

**2010 Washington State Cross Country Coaches Poll # 5,  
Week of October 4th**

<b>Rank</b>	<b>Boys' 4A</b>
1	Eisenhower
2	Lewis & Clark
3	Auburn Riverside
4	Skyline
5	Henry Jackson
6	Bellarmino Prep
7	Issaquah
8	Mead
9	Joel Ferris
10	Walla Walla
<b>Others</b>	Gig Harbor, Kentridge, Tahoma & Garfield

<b>Rank</b>	<b>Girls' 4A</b>
1	Bellarmino Prep
2	Eisenhower
3	Stanwood
4	Skyline
5	Eastlake
6	Henry Jackson
7	Central Valley
8	Mead
9	Tahoma
10	Redmond
<b>Others</b>	Davis, Lewis & Clark, Richland, Gig Harbor & Olympia

<b>Rank</b>	<b>Boys' 3A</b>
1	North Central
2	Kamiakin
3	University
4	Seattle Prep
5	Bellevue
6	Mt. Spokane
7	Mercer Island
8	Shadle Park
9	Nathan Hale
10	Bishop Blanchet
<b>Others</b>	Everett, Peninsula & Columbia River

<b>Rank</b>	<b>Girls' 3A</b>
1	Glacier Peak
2	Kamiakin
3	Shadle Park
4	Peninsula
5	Lakeside
6	Mt. Spokane
7	Oak Harbor
8	Prairie
9	Enumclaw
10	Camas
<b>Others</b>	Seattle Prep & Holy Names Academy

<b>Rank</b>	<b>Boys' 2A</b>
1	Bellingham
2	Sehome
3	Mark Morris
4	Ellensburg
5	Interlake
6	Arch Bishop Murphy
7	Lindbergh
8	Squalicum
9	WF West
10	Lakewood
<b>Others</b>	Deer Park, North Kitsap & Cedarcrest

<b>Rank</b>	<b>Girls' 2A</b>
1	Sehome
2	Bellingham
3	Lakewood
4	North Kitsap
5	Ephrata
6	South Whidbey
7	Lindbergh
8	Cedarcrest
9	Interlake
10	Deer Park
<b>Others</b>	Squalicum, Riverside & Kingston

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

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

<b>Rank</b>	<b>Boys' 2B/1B</b>
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
<b>Others</b>	Bear Creek, St. George's & Davenport

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

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