

2010 Washington State Cross Country Coaches Poll # 1,
Preseason Poll

Rank	Boys' 4A
1	Eisenhower
2	Henry Jackson
3	Lewis & Clark
4	Mead
5	Ferris
6	Auburn Riverside
7	Walla Walla
8	Issaquah
9	Gig Harbor
10	Skyline
Others Wenatchee, Olympia & Redmond	

Rank	Girls' 4A
1	Stanwood
2	Eisenhower
3	Bellarmino Prep
4	Eastlake
5	Gig Harbor
6	Tahoma
7	Central Valley
8	Redmond
9	Richland
10	Lewis & Clark
Others Davis, Stadium, Arlington & Auburn Riverside	

Rank	Boys' 3A
1	North Central
2	University
3	Kamiakin
4	Seattle Prep
5	Mt. Spokane
6	Bishop Blanchet
7	Everett
8	Bellevue
9	Shorecrest
10	Peninsula
Others Columbia River & Camas	

Rank	Girls' 3A
1	Glacier Peak
2	Shadle Park
3	Kamiakin
4	Peninsula
5	Lakeside
6	Mt. Spokane
7	Prairie
8	Enumclaw
9	Camas
10	Columbia River
Others Bainbridge, Seattle Prep & Capital	

Rank	Boys' 2A
1	Sehome
2	Mark Morris
3	Lindbergh
4	Ellensburg
5	Bellingham
6	Interlake
7	Cheney
8	W.F. West
9	Lakewood
10	Cedarcrest
Others Selah, Kingston, North Kitsap & Squalicum	

Rank	Girls' 2A
1	Sehome
2	Kingston
3	Lindbergh
4	Cedarcrest
5	Cheney
6	Ephrata
7	Bellingham
8	Interlake
9	Lakewood
10	Deer Park
Others North Kitsap & Squalicum	

Rank	Boys' 1A
1	Port Townsend
2	Nooksack Valley
3	Lakeside (Nine Mile Falls)
4	La Center
5	Riverside
6	Lynden Christian
7	Charles Wright Academy
8	Meridian
9	Cashmere
10	Seattle Christian
Others Royal, Toledo & Freeman	

Rank	Girls' 1A
1	Northwest
2	Riverside
3	Lakeside (Nine Mile Falls)
4	Omak
5	La Center
6	Nooksack Valley
7	King's
8	Chelan
9	Meridian
10	Cashmere
Others Seattle Academy, Bellevue Christian & Ilwaco	

Rank	Boys' 2B/1B
1	NW Christian-Lacey
2	Republic
3	Mossyrock
4	Mt. Rainier Lutheran
5	Tri-Cities Prep
6	North Beach
7	NW Christian-Colbert
8	White Pass
9	Waitsburg-Prescott
10	St. John-Endicott
Others Bear Creek, St. George's & Davenport	

Rank	Girls' 2B/1B
1	Northwest Christian-Lacey
2	White Pass
3	Northwest Christian-Colbert
4	St. George's
5	Crosspoint Academy
Others Asotin & Waitsburg-Prescott	

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