

2019 Cross Country Coaches Poll,
Week of Oct. 7, #6

Rank	Boys 4A	Rank	Girls 4A
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	West Valley	9	Tahoma
10	Newport-Bellevue	10	Jackson
Others	Henry Jackson, South Kitsap & Eisenhower	Others	Skyline, Woodville & Central Valley
Rank	Boys 3A	Rank	Girls 3A
1	Kamiakin	1	North Central
2	Rogers-Spokane	2	Holy Names Academy
3	North Central	3	Ingraham
4	Bishop Blanchet	4	Capital
5	Arlington	5	Arlington
6	Interlake	6	Central Kitsap
7	Mt. Spokane	7	Bishop Blanchet
8	O' Dea	8	Ballard
9	Seattle Prep	9	Roosevelt
10	Stadium	10	Snohomish
Others	Lake Washington, Ballard, Yelm & Snohomish	Others	Garfield, Hermiston-OR, Stadium & Kennewick
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Sehome
2	Steilacoom	2	Bellingham
3	Cheney	3	Ellensburg
4	Columbia River	4	Pullman
5	Ridgefield	5	Cedarcrest
6	Ellensburg	6	West Valley-Spokane
7	Selah	7	Cheney
8	Pullman	8	Liberty
9	Mountlake Terrace	9	Hockinson
10	Port Angeles	10	Washougal
Others	Tumwater & White River	Others	Tumwater
Rank	Boys 1A	Rank	Girls 1A
1	Medical Lake	1	Lakeside- Nine Mile Falls
2	Lakeside-Nine Mile Falls	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
Others	University Prep, Columbia-White Salmon & La Center	Others	Seattle Academy & Lynden Christian
Rank	Boys 1B/2B	Rank	Girls 1B/2B
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	Ilwaco
7	St. George's	7	St. George's
8	Trout Lake	8	Trout Lake
9	Davenport	9	Rainier
10	Morton-White Pass	10	Manson
Others	Liberty Bell, Three Rivers Christian & Rainier	Others	Adna & Republic

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