	Others	Seton Catholic & Port Townsend
<b>Rank</b>	<b>Boys 1B/2B</b>	<b>Rank</b>	<b>Girls 1B/2B</b>
1	Valley Christian	1	Pope John Paul II
2	Pope John Paul II	2	Liberty Bell
3	Chewelah	3	Garfield-Palouse
4	Liberty Bell	4	Rainier
5	Garfield-Palouse	5	St. George's
6	Asotin	6	Davenport
7	Okanogan	7	Valley Christian
8	Davenport	8	Northwest Christian-Colbert
9	St. George's	9	Covenant
10	Brewster	10	Chewelah
Others	Cle Elum/Roslyn, Goldendale & Kettle Falls	Others	Summit Classical Christian-Bellevue & Selkirk

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