

2023 Washington State Cross Country Coaches Poll # 6 Week of Oct. 8

<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	Central Valley
Others	Union, Olympia, Tahoma & Henry Jackson

<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	Central Kitsap
3	Shorewood
4	Bishop Blanchet
5	Mercer Island
6	Cheney
7	North Central
8	Gig Harbor
9	Arlington
10	Mount Spokane
Others	Lincoln-Seattle, Mead & Hermiston

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

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

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

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