

2022 Washington State Cross Country Coaches Poll # 8
Week of Oct. 30

Rank	Boys 4A	Rank	Girls 4A
1	Eastlake	1	Tahoma
2	Issaquah	2	Mt. Si
3	Tahoma	3	Issaquah
4	Lewis & Clark	4	Eastlake
5	Camas	5	Camas
6	West Valley-Yakima	6	Lewis & Clark
7	Kamiakin	7	Lake Stevens
8	Olympia	8	Wenatchee
9	Kamiak	9	Olympia
10	Emerald Ridge	10	West Valley-Yakima
Others	Lake Stevens, Curtis & Hanford	Others	Central Valley, Emerald Ridge & Curtis
Rank	Boys 3A	Rank	Girls 3A
1	Bishop Blanchet	1	Central Kitsap
2	Seattle Prep	2	Gig Harbor
3	Mt. Spokane	3	Stadium
4	Lakes	4	Mt. Spokane
5	Mead	5	Bishop Blanchet
6	Central Kitsap	6	Mead
7	Gig Harbor	7	Roosevelt
8	Shorewood	8	Holy Names Academy
9	Cheney	9	Arlington
10	Edmonds- Woodway	10	Cheney
Others	Arlington, Mercer Island & Lincoln-Seattle	Others	Peninsula, Ballard & Mt. Vernon
Rank	Boys 2A	Rank	Girls 2A
1	Squalicum	1	Anacortes
2	Sehome	2	Sehome
3	Bellingham	3	Ellensburg
4	Selah	4	Washougal
5	Tumwater	5	West Valley-Spokane
6	Kingston	6	Selah
7	Ellensburg	7	Columbia River
8	Port Angeles	8	White River
9	Steilacoom	9	Bellingham
10	Ephrata	10	Hockinson
Others	Enumclaw, Columbia-Riverside & Bremerton	Others	Ridgefield, Steilacoom & North Kitsap
Rank	Boys 1A	Rank	Girls 1A
1	Lakeside-Nine Mile Falls	1	Lakeside-Nine Mile Falls
2	Cedar Park Christian	2	Overlake
3	Bush	3	Naches Valley
4	LaCenter	4	Medical Lake
5	Medical Lake	5	East Jefferson-Port Townsend
6	Meridian	6	Bush
7	Seton Catholic	7	Seattle Academy
8	Northwest	8	Bear Creek
9	Cascade-Leavenworth	9	Meridian
10	Riverside	10	Columbia- White Salmon
Others	Montesano & Bellevue Christian	Others	Cascade-Leavenworth, Seton Catholic & Wapato
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Chewelah	1	Pope John Paul II
2	Liberty Bell	2	St. George's
3	Brewster	3	Garfield-Palouse
4	Pope John Paul II	4	Liberty Bell
5	Davenport	5	Rainier
6	Valley Christian	6	Oroville
7	St. George's	7	Covenant
8	Mossyrock	8	Coupeville
9	Cedar Tree Classical Christian	9	
10	Onalaska	10	
Others	Garfield Palouse & Adna	Others	

For further information contact Phil English at the following location:
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