

2019 Washington State Cross Country Coaches Poll # 1
Pre-Season Poll

Rank	Boys 4A	Rank	Girls 4A
1	Tahoma	1	Camas
2	Camas	2	Lewis & Clark
3	Gonzaga Prep	3	Glacier Peak
4	Mead	4	Bellarmine Prep
5	Lewis & Clark	5	South Kitsap
6	University	6	Henry Jackson
7	Olympia	7	Redmond
8	Henry Jackson	8	Thomas Jefferson
9	Central Valley	9	Emerald Ridge
10	Glacier Peak	10	Joel Ferris
Others	South Kitsap, Walla Walla & Mt. Si	Others	Skyline, Rogers-Puyallup & Eisenhower
Rank	Boys 3A	Rank	Girls 3A
1	Kamiakin	1	North Central
2	North Central	2	Kamiakin
3	Bishop Blanchet	3	Eastside Catholic
4	Arlington	4	Holy Names Academy
5	Interlake	5	Snohomish
6	Stadium	6	Bishop Blanchet
7	Peninsula	7	Central Kitsap
8	Central Kitsap	8	Arlington
9	Shelton	9	Ballard
10	Edmonds-Woodway	10	Stadium
Others	Kelso, Snohomish & Nathan Hale	Others	Capital, Garfield & Prairie
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	West Valley-Spokane
2	Mountlake Terrace	2	Cedarcrest
3	Pullman	3	Sehome
4	Steilacoom	4	Ellensburg
5	Ellensburg	5	Bellingham
6	North Kitsap	6	Pullman
7	Selah	7	Liberty-Issaquah
8	Sammamish	8	Port Angeles
9	Eatonville	9	North Kitsap
10	Ridgefield	10	White River
Others	Tumwater, White River & Port Angeles	Others	Tumwater, Washougal & Hockinson
Rank	Boys 1A	Rank	Girls 1A
1	Casacade-Leavenworth	1	Lakeside- Nine Mile Falls
2	Lakeside-Nine Mile Falls	2	King's
3	Charles Wright Academy	3	Northwest
4	King's	4	Seton Catholic
5	Medical Lake	5	Colville
6	South Whidbey	6	La Center
7	Columbia-White Salmon	7	Zillah
8	Klahowya	8	Klahowya
9	Connell	9	Cashmere
10	Zillah	10	Goldendale
Others	Northwest, Montesano & Seton Catholic	Others	South Whidbey, Overlake & Royal
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Northwest Christian-Lacey	1	Liberty Bell
2	Pope John Paul II	2	Northwest Christian-Lacey
3	Manson	3	Cedar Tree Classical Christian
4	Northwest Christian-Lacey	4	Colfax
5	Asotin	5	Pope John Paul II
6	Colfax	6	Ilwaco
7	Life Christian Academy	7	Kettle Falls
8	Ilwaco	8	White Swan
9	Cedar Tree Classical Christian	9	Asotin
10	Valley Christian	10	Rainier
Others	Wilbur-Creston, Morton-White Pass & Brewster	Others	Republic, Trout Lake & St. George's

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