Here is a list of the top ten teams in each of the Nike Cross Regionals. Lists will be updated every week beginning the week of September 10, 2017.

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - Northwest** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Central Point Crater | OR |
| 2 |  | Portland Jesuit | OR |
| 3 |  | Veradale Central Valley | WA |
| 4 |  | Bozeman | MT |
| 5 |  | Gig Harbor | WA |
| 6 |  | Tacoma Bellarmine Prep | WA |
| 7 |  | Spokane North Central | WA |
| 8 |  | Portland Franklin | OR |
| 9 |  | Laramie | WY |
| 10 |  | West Anchorage | AK |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - Heartland** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Plymouth Wayzata | MN |
| 2 |  | Pleasant Valley | IA |
| 3 |  | Sioux Falls Lincoln | SD |
| 4 |  | New Town | ND |
| 5 |  | Overland Pak St. Thomas Aquinas | KS |
| 6 |  | West Des Moines Dowling Catholic | IA |
| 7 |  | Minneapolis Washburn | MN |
| 8 |  | Middleton | WI |
| 9 |  | Millard West | NE |
| 10 |  | Stillwater | MN |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - Midwest** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Downers Grove North | IL |
| 2 |  | Carmel | IN |
| 3 |  | Elmhurst York | IL |
| 4 |  | Naperville Neuqua Valley | IL |
| 5 |  | Mahomet-Seymour | IL |
| 6 |  | Fort Wayne Carroll | IN |
| 7 |  | LaGrange Lyons Township | IL |
| 8 |  | Blue Springs | MO |
| 9 |  | Arlington Hts Hersey | IL |
| 10 |  | Wheaton-Warrenville South | IL |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - South** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Conroe The Woodlands | TX |
| 2 |  | The Woodlands College Park | TX |
| 3 |  | Southlake Carroll | TX |
| 4 |  | Flower Mound | TX |
| 5 |  | Fayetteville | AR |
| 6 |  | Lucas Lovejoy | TX |
| 7 |  | Lwisville Hebron | TX |
| 8 |  | Katy Seven Lakes | TX |
| 9 |  | Kingswood | TX |
| 10 |  | Luling | TX |

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|  |  | **2017 XC Zone** |  |  |
|  |  | **Boys Regional List - Southwest** |  |  |
|  |  | **Pre-Season** |  |  |
| **TW** | **LW** | **School** | **State** |  |
| 1 |  | Orem Timpanogos | UT |  |
| 2 |  | Springville | UT |  |
| 3 |  | Highlands Ranch Mountain Vista | CO |  |
| 4 |  | Phoenix Desert Vista | AZ |  |
| 5 |  | Monument Palmer Ridge | CO |  |
| 6 |  | American Fork | UT |  |
| 7 |  | Kaysville Davis | UT |  |
| 8 |  | Longmont Silver Creek | CO |  |
| 9 |  | Olympus | UT |  |
| 10 |  | Pine View | UT |  |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - California** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Temecula Great Oak | CA |
| 2 |  | Eastvale Eleanor Roosevelt | CA |
| 3 |  | San Jose Bellarmine Prep | CA |
| 4 |  | Dana Point Dana Hills | CA |
| 5 |  | Los Angeles Loyola | CA |
| 6 |  | Dublin | CA |
| 7 |  | Foothill Technology | CA |
| 8 |  | Steveson Ranch West Ranch | CA |
| 9 |  | West Torrnace | CA |
| 10 |  | Claremont | CA |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - New York** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Burnt Hills-Ballston Lake | NY |
| 2 |  | Painted Post Cornng | NY |
| 3 |  | Fairport | NY |
| 4 |  | Saratoga Springs | NY |
| 5 |  | Fayetteville-Manlius | NY |
| 6 |  | Niskayuna | NY |
| 7 |  | Nelville St. Anthony's | NY |
| 8 |  | Clifton Park Shenendehowa | NY |
| 9 |  | Bethlehem | NY |
| 10 |  | NYC Xavier | NY |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - Northeast** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Lincroft Christian Brothers | NJ |
| 2 |  | Princeton | NJ |
| 3 |  | Saint John's Shrewsberry | MA |
| 4 |  | Westport Staples | CT |
| 5 |  | Providence LaSalle Academy | RI |
| 6 |  | Council Rock North | PA |
| 7 |  | Concord | NH |
| 8 |  | Bishop Hendricksem | RI |
| 9 |  | Kingsway | NJ |
| 10 |  | Newton | MA |

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|  |  | **2017 XC Zone** |  |
|  |  | **Boys Regional List - Southeast** |  |
|  |  | **Pre-Season** |  |
| **TW** | **LW** | **School** | **State** |
| 1 |  | Purcerville Loudon Valley | VA |
| 2 |  | Louisville St. Xavier | KY |
| 3 |  | Cary Green Hope | NC |
| 4 |  | Alpharetta Milton | GA |
| 5 |  | Brentwood Academy | TN |
| 6 |  | Jacksonville Bolles School | FL |
| 7 |  | Winter Haven Trinity Prep | FL |
| 8 |  | Brentwood | TN |
| 9 |  | Severna Park | MD |
| 10 |  | Dulaney | MD |