

2023 Washington State Cross Country Coaches Poll # 1 Preseason Poll

<i>Rank</i>	<i>Boys 4A</i>
1	Issaquah
2	Eastlake
3	West Valley-Yakima
4	Kamiakin
5	Lake Stevens
6	Kamiak
7	Curtis
8	Redmond
9	Olympia
10	Tahoma
Others	Skyline, Camas & Lewis & Clark

<i>Rank</i>	<i>Girls 4A</i>
1	Skyline
2	Eastlake
3	Issaquah
4	Mt. Si
5	Tahoma
6	Redmond
7	Curtis
8	West Valley-Yakima
9	Wenatchee
10	Bellarmino Prep
Others	Olympia, Henry Jackson & Emerald Ridge

<i>Rank</i>	<i>Boys 3A</i>
1	Seattle Prep
2	Central Kitsap
3	Cheney
4	Mt. Spokane
5	Bishop Blanchet
6	Shorewood
7	Lincoln-Seattle
8	Gig Harbor
9	Arlington
10	Lakes
Others	North Central, Bainbridge & Edmonds-Woodway

<i>Rank</i>	<i>Girls 3A</i>
1	Central Kitsap
2	Gig Harbor
3	Stadium
4	Bishop Blanchet
5	Holy Names Academy
6	Mead
7	Peninsula
8	Roosevelt
9	Bainbridge
10	Mt. Spokane
Others	Lake Washington, Ridgeline & Cheney

<i>Rank</i>	<i>Boys 2A</i>
1	Squaticum
2	Sehome
3	Bellingham
4	Tumwater
5	Columbia River
6	Ellensburg
7	Anacortes
8	Kingston
9	Cedarcrest
10	Lynden
Others	Ephrata, Steilacoom & Selah

<i>Rank</i>	<i>Girls 2A</i>
1	Sehome
2	Anacortes
3	Ellensburg
4	Hockinson
5	Bellingham
6	White River
7	Columbia River
8	Washougal
9	Mark Morris
10	Fort Vancouver
Others	Tumwater, Selah & West Valley-Spokane

<i>Rank</i>	<i>Boys 1A</i>
1	Seton Catholic
2	Meridian
3	Cedar Park Christian
4	Bush
5	La Center
6	King's
7	Bellevue Christian
8	South Whidbey
9	Overlake
10	Lakeside-Nine Mile Falls
Others	Cashmere, Royal & Klahowya

<i>Rank</i>	<i>Girls 1A</i>
1	Naches Valley
2	Overlake
3	Lakeside-Nine Mile Falls
4	Port Townsend
5	Medical Lake
6	Bush
7	Seattle Academy
8	Bear Creek
9	Seton Catholic
10	Meridian
Others	Cascade, King's & cedar Park Christian

<i>Rank</i>	<i>Boys 1B/2B</i>
1	Pope John Paul II
2	Chewelah
3	Liberty Bell
4	Brewster
5	St. George's
6	Davenport
7	Valley Christian
8	Mossyrock
9	Okanogan
10	Onalaska
Others	Goldendale, Kettle Falls & Asotin

<i>Rank</i>	<i>Girls 1B/2B</i>
1	Pope John Paul II
2	Garfield-Palouse
3	Rainier
4	St. George's
5	Republic
6	Northwest Christian-Lacey
7	Northwest Christian-Colbert
8	Covenant
9	Colfax
10	Mt. Vernon Christian
Others	Forks & Oroville