

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

Rank	Boys 4A	Rank	Girls 4A
1	Issaquah	1	Mt. Si
2	Kamiakin	2	Issaquah
3	West Valley-Yakima	3	West Valley-Yakima
4	Mt. Si	4	Skyline
5	Redmond	5	Eastlake
6	Eastlake	6	Wenatchee
7	Kamiak	7	Redmond
8	Lewis & Clark	8	Camas
9	Emerald Ridge	9	Bellarmine Prep
10	Central Valley	10	Emerald Ridge
Others	Union, Olympia, Tahoma & Henry Jackson	Others	Tahoma, Olympia & Lewis & Clark
Rank	Boys 3A	Rank	Girls 3A
1	Seattle Prep	1	Central Kitsap
2	Central Kitsap	2	Gig Harbor
3	Shorewood	3	Bishop Blanchet
4	Bishop Blanchet	4	Mead
5	Mercer Island	5	Lincoln-Seattle
6	Cheney	6	Mercer Island
7	North Central	7	Joel Ferris
8	Gig Harbor	8	Mt. Spokane
9	Arlington	9	Ballard
10	Mount Spokane	10	Arlington
Others	Lincoln-Seattle, Mead & Hermiston	Others	Roosevelt, University & Stadium
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Squalicum	2	Anacortes
3	Anacortes	3	Ellensburg
4	Bellingham	4	Bellingham
5	Ellensburg	5	White River
6	Columbia River	6	East Valley-Spokane
7	Steilacoom	7	Ridgefield
8	Cedarcrest	8	Squalicum
9	Rifgefield	9	West Valley-Spokane
10	Selah	10	Selah
Others	Lakewood, Ephrata & Lynden	Others	Steilacoom, Pullman & Washougal
Rank	Boys 1A	Rank	Girls 1A
1	Cedar Park Christian	1	Lakeside-Nine Mile Falls
2	Bush	2	Cascade-Leavenworth
3	Seton Catholic	3	King's
4	La Center	4	Seattle Academy
5	Meridian	5	Naches Valley
6	Lakeside-Nine Mile Falls	6	Bear Creek
7	Overlake	7	Medical Lake
8	South Whidbey	8	Cedar Park Christian
9	College Place	9	Royal
10	King's	10	Bush
Others	Cascade, Lynden Christian & Montesano	Others	South Whidbey, Klahowya & Montesano
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Liberty Bell	1	Pope John Paul II
2	Chewelah	2	Liberty Bell
3	Valley Christian	3	Garfield-Palouse
4	Davenport	4	Rainier
5	Okanogan	5	St. George's
6	Onalaska	6	Davenport
7	Asotin	7	Valley Christian
8	Pope John Paul II	8	Chewelah
9	Garfield-Palouse	9	Covenant
10	Morton White Pass	10	Northwest Christian-Colbert
Others	St. George's, Tonasket & Liberty-Spangle	Others	Summit Classical Christian-Bellevue

For further information contact Phil English at the following location:
 Email: englishp@wolfenet.com