

2023 Washington State Cross Country Coaches Poll # 4 Week of Sept. 24th

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

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

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

<i>Rank</i>	<i>Girls 3A</i>
1	Central Kitsap
2	Gig Harbor
3	Stadium
4	Bishop Blanchet
5	Mercer Island
6	Lincoln-Seattle
7	Bainbridge
8	Mt. Spokane
9	Ballard
10	University
Others	Joel Ferris, Mead & Holy Names Academy

<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	College Place
10	Overlake
Others	Cascade-Leavenworth, King's & Montesano

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

<i>Rank</i>	<i>Boys 1B/2B</i>
1	Liberty Bell
2	Chewelah
3	Valley Christian
4	St. George's
5	Okanogan
6	Onalaska
7	Asotin
8	Pope John Paul II
9	Liberty-Spangle
10	Morton White Pass
Others	Mt. Vernon Christian, Kettle Falls & Adna

<i>Rank</i>	<i>Girls 1B/2B</i>
1	Pope John Paul II
2	Liberty Bell
3	Garfield-Palouse
4	Rainier
5	St. George's
6	Valley Christian
7	Chewelah
8	Covenant
9	Oroville
10	Summit Classical Christian-Bellevue
Others	Mt. Vernon Christian