

2016 Washington State Cross Country Coaches Poll # 3
 Week of Sept. 19

Rank	Boys 4A	Rank	Girls 4A
1	Tahoma	1	Camas
2	Central Valley	2	Lewis & Clark
3	Bellarmino Prep	3	Issaquah
4	Eisenhower	4	Mt.Si
5	Lake Stevens	5	Glacier Peak
6	Ferris	6	Eastlake
7	Camas	7	Tahoma
8	Glacier Peak	8	Mead
9	Mt. Si.	9	Central Valley
10	Lewis & Clark	10	Curtis
Others	Richland, Issaquah, Jackson & Mead	Others	Kamiak, Lk. Washington, Eisenhower, & Lake Stevens
Rank	Boys 3A	Rank	Girls 3A
1	North Central	1	Edmonds-Woodway
2	Kamiakin	2	North Central
3	Ballard	3	Ballard
4	Interlake	4	Garfield
5	Gig Harbor	5	Holy Names Academy
6	Central Kitsap	6	Kamiakin
7	Mt. Spokane	7	Capital
8	Nathan Hale	8	Mercer Island
9	Arlington	9	Central Kitsap
10	Bainbridge Island	10	Lakeside
Others	Edmonds-Woodway, Peninsula & Bonney Lake	Others	Peninsula, Mt. Spokane, Enumclaw & Sumner
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Liberty-Issaquah
2	Cedarcrest	2	Sehome
3	Lindbergh	3	Pullman
4	Mountlake Terrace	4	Cedarcrest
5	Burlington-Edison	5	Bellingham
6	Cheney	6	Mountlake Terrace
7	Ellensburg	7	Selah
8	West Valley-Spokane	8	Anacortes
9	Bellingham	9	Ellensburg
10	Pullman	10	Lindbergh
Others	Selah, Liberty, Kingston & Columbia River	Others	Ridgefield, White River & Steilacoom
Rank	Boys 1A	Rank	Girls 1A
1	Deer Park	1	Northwest
2	Riverside	2	Riverside
3	Meridian	3	Deer Park
4	Lakeside-Nine Mile Falls	4	Zillah
5	Medical Lake	5	Lakeside
6	Chelan	6	Meridian
7	Bush	7	Charles Wright
8	Overlake	8	Klahowya
9	Royal	9	Royal
10	Northwest	10	Colville
Others	Kings, Cedar Park Christian, & Chelan	Others	Chelan, Nooksack Valley & LaCenter
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Northwest Christian-Colbert	1	Asotin
2	Northwest Christian-Lacey	2	Northwest Christian-Lacey
3	St. George's	3	Ocosta
4	Liberty Bell	4	Liberty Bell
5	Asotin	5	Rearden
6	Mary Walker	Others	Northwest Christian-Colbert & Morton-White Pass
7	Tonasket		
8	Tri-Cities Prep		
9	Mossyrock		
10	Tonasket		
Others	Reardan, Adna, Crosspoint & Rainier		

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