

Boys 4A		Girls 4A	
2013 Washington State Cross Country Coaches Poll # 4, Week of Sept. 23			
Rank		Rank	
1	Gig Harbor	1	Camas
2	Eisenhower	2	Tahoma
3	Central Valley	3	Bellarmine Prep
4	Henry Jackson	4	Eisenhower
5	Tahoma	5	Central Valley
6	Garfield	6	Snohomish
7	Olympia	7	Henry Jackson
8	Wenatchee	8	Gonzaga Prep
9	Eastlake	9	Richland
10	Redmond	10	Central Kitsap
Others	Lewis & Clark, Lake Stevens & Bellarmine Prep	Others	Eastmont, Redmond, Roosevelt, Eastlake & Garfield
Boys 3A		Girls 3A	
Rank		Rank	
1	North Central	1	Glacier Peak
2	Kamiakin	2	Kamiakin
3	Nathan Hale	3	Mt. Spokane
4	Mt. Spokane	4	Prairie
5	University	5	Liberty-Issaquah
6	Seattle Prep	6	Peninsula
7	Bellevue	7	Interlake
8	Columbia River	8	Mercer Island
9	Bainbridge	9	Lakeside-Seattle
10	Bishop Blanchet	10	Bishop Blanchet
Others	Lakes, Glacier Peak, Oak Harbor & Shorewood	Others	Lindbergh, Oak Harbor & Stanwood
Boys 2A		Girls 2A	
Rank		Rank	
1	Sehome	1	Sehome
2	Lakewood	2	Burlington
3	Cedarcrest	3	Bellingham
4	Squalicum	4	Cedarcrest
5	Bellingham	5	Capital
6	West Valley-Yakima	6	Lakewood
7	Cheney	7	North Kitsap
8	Lake Washington	8	Ellensburg
9	Ellensburg	9	West Valley-Yakima
10	Deer Park	10	Port Angeles
Others	Lindbergh, Mark Morris, Tumwater & Sumner	Others	Deer Park, Steilacoom, Kingston & Ephrata
Boys 1A		Girls 1A	
Rank		Rank	
1	Medical Lake	1	Lakeside
2	La Center	2	Riverside
3	Lakeside (Nine Mile Falls)	3	Northwest
4	Cedar Park Christian	4	Mt. baker
5	Charles Wright Academy	5	South Whidbey
6	Meridian	6	Lynden Christian
7	King's	7	King's
8	Lynden Christian	8	Medical Lake
9	Royal	9	La Center
10	Riverside	10	Meridian
Others	Overlake, Meridian & Northwest	Others	Cascade-Leavenworth, Nooksack Valley & White Salmon
Boys 2B/1B		Girls 2B/1B	
Rank		Rank	
1	Tri-Cities Prep	1	St. John-Endicott
2	Asotin	2	Northwest Christian-Lacey
3	Northwest Christian-Colbert	3	Morton-White Pass
4	Northwest Christian-Lacey	4	Ocosta
5	Onalaska	5	Northwest Christian-Colbert
6	Republic	Others	Tri-City Prep & Asotin
7	Waitsburg-Prescott		
8	St. George's		
9	Mosseyrock		
10	Liberty Bell		
Others	Crosspoint Academy		

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