

2019 Cross Country Coaches Poll,  
Week of Sept 30, #5

<b>Rank</b>	<b>Boys 4A</b>	<b>Rank</b>	<b>Girls 4A</b>
1	Tahoma	1	Camas
2	Camas	2	Lewis & Clark
3	Mead	3	Redmond
4	Gonzaga Prep	4	Richland
5	Lewis & Clark	5	Bellarmine Prep
6	Olympia	6	South Kitsap
7	Sumner	7	Eastlake
8	Mt. Si	8	Glacier Peak
9	Eisenhower	9	Tahoma
10	Newport-Bellevue	10	Jackson
<b>Others</b>	Henry Jackson, South Kitsap & West Valley	<b>Others</b>	Skyline, Woodville, Central Valley
<b>Rank</b>	<b>Boys 3A</b>	<b>Rank</b>	<b>Girls 3A</b>
1	Kamiakin	1	North Central
2	Rogers-Spokane	2	Holy Names Academy
3	North Central	3	Ingraham
4	Bishop Blanchet	4	Capital
5	Seattle Prep	5	Arlington
6	Stadium	6	Central Kitsap
7	Interlake	7	Bishop Blanchet
8	Mt. Spokane	8	Ballard
9	Arlington	9	Roosevelt
10	O; Dea	10	Snohomish
<b>Others</b>	Lake Washington, Ballard, Yelm & Garfield	<b>Others</b>	Garfield, Hermiston-OR, Stadium & Kennewick
<b>Rank</b>	<b>Boys 2A</b>	<b>Rank</b>	<b>Girls 2A</b>
1	Sehome	1	Sehome
2	Steilacoom	2	Ellensburg
3	Ellensburg	3	Bellingham
4	Cheney	4	Cedarcrest
5	Columbia River	5	West Valley-Spokane
6	Pullman	6	Pullman
7	Selah	7	Cheney
8	Ridgefield	8	Liberty
9	Mountlake Terrace	9	Washougal
10	Port Angeles	10	Port Angeles
<b>Others</b>	Tumwater & White River	<b>Others</b>	Tumwater & Hockinson
<b>Rank</b>	<b>Boys 1A</b>	<b>Rank</b>	<b>Girls 1A</b>
1	Lakeside-Nine Mile Falls	1	Lakeside- Nine Mile Falls
2	Medical Lake	2	La Center
3	Klahowya	3	Klahowya
4	Cashmere	4	Deer Park
5	South Whidbey	5	Kings
6	Cascade-Leavenworth	6	Northwest
7	Riverside	7	Cashmere
8	Northwest	8	Medical Lake
9	Charles Wright	9	Goldendale
10	Connell	10	Seton Catholic
<b>Others</b>	University Prep, Columbia-White Salmon & La Center	<b>Others</b>	Seattle Academy & Lynden Christian
<b>Rank</b>	<b>Boys 1B/2B</b>	<b>Rank</b>	<b>Girls 1B/2B</b>
1	Northwest Christian-Lacey	1	Liberty Bell
2	Pope John Paul II	2	Pope John Paul II
3	Manson	3	Northwest Christian-Lacey
4	Asotin	4	Cedar Tree Classical Christian
5	Brewster	5	Kettle Falls
6	Valley Christian	6	Iilwaco
7	St. George's	7	St. George's
8	Trout Lake	8	Trout Lake
9	Davenport	9	Rainier
10	Morton-White Pass	10	Manson
<b>Others</b>	Liberty Bell, Three Rivers Christian & Rainier	<b>Others</b>	Adna & Republic

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