

2023 Washington State Cross Country Coaches Poll # 8
Week of Oct. 22

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|-------------|--|-------------|---|
| Rank | Boys 4A | Rank | Girls 4A |
| 1 | Issaquah | 1 | Mt. Si |
| 2 | Kamiakin | 2 | Issaquah |
| 3 | West Valley-Yakima | 3 | West Valley-Yakima |
| 4 | Redmond | 4 | Skyline |
| 5 | Union | 5 | Eastlake |
| 6 | Mt. Si | 6 | Wenatchee |
| 7 | Kamiak | 7 | Redmond |
| 8 | Lewis & Clark | 8 | Camas |
| 9 | Emerald Ridge | 9 | Bellarmine Prep |
| 10 | Camas | 10 | Emerald Ridge |
| Others | Central valley, Eastlake & Henry Jackson | Others | Union, Olympia & Kamiakin |
| Rank | Boys 3A | Rank | Girls 3A |
| 1 | Seattle Prep | 1 | Central Kitsap |
| 2 | Central Kitsap | 2 | Bishop Blanchet |
| 3 | Bishop Blanchet | 3 | Gig Harbor |
| 4 | Mercer Island | 4 | Mead |
| 5 | Arlington | 5 | Lincoln-Seattle |
| 6 | Shorewood | 6 | Mercer Island |
| 7 | Lincoln-Seattle | 7 | Joel Ferris |
| 8 | Cheney | 8 | Mt. Spokane |
| 9 | Gig Harbor | 9 | Stadium |
| 10 | Mount Spokane | 10 | Ballard |
| Others | North Central, Mead & Hermiston | Others | Roosevelt, Arlington & Stanwood |
| Rank | Boys 2A | Rank | Girls 2A |
| 1 | Sehome | 1 | Sehome |
| 2 | Squalicum | 2 | Anacortes |
| 3 | Anacortes | 3 | White River |
| 4 | Bellingham | 4 | Ellensburg |
| 5 | Ellensburg | 5 | Bellingham |
| 6 | Columbia River | 6 | East Valley-Spokane |
| 7 | Enumclaw | 7 | Hockinson |
| 8 | Kingston | 8 | Ridgefield |
| 9 | Selah | 9 | West Valley-Spokane |
| 10 | Ridgefield | 10 | Selah |
| Others | Cedarcrest, Lynden & Franklin Pearce | Others | Burlington, Squalicum, Edmunsom & Pullman |
| Rank | Boys 1A | Rank | Girls 1A |
| 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 | South Whidbey | 7 | Bear Creek |
| 8 | Overlake | 8 | Cedar Park Christian |
| 9 | Medical Lake | 9 | Royal |
| 10 | College Place | 10 | Overlake |
| Others | La Center, Cascade & College Place | Others | Seton Catholic & Port Townsend |
| Rank | Boys 1B/2B | Rank | Girls 1B/2B |
| 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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