

2019 Cross Country Coaches Poll,
Week of Oct. 14, # 7

Rank	Boys 4A	Rank	Girls 4A
1	Tahoma	1	Camas
2	Camas	2	Redmond
3	Henry Jackson	3	Tahoma
4	Gonzaga Prep	4	Eastlake
5	Lewis & Clark	5	Central Valley
6	Olympia	6	South Kitsap
7	Newport-Bellevue	7	Glacier Peak
8	Mt. Si	8	Bellarmino Prep
9	Woodinville	9	Lewis & Clark
10	West Valley	10	Richland
Others	Mead, Curtis, Central Valley & Eisenhower	Others	Skyline, Woodville, Henry Jackson & Eisenhower
Rank	Boys 3A	Rank	Girls 3A
1	Kamiakin	1	North Central
2	Bishop Blanchet	2	Holy Names Academy
3	North Central	3	Bishop Blanchet
4	Rogers-Spokane	4	Kennewick
5	Seattle Prep	5	Central Kitsap
6	Arlington	6	Arlington
7	Interlake	7	Kamiakin
8	Mt. Spokane	8	Marysville-Getchell
9	Stadium	9	Ingraham
10	Seattle Prep	10	Roosevelt
Others	O' Dea, Ballard, Yelm & Lake Washington	Others	Stadium, Ballard, Hermiston-OR, & Snohomish
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Ellensburg
2	Steilacoom	2	Bellingham
3	Ellensburg	3	Sehome
4	Tumwater	4	Pullman
5	Mountlake Terrace	5	Anacortes
6	Ridgefield	6	West Valley-Spokane
7	Selah	7	Lakewood
8	Columbia River	8	Cedarcrest
9	Cheney	9	Hockinson
10	Port Angeles	10	Liberty
Others	Pullman, Lakewood & West Valley-Spokane	Others	Tumwater, Hockinson, Cheney & Port Angeles
Rank	Boys 1A	Rank	Girls 1A
1	Medical Lake	1	Lakeside- Nine Mile Falls
2	Lakeside-Nine Mile Falls	2	La Center
3	South Whidbey	3	Kings
4	Klahowya	4	Deer Park
5	Cascade-Leavenworth	5	Klahowya
6	Cashmere	6	Northwest
7	Northwest	7	Seton Catholic
8	Connell	8	Bush
9	Columbia-White Salmon	9	Cashmere
10	Riverside	10	Medical Lake
Others	Charles Wright Academy, Chelan & Kings	Others	Goldendale, Chelan, Lynden Christian & South Whidbey
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	Illwaco
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

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