

2023 Washington State Cross Country Coaches Poll # 3 Week of Sept. 17th

<i>Rank</i>	<i>Boys 4A</i>
1	Issaquah
2	Emerald Ridge
3	Redmond
4	Kamiakin
5	West Valley-Yakima
6	Kamiak
7	Curtis
8	Lewis & Clark
9	Skyline
10	Battleground
Others	Wenatchee, Tahoma, Puyallup & Hanford

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

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

<i>Rank</i>	<i>Girls 3A</i>
1	Central Kitsap
2	Gig Harbor
3	Stadium
4	Bishop Blanchet
5	Lincoln-Seattle
6	Ballard
7	Mead
8	Mt. Spokane
9	Mercer Island
10	University
Others	Peninsula, Lake Washington & Arlington

<i>Rank</i>	<i>Boys 2A</i>
1	Sehome
2	Squalicum
3	Columbia River
4	Bellingham
5	Ellensburg
6	Anacortes
7	Cedarcrest
8	Ridgefield
9	Lakewood
10	Pullman
Others	Kingston, Tumwater & Steilacoom

<i>Rank</i>	<i>Girls 2A</i>
1	Sehome
2	Anacortes
3	Ellensburg
4	Bellingham
5	White River
6	Ridgefield
7	Columbia River
8	Washougal
9	Selah
10	Squalicum
Others	East Valley-Yakima, Pullman & Burlington-Edison

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

<i>Rank</i>	<i>Girls 1A</i>
1	Lakeside-Nine Mile Falls
2	Naches Valley
3	Seattle Academy
4	Montesano
5	Medical Lake
6	King's
7	Cascade-Leavenworth
8	Bear Creek
9	Cedar Park Christian
10	Bush
Others	South Whidbey, Klahowya & Toppenish

<i>Rank</i>	<i>Boys 1B/2B</i>
1	Valley Christian
2	Liberty Bell
3	Asotin
4	Pope John Paul II
5	St. George's
6	Okanogan
7	Onalaska
8	Mt. Vernon Christian
9	Covenant
10	Brewster
Others	Goldendale, Northwest Christian-Colbert

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