

2023 Washington State Cross Country Coaches Poll # 7 Week of Oct. 15

<i>Rank</i>	<i>Boys 4A</i>
1	Issaquah
2	Kamiakin
3	West Valley-Yakima
4	Mt. Si
5	Union
6	Redmond
7	Kamiak
8	Lewis & Clark
9	Emerald Ridge
10	Central Valley
Others	Camas, 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	Union, Olympia & Kamiakin

<i>Rank</i>	<i>Boys 3A</i>
1	Bishop Blanchet
2	Seattle Prep
3	Central Kitsap
4	Shorewood
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, Bainbridge & 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	Lakeside-Nine Mile Falls
5	King's
6	Meridian
7	Overlake
8	Meridian
9	South Whidbey
10	College Place
Others	La Center & Cascade-Leavenworth-

<i>Rank</i>	<i>Girls 1A</i>
1	Lakeside-Nine Mile Falls
2	Cascade-Leavenworth
3	King's
4	Seattle Academy
5	Medical Lake
6	Naches Valley
7	Bear Creek
8	Cedar Park Christian
9	Royal
10	Overlake
Others	Seton Catholic & Port Townsend

<i>Rank</i>	<i>Boys 1B/2B</i>
1	Valley Christian
2	Pope John Paul II
3	Chewelah
4	Liberty Bell
5	Garfield-Palouse
6	Asotin
7	Okanogan
8	Davenport
9	St. George's
10	Brewster
Others	Cle Elum/Roslyn, Goldendale & Kettle Falls

<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	Northwest Christian-Colbert
9	Covenant
10	Chewelah
Others	Summit Classical Christian-Bellevue & Selkirk