

Washington State Girls Lacrosse 2025 Power Rankings

Rankings through week 3 (March 30)

Team	Conference	Rank	Normalized Power Rank	Overall Team Record			Games Played	Strength of Schedule	% Games > 7 Goal Diff
				Wins	Losses	Ties			
Seattle Prep	Varsity - Independent	1	50.0	4	0	0	4	25.7	75%
Eastside Catholic	Varsity - Independent	2	44.8	5	0	0	5	29.6	40%
Mercer Island	Varsity - Snoqualmie	3	43.8	4	1	0	5	25.6	80%
ISD	Varsity - Snoqualmie	4	37.7	3	2	0	5	35.3	40%
Bainbridge Island	Varsity - Metro	5	36.5	6	0	0	6	18.2	83%
Bellevue	Varsity - Snoqualmie	6	36.0	3	1	0	4	35.9	0%
Eastlake	Varsity - Snoqualmie	7	33.1	4	1	0	5	24.9	60%
Sumner Bonney Lake	Varsity - Nisqually	8	31.0	3	2	0	5	28.8	60%
Lakeside School	Varsity - Independent	9	30.4	3	2	0	5	25.4	60%
Puyallup	Varsity - Nisqually	10	30.3	5	0	0	5	14.9	80%
Northshore	Varsity - North Sound	11	30.1	4	1	0	5	21.4	40%
Seattle Academy	Varsity - Independent	12	30.0	2	4	0	6	35.2	33%
Woodinville	Varsity - North Sound	13	29.0	2	4	0	6	32.8	50%
Bellarmino Prep	Varsity - Peninsula	14	25.3	4	1	0	5	14.4	40%
Snolax Girls Lacrosse	Varsity - North Sound	15	23.2	4	2	0	6	17.5	100%
Stadium	Varsity - Peninsula	16	21.4	7	1	0	8	17.6	25%
Ballard	Varsity - Metro	17	21.3	4	1	0	5	14.8	20%
NSI	Varsity - Snoqualmie	18	20.5	1	4	0	5	29.4	60%
Shoreline	Varsity - Metro	19	19.4	3	2	1	6	18.8	67%
Holy Names Academy	Varsity - Independent	20	18.9	2	4	0	6	29.7	50%
Bishop Blanchet	Varsity - Independent	21	18.5	2	3	0	5	19.8	40%
Kennedy Catholic	Varsity - Independent	22	18.1	3	3	0	6	20.3	17%
Tahoma	Varsity - Nisqually	23	18.1	4	1	0	5	13.5	80%
Mount Si	Varsity - Snoqualmie	24	17.3	0	3	0	3	41.3	67%
Anacortes	Varsity - North Sound	25	15.9	1	4	0	5	26.8	80%
Curtis	Varsity - Peninsula	26	15.6	1	3	0	4	19.3	25%
West Seattle	Varsity - Metro	27	15.3	1	4	0	5	22.2	80%
Nathan Hale / Ingraham	Varsity - Metro	28	14.8	3	1	0	4	17.0	75%
Auburn Riverside	Varsity - Nisqually	29	14.6	1	2	1	4	20.5	75%
PSD Riptides	Varsity - Peninsula	30	14.3	2	2	0	4	12.6	50%
Roosevelt	Varsity - Metro	31	12.8	2	3	0	5	19.1	40%
Overlake Owls	Varsity - Independent	32	12.3	0	3	0	3	19.6	33%
Garfield	Varsity - Metro	33	10.8	1	4	0	5	18.5	40%
Squalicum Storm	Varsity - North Sound	34	10.8	1	4	0	5	17.7	80%
Graham-Kapowsin	Varsity - Nisqually	35	9.9	0	5	1	6	18.4	50%
Stanwood	Varsity - North Sound	36	8.9	0	3	0	3	22.7	100%
Evergreen SD	Varsity - Nisqually	37	8.2	1	4	0	5	20.2	80%
Lincoln	Varsity - Metro	38	7.4	0	6	0	6	15.3	83%
Klahowya	Varsity - Peninsula	39	6.1	0	4	0	4	16.5	75%

Eastern Conference (listed separately until sufficient cross-over games are complete)

Gonzaga Prep	Varsity - Eastern	1	-	4	1	1	6	-	33%
Spokane Stealth	Varsity - Eastern	2	-	3	0	0	3	-	67%
Sandpoint High School	Varsity - Eastern	3	-	0	2	2	4	-	25%
Richland High School	Varsity - Eastern	4	-	1	2	2	5	-	40%
Kamiakin	Varsity - Eastern	5	-	1	2	2	5	-	40%
Big Cats	Varsity - Eastern	6	-	0	3	0	3	-	33%

Notes:

Goal differential is capped at 7 goals (i.e., there is no advantage in the Power Rankings to beating a team by more than 7 goals).

A normalized power ranking (which is numerical representation of a team's competitive strength) has been added to help coaches understand the relative strength of each team. Strength of schedule is equal to the average normalized PR for a team's opponents.