

2022 Washington State Cross Country Coaches Poll # 5
 Week of Oct. 9

Rank	Boys 4A	Rank	Girls 4A
1	Eastlake	1	Tahoma
2	Lewis & Clark	2	Mt. Si
3	Issaquah	3	Eastlake
4	West Valley-Yakima	4	Issaquah
5	Tahoma	5	Skyline
6	Camas	6	Lewis & Clark
7	Kamiakin	7	Eastlake
8	Curtis	8	Wenatchee
9	Kamiak	9	Lake Stevens
10	Redmond	10	Camas
Others	Olympia, Glacier Peak & Hanford	Others	West Valley-Yakima, Bellarmine Prep & Bothell
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Gig Harbor	2	Gig Harbor
3	Mt. Spokane	3	Bishop Blanchet
4	Mead	4	Mead
5	Central Kitsap	5	Stadium
6	Lakes	6	Holy Names Academy
7	Bishop Blanchet	7	Roosevelt
8	Arlington	8	Mt.Spokane
9	Hermiston	9	Peninsula
10	Shorewood	10	Shorecrest
Others	Cheney, Shorecrest & Garfield	Others	Ballard, Hermiston, Ridgeline & Lincoln-Seattle
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Anacortes
2	Bellingham	2	Sehome
3	Squalicum	3	Ellensburg
4	Cedarcrest	4	Bellingham
5	Tumwater	5	Columbia River
6	Kingston	6	Washougal
7	Ellensburg	7	Ft. Vancouver
8	Port Angeles	8	Cedarcrest
9	Lakewood	9	West Valley-Spokane
10	Shadle Park	10	Selah
Others	Lynden, Pullman, Ephrata & Columbia River	Others	East Valley-Spokane, Ridgefield & Ephrata
Rank	Boys 1A	Rank	Girls 1A
1	Lakeside-Nine Mile Falls	1	Lakeside-Nine Mile Falls
2	Seton Catholic	2	Naches Valley
3	Bush	3	Bush
4	Cedar Park Christian	4	Medical Lake
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, King's & Freeman
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Pope John Paul II	1	Pope John Paul II
2	Chewelah	2	St. George's
3	St. George's	3	Garfield-Palouse
4	Valley Christian	4	Liberty Bell
5	Liberty Bell	5	Rainier
6	Okanogn	6	Northwest Christian (Colbert)
7	Davenport	7	Mt. Vernon Christian
8	Brewster	8	Summit Classical Christian-Bellevue
9	Garfield-Palouse	9	Covenant
10	Kettle Falls	10	Couville
Others	Goldendale, Okanogan & Morton White Pass	Others	Republic & Northwest Christian (Lacey)

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