

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

<i>Rank</i>	<i>Boys 4A</i>
1	Issaquah
2	Kamiakin
3	West Valley-Yakima
4	Mt. Si
5	Redmond
6	Eastlake
7	Kamiak
8	Lewis & Clark
9	Emerald Ridge
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	Bellarmino Prep
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	Shorewood
7	North Central
8	Arlington
9	Cheney
10	Mount Spokane
Others	Lincoln-Seattle, Mead & Hermiston

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

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

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

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

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

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

<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	Davenport
7	Valley Christian
8	Chewelah
9	Covenant
10	Northwest Christian-Colbert
Others	Summit Classical Christian-Bellevue