

2010 Washington State Cross Country Coaches Poll # 3,
Week of Sept. 20th

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

| Rank | Girls' 4A |
|---------------|---|
| 1 | Eisenhower |
| 2 | Bellarmine Prep |
| 3 | Eastlake |
| 4 | Tahoma |
| 5 | Stanwood |
| 6 | Henry Jackson |
| 7 | Skyline |
| 8 | Gig Harbor |
| 9 | Central Valley |
| 10 | Redmond |
| Others | Mead, Davis, Lewis & Clark & Thomas Jefferson |

| Rank | Boys' 3A |
|---------------|---------------------------------|
| 1 | North Central |
| 2 | University |
| 3 | Kamiakin |
| 4 | Bellevue |
| 5 | Mount Spokane |
| 6 | Seattle Prep |
| 7 | Mercer Island |
| 8 | Nathan Hale |
| 9 | Bishop Blanchet |
| 10 | Everett |
| Others | Southridge, Liberty & Peninsula |

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

| Rank | Boys' 2A |
|---------------|---------------------------|
| 1 | Sehome |
| 2 | Mark Morris |
| 3 | Bellingham |
| 4 | Ellensburg |
| 5 | Interlake |
| 6 | Arch Bishop Murphy |
| 7 | Lindbergh |
| 8 | Squalicum |
| 9 | WF West |
| 10 | Lakewood |
| Others | North Kitsap & Cedarcrest |

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

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