

2023 Washington State Cross Country Coaches Poll # 9 Week of Oct. 29

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

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

<i>Rank</i>	<i>Boys 3A</i>
1	Seattle Prep
2	Shorewood
3	Mercer Island
4	Mount Spokane
5	Central Kitsap
6	Arlington
7	Bishop Blanchet
8	Lincoln-Seattle
9	Gig Harbor
10	Cheney
Others	Nathan Hale, Hermiston & Edmonds-Woodway

<i>Rank</i>	<i>Girls 3A</i>
1	Central Kitsap
2	Gig Harbor
3	Bishop Blanchet
4	Stadium
5	Arlington
6	Mead
7	Mercer Island
8	Roosevelt
9	Mount Spokane
10	Stanwood
Others	Shorecrest, Bainbridge & Lincoln-Seattle

<i>Rank</i>	<i>Boys 2A</i>
1	Sehome
2	Anacortes
3	Ellensburg
4	Kingston
5	Columbia River
6	Enumclaw
7	Selah
8	Shadle Park
9	Steilacoom
10	West Valley-Spokane
Others	Franklin Pearce, Olympic, Ridgefield & Tumwater

<i>Rank</i>	<i>Girls 2A</i>
1	Sehome
2	Anacortes
3	Ellensburg
4	White River
5	Bellingham
6	Ridgefield
7	Selah
8	East Valley-Spokane
9	West Valley-Spokane
10	Enumclaw
Others	Steilacoom, Hockinson & Washougal

<i>Rank</i>	<i>Boys 1A</i>
1	Cedar Park Christian
2	Lakeside-Nine Mile Falls
3	Medical Lake
4	Seton Catholic
5	Bush
6	South Whidbey
7	Meridian
8	College Place
9	Port Townsend-East Jefferson
10	Cascade-Leavenworth
Others	Charles Wright Academy, LaCenter & Cashmere

<i>Rank</i>	<i>Girls 1A</i>
1	Lakeside-Nine Mile Falls
2	Medical Lake
3	Seattle Academy
4	King's
5	Port Townsend-East Jefferson
6	Klahowya
7	Naches Valley
8	Montesano
9	Cascade-Leavenworth
10	Meridian
Others	Seaton Catholic, Overlake & Royal

<i>Rank</i>	<i>Boys 1B/2B</i>
1	Valley Christian
2	Pope John Paul II
3	Garfield-Palouse
4	Chewelah
5	Adna
6	Couville
7	Davenport
8	Okanogan
9	Liberty Bell
10	Brewster
Others	Goldendale, Onalaska & Goldendale

<i>Rank</i>	<i>Girls 1B/2B</i>
1	Pope John Paul II
2	Liberty Bell
3	Garfield-Palouse
4	Davenport
5	Manson
6	Rainier
7	Three Rivers Christian
8	Covenant