

Boys 4A		2013 Washington State Cross Country Coaches Poll # 1, Pre-Season Poll		Girls 4A	
Rank		Rank		Rank	
1	Central Valley	1	Camas	1	Camas
2	Gig Harbor	2	Tahoma	2	Tahoma
3	Eisenhower	3	Richland	3	Richland
4	Wenatchee	4	Snohomish	4	Snohomish
5	Henry Jackson	5	Bellarmine Prep	5	Bellarmine Prep
6	Olympia	6	Central Valley	6	Central Valley
7	Garfield	7	Eisenhower	7	Eisenhower
8	Eastlake	8	Eastmont	8	Eastmont
9	Mead	9	Central Kitsap	9	Central Kitsap
10	Lewis & Clark	10	Henry Jackson	10	Henry Jackson
Others	Ferris, Lake Stevens & Bellarmine Prep	Others	Union, Redmond, Roosevelt, Eastlake & Gig Harbor		
Rank		Rank		Rank	
	Boys 3A		Girls 3A		
1	North Central	1	Glacier Peak	1	Glacier Peak
2	Nathan Hale	2	Kamiakin	2	Kamiakin
3	Kamiakin	3	Peninsula	3	Peninsula
4	Seattle Prep	4	Prairie	4	Prairie
5	Mt. Spokane	5	Mt. Spokane	5	Mt. Spokane
6	Bellevue	6	Liberty-Issaquah	6	Liberty-Issaquah
7	Columbia River	7	Interlake	7	Interlake
8	University	8	Mercer Island	8	Mercer Island
9	Bainbridge	9	Shadle Park	9	Shadle Park
10	Bishop Blanchet	10	Lakeside-Seattle	10	Lakeside-Seattle
Others	Lakes, Oak Harbor & Shorewood	Others	Bishop Blanchet, Oak Harbor & Stanwood		
Rank		Rank		Rank	
	Boys 2A		Girls 2A		
1	Bellingham	1	Sehome	1	Sehome
2	Cedarcrest	2	Burlington	2	Burlington
3	Squalicum	3	Bellingham	3	Bellingham
4	Sehome	4	Capital	4	Capital
5	Lakewood	5	Cedarcrest	5	Cedarcrest
6	Lake Washington	6	West Valley-Yakima	6	West Valley-Yakima
7	Cheney	7	North Kitsap	7	North Kitsap
8	Lindbergh	8	Deer Park	8	Deer Park
9	West Valley-Yakima	9	Port Angeles	9	Port Angeles
10	Sequim	10	Sumner	10	Sumner
Others	Mark Morris, Sumner & Tumwater	Others	Ellensburg, Steilacoom, Kingston & Ephrata		
Rank		Rank		Rank	
	Boys 1A		Girls 1A		
1	Lakeside (Nine Mile Falls)	1	Riverside	1	Riverside
2	King's	2	King's	2	King's
3	Medical Lake	3	Northwest	3	Northwest
4	Charles Wright Academy	4	Lynden Christian	4	Lynden Christian
5	La Center	5	Lakeside	5	Lakeside
6	Meridian	6	Meridian	6	Meridian
7	Lynden Christian	7	Medical Lake	7	Medical Lake
8	Royal	8	La Center	8	La Center
9	Cashmere	9	South Whidbey	9	South Whidbey
10	Blaine	10	Cedar Park Christian	10	Cedar Park Christian
Others	Toledo	Others	Kalama		
Rank		Rank		Rank	
	Boys 2B/1B		Girls 2B/1B		
1	Tri-Cities Prep	1	St. John-Endicott	1	St. John-Endicott
2	Asotin	2	Northwest Christian-Lacey	2	Northwest Christian-Lacey
3	Northwest Christian-Colbert	3	Morton-White Pass	3	Morton-White Pass
4	Northwest Christian-Lacey	4	Ocosta	4	Ocosta
5	Onalaska	5	Northwest Christian-Colbert	5	Northwest Christian-Colbert
6	Republic	Others	Asotin		
7	Waitsburg-Prescott				
8	St. George's				
9	Mosseyrock				
10	Liberty Bell				
Others	Crosspoint Academy				

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