

2022 Washington State Cross Country Coaches Poll # 7
 Week of Oct. 23

Rank	Boys 4A	Rank	Girls 4A
1	Eastlake	1	Tahoma
2	Issaquah	2	Issaquah
3	Tahoma	3	Eastlake
4	West Valley-Yakima	4	Mt, Si
5	Lewis & Clark	5	Skyline
6	Camas	6	Lewis & Clark
7	Kamiakin	7	Lake Stevens
8	Kamiak	8	Wenatchee
9	Curtis	9	Camas
10	Lake Stevens	10	Bellarmine Prep
Others	Redmond, Olympia & Emerald Ridge	Others	Bothell, Redmond, Curtis & Emerald Ridge
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Mt. Spokane	2	Gig Harbor
3	Bishop Blanchett	3	Bishop Blanchet
4	Mead	4	Holy Names Academy
5	Lakes	5	Stadium
6	Central Kitsap	6	Mead
7	Gig Harbor	7	Roosevelt
8	Mercer Island	8	Mt.Spokane
9	Cheney	9	Peninsula
10	Hermiston	10	Bainbridge
Others	Shorewood, Juanita, Arlington & Lincoln	Others	Ballard, Ridgeline, University & Lake Washington
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Anacortes
2	Squalicum	2	Sehome
3	Bellingham	3	Ellensburg
4	Cedarcrest	4	Bellingham
5	Tumwater	5	Columbia River
6	Kingston	6	Washougal
7	Selah	7	White River
8	Ellensburg	8	Cedarcrest
9	Columbia River	9	Hockinson
10	Ellensburg	10	Selah
Others	Lakewood, Port Angeles & Lynden	Others	West Valley-Spokane, Ridgefield & North Kitsap
Rank	Boys 1A	Rank	Girls 1A
1	Lakeside-Nine Mile Falls	1	Lakeside-Nine Mile Falls
2	Cedar Park Christian	2	Overlake
3	Bush	3	Naches Valley
4	Seton Catholic	4	Medical Lake
5	Northwest	5	East Jefferson-Port Townsend
6	Meridian	6	Bush
7	Overlake	7	Seattle Academy
8	King's	8	Bear Creek
9	LaCenter	9	Meridian
10	South Whidbey	10	King's
Others	Bellevue Christian, Royal & Cashmere	Others	Cascade-Leavenworth & Seton Catholic
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 (Lacey)
7	Davenport	7	Mt. Vernon Christian
8	Brewster	8	Summit Classical Christian-Bellevue
9	Onalaska	9	Couville
10	Mossyrock	10	Covenant
Others	Goldendale, Kelt Falls & Morton-White Pass	Others	Republic & Northwest Christian (Lacey)

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