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 |