

2017 Washington State Cross Country Coaches Poll # 5  
Week of Oct. 2

<b>Rank</b>	<b>Boys 4A</b>	<b>Rank</b>	<b>Girls 4A</b>
1	Central Valley	1	Issaquah
2	Lewis & Clark	2	Camas
3	Camas	3	Lewis & Clark
4	Bellarmine Prep	4	Skyview
5	Eisenhower	5	South Kitsap
6	Tahoma	6	Tahoma
7	Henry Jackson	7	Central Valley
8	Issaquah	8	South Kitsap
9	Ferris	9	Skyline
10	Glacier Peak	10	Henry Jackson
<b>Others</b>	Mead, Inglemoor, Richland & Enumclaw	<b>Others</b>	Emerald Ridge, Glacier Peak & Lake Stevens
<b>Rank</b>	<b>Boys 3A</b>	<b>Rank</b>	<b>Girls 3A</b>
1	Kamiakin	1	North Central
2	Interlake	2	Edmonds-Woodway
3	North Central	3	Ballard
4	Seattle Prep	4	Ingraham
5	Redmond	5	Kamiakin
6	Edmonds-Woodway	6	Redmond
7	Gig Harbor	7	Snohomish
8	Bishop Blanchet	8	Central Kitsap
9	Snohomish	9	Garfield
10	Arlington	10	Bishop Blanchet
<b>Others</b>	Central Kitsap, Lakeside (Seattle) & Franklin	<b>Others</b>	Holy Names Academy, Arlington & Eastside Catholic
<b>Rank</b>	<b>Boys 2A</b>	<b>Rank</b>	<b>Girls 2A</b>
1	Sehome	1	Ellensburg
2	Liberty-Issaquah	2	Selah
3	Pullman	3	Sehome
4	Cedarcrest	4	Cedarcrest
5	Selah	5	Cheney
6	Ellensburg	6	West Valley-Spokane
7	Ridgefield	7	Cheney
8	Washougal	8	Pullman
9	Lynden	9	Tumwater
10	East Valley-Spokane	10	Liberty-Issaquah
<b>Others</b>	Bellingham, Steilacoom & Tumwater	<b>Others</b>	Columbia River, Washougal & Ridgefield
<b>Rank</b>	<b>Boys 1A</b>	<b>Rank</b>	<b>Girls 1A</b>
1	Medical Lake	1	Northwest
2	Riverside	2	Deer Park
3	Deer Park	3	Riverside
4	Meridian	4	Colville
5	Northwest	5	Charles Wright Academy
6	Charles Wright Academy	6	LaCenter
7	Lynden Christian	7	Zillah
8	Lakeside-Nine Mile	8	King's
9	LaCenter	8	Lakeside-Nine Mile
10	Overlake	10	Meridian
<b>Others</b>	Omak, Deer Park & Zillah	<b>Others</b>	Overlake, South Whidbey & University Prep
<b>Rank</b>	<b>Boys 1B/2B</b>	<b>Rank</b>	<b>Girls 1B/2B</b>
1	Northwest Christian-Lacey	1	Liberty Bell
2	Tonasket	2	Northwest Christian-Lacey
3	Liberty Bell	3	Northwest Christian-Colbert
4	Tri-Cities Prep	4	Tri-Cities Prep
5	Asotin	5	Kalama
6	Northwest Christian-Colbert	<b>Others</b>	Ilwaco, Trout Lake & Republic
7	St. George's		
8	Tonasket		
9	Kalama		
10	Manson		
<b>Others</b>	Pope John Paul-2 & Mary Walker		

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