

2024 Washington State Cross Country Coaches Poll # 4

Week of September 29th

Rank	Boys 4A	Rank	Girls 4A
1	Issaquah	1	Mount Si
2	Kamiakin	2	Issaquah
3	Redmond	3	Eastlake
4	Arlington	4	Gonzaga Prep
5	Lincoln (Seattle)	5	Stadium
6	Curtis	6	Curtis
7	South Kitsap	7	Camas
8	Camas	8	Redmond
9	Eisenhower	9	Wenatchee
10	Lewis & Clark	10	Lewis & Clark
Others	Tahoma, Jackson, Mead, Eastlake	Others	Arlington, Puyallup, South Kitsap, Lincoln (Seattle)
Rank	Boys 3A	Rank	Girls 3A
1	Mercer Island	1	Mercer island
2	Mount Spokane	2	Bishop Blanchet
3	Seattle Prep	3	Central Kitsap
4	Central Kitsap	4	Seattle Prep
5	Shorewood	5	Gig Harbor
6	Cheney	6	Inglemoor
7	Gig Harbor	7	Seattle Academy
8	Hermiston	8	Mount Spokane
9	Bishop Blanchet	9	Holy Names
10	Walla Walla	10	Roosevelt
Others	Lakes, Bellarmine Prep, Franklin, Central Valley	Others	Shorewood, Ballard, Bellarmine Prep
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Bainbridge	2	Anacortes
3	Ridgefield	3	Bainbridge
4	Ellensburg	4	Bellingham
5	Anacortes	5	Ellensburg
6	Squalicum	6	Squalicum
7	Bellingham	7	West Valley - Spokane
8	Nathan Hale	8	Hockinson
9	Mark Morris	9	Columbia River
10	Columbia River	10	Lynden
Others	Burlington-Ed, Hockinson, Steilacoom, WV-Spokane	Others	Selah, Ridgefield, Burlington-Edison
Rank	Boys 1A	Rank	Girls 1A
1	Cedar Park Christian (Bothell)	1	Cedar Park Christian (Bothell)
2	South Whidbey	2	Lakeside (Nine Mile Falls)
3	Bush	3	Medical Lake
4	Vashon Island	4	Klahowya
5	Meridian	5	Meridian
6	La Center	6	Montesano
7	East Jefferson	7	Columbia (White Salmon)
8	Seton Catholic	8	Bush
9	Lakeside (Nine Mile Falls)	9	Cascade (Leavenworth)
10	Medical Lake	10	South Whidbey
Others	Klahowya, Cascade Christian	Others	La Center, Bear Creek
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Valley Christian	1	Saint George's
2	Okanogan	2	Rainier
3	Pope John Paull II	3	Pope JohnPaul II
4	Garfield-Palouse	4	Liberty Bell
5	Cle-Elum / Roslyn	5	Valley Christian
6	Mount Vernon Christian	6	Garfield-Palouse
7	Saint George's	7	Freeman
8	Freeman	8	Chesterton Academy of Notre Dame
9	Morton - White Pass	9	Chewelah
10	Liberty Bell	10	Mount Vernon Christian

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