

2022 Washington State Cross Country Coaches Poll # 4
 Week of Oct. 2

Rank	Boys 4A	Rank	Girls 4A
1	Lewis & Clark	1	Tahoma
2	Issaquah	2	Mt. Si
3	Tahoma	3	Eastlake
4	West Valley-Yakima	4	Issaquah
5	Eastlake	5	Skyline
6	Camas	6	Union
7	Kamiakin	7	Eisenhower
8	Camas	8	Wenatchee
9	Kamiak	9	Lake Stevens
10	Redmond	10	Camas
Others	Olympia, Curtis, Glacier Peak & Hanford	Others	West Valley-Yakima, Bellarmine Prep & Skyview
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Mt. Spokane	2	Gig Harbor
3	Mead	3	Holy Names Academy
4	Gig Harbor	4	Roosevelt
5	Bishop Blanchet	5	Stadium
6	Central Kitsap	6	Bishop Blanchet
7	Mercer Island	7	Mead
8	Lakes	8	Mt.Spokane
9	Shorewood	9	Peninsula
10	Hermiston	10	Hermiston (OR)
Others	Cheney, Arlington, Shorecrest & Garfield	Others	Ballard, Mercer Island, Ridgeline & Bainbridge
Rank	Boys 2A	Rank	Girls 2A
1	Squalicum	1	Anacortes
2	Sehome	2	Sehome
3	Cedarcrest	3	Columbia River
4	Bellingham	4	Ellensburg
5	Tumwater	5	Bellingham
6	Columbia River	6	Washougal
7	Lynden	7	Ft. Vancouver
8	Ellensburg	8	Cedarcrest
9	Shadle Park	9	West valley-Spokane
10	Pullman	10	East Valley-Spokane
Others	Ephrata, Selah & Lakewood	Others	Ridgefield, Ephrata & White River
Rank	Boys 1A	Rank	Girls 1A
1	Lakeside-Nine Mile Falls	1	Lakeside-Nine Mile Falls
2	Bush	2	Naches Valley
3	Seton Catholic	3	Medical Lake
4	Cedar Park Christian	4	Bush
5	Northwest	5	Overlake
6	Meridian	6	East Jefferson-Port Townsend
7	Cashmere	7	Seattle Academy
8	La Center	8	Bear Creek
9	Medical Lake	9	Cascade-Leavenworth
10	King's	10	Seton Catholic
Others	Overlake, College Place & Cascade-Leavenworth	Others	Cedar park Christian, Kings & Freeman
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Chewelah	1	Pope John Paul II
2	Pope John Paul II	2	St. George's
3	St. George's	3	Garfield-Palouse
4	Valley Christian	4	Liberty Bell
5	Okanogn	5	Rainier
6	Davenport	6	Northwest Christian (Colbert)
7	Brewster	7	Mt. Vernon Christian
8	Onalaska	8	Summit Classical Christian-Bellevue
9	Garfield-Palouse	9	Covenant
10	Kettle Falls	10	Couppville
Others	Liberty Bell, Covenant & Cedar Tree Classical Christian	Others	Colfax & Forks

For further information contact Phil English at the following location:
 Email: englishp@wolfenet.com