

2019 Cross Country Coaches Poll,
 Week of Nov. 4 #10

Rank	Boys 4A	Rank	Girls 4A
1	Camas	1	Redmond
2	Tahoma	2	Camas
3	Lewis & Clark	3	Tahoma
4	Henry Jackson	4	Lewis & Clark
5	Central Valley	5	Bellarmino Prep
6	Olympia	6	Glacier Peak
7	Newport-Bellevue	7	Richland
8	Mt. Si	8	Lake Stevens
9	West Valley-Yakima	9	Eastlake
10	Eisenhower	10	Eisenhower
Others	Puyallup, Curtis, Kamiak & Sumner	Others	South Kitsap, Thomas Jefferson & Emerald Ridge
Rank	Boys 3A	Rank	Girls 3A
1	Kamiakin	1	North Central
2	Bishop Blanchet	2	Holy Names Academy
3	North Central	3	Kennewick
4	Arlington	4	Arlington
5	Interlake	5	Bishop Blanchet
6	Seattle Prep	6	Marysville-Getchell
7	Stadium	7	Central Kitsap
8	Snohomish	8	Edmonds-Woodway
9	Edmonds-Woodway	9	Capital
10	Shorewood	10	Ballard
Others	North Thurston, Lakes & Yelm	Others	Gig Harbor, Stadium & Eastside Catholic
Rank	Boys 2A	Rank	Girls 2A
1	Sehome	1	Ellensburg
2	Bellingham	2	Bellingham
3	Steilacoom	3	Sehome
4	Ellensburg	4	West Valley-Spokane
5	Columbia River	5	Anacortes
6	Sedro-Wolley	6	Pullman
7	Cheney	7	White River
8	Selah	8	Hockinson
9	Port Angeles	9	Tumwater
10	Tumwater	10	Liberty-Issaquah
Others	Ridgefield, Pullman & Lindbergh	Others	Washougal, Port Angeles, Ridgefield & Selah
Rank	Boys 1A	Rank	Girls 1A
1	Medical Lake	1	Lakeside- Nine Mile Falls
2	Lakeside-Nine Mile Falls	2	Deer Park
3	South Whidbey	3	King's
4	Klahowya	4	Northwest
5	Cascade-Leavenworth	5	Cashmere
6	Cashmere	6	Klahowya
7	Charles Wright Academy	7	La Center
8	Northwest	8	Goldendale
9	Riverside	9	Royal
10	Columbia-White Salmon	10	Bush
Others	Connell, University, Chelan & King's	Others	Seton Catholic, Lynden Christian & Zillah
Rank	Boys 1B/2B	Rank	Girls 1B/2B
1	Northwest Christian-Lacey	1	Liberty Bell
2	Manson	2	Pope John Paul II
3	Asotin	3	Northwest Christian-Lacey
4	Trout Lake	4	St. George's
5	Pope John Paul II	5	Kettle Falls
6	St. George's	6	Trout Lake
7	Liberty Bell	7	Cedar Tree Classical
8	Illwaco	8	Colfax
9	Brewster	9	Manson
10	Morton-White Pass	10	Illwaco
Others	Davenport, Cedar Tree Classical & Colfax	Others	Rainier & Garfield-Palouse
For further information contact Phil English at the following location:			
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