

Washington State Girls Lacrosse 2025 Power Rankings

Rankings through week 4 (April 7)

| 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 | 5 | 0 | 1 | 6 | 32.8 | 50% |
| Mercer Island | Varsity - Snoqualmie | 2 | 48.5 | 5 | 1 | 1 | 7 | 32.2 | 57% |
| Eastside Catholic | Varsity - Independent | 3 | 45.9 | 6 | 0 | 0 | 6 | 29.4 | 50% |
| Bainbridge Island | Varsity - Metro | 4 | 38.0 | 8 | 0 | 0 | 8 | 19.0 | 75% |
| Bellevue | Varsity - Snoqualmie | 5 | 37.5 | 5 | 1 | 0 | 6 | 32.7 | 17% |
| ISD | Varsity - Snoqualmie | 6 | 37.4 | 4 | 3 | 0 | 7 | 36.7 | 29% |
| Lakeside School | Varsity - Independent | 7 | 34.3 | 4 | 3 | 0 | 7 | 31.0 | 43% |
| Eastlake | Varsity - Snoqualmie | 8 | 33.8 | 5 | 2 | 0 | 7 | 27.0 | 57% |
| Northshore | Varsity - North Sound | 9 | 33.4 | 5 | 1 | 0 | 6 | 23.4 | 50% |
| Sumner Bonney Lake | Varsity - Nisqually | 10 | 31.2 | 3 | 3 | 0 | 6 | 30.8 | 50% |
| Seattle Academy | Varsity - Independent | 11 | 31.1 | 3 | 5 | 0 | 8 | 35.0 | 38% |
| Puyallup | Varsity - Nisqually | 12 | 30.7 | 7 | 0 | 0 | 7 | 17.0 | 86% |
| Woodinville | Varsity - North Sound | 13 | 30.2 | 2 | 5 | 0 | 7 | 34.3 | 43% |
| Bellarmino Prep | Varsity - Peninsula | 14 | 28.5 | 4 | 1 | 0 | 5 | 16.5 | 40% |
| Stadium | Varsity - Peninsula | 15 | 24.8 | 7 | 1 | 0 | 8 | 20.4 | 25% |
| Mount Si | Varsity - Snoqualmie | 16 | 23.8 | 1 | 4 | 0 | 5 | 37.2 | 80% |
| Snolax Girls Lacrosse | Varsity - North Sound | 17 | 23.4 | 4 | 3 | 0 | 7 | 20.8 | 100% |
| Ballard | Varsity - Metro | 18 | 23.1 | 6 | 1 | 0 | 7 | 15.3 | 29% |
| Holy Names Academy | Varsity - Independent | 19 | 22.5 | 3 | 4 | 0 | 7 | 29.0 | 57% |
| Kennedy Catholic | Varsity - Independent | 20 | 21.2 | 3 | 4 | 0 | 7 | 24.5 | 29% |
| Tahoma | Varsity - Nisqually | 21 | 20.6 | 5 | 1 | 0 | 6 | 14.0 | 83% |
| Curtis | Varsity - Peninsula | 22 | 20.5 | 4 | 3 | 0 | 7 | 17.1 | 43% |
| Bishop Blanchet | Varsity - Independent | 23 | 20.2 | 2 | 5 | 0 | 7 | 26.8 | 57% |
| NSI | Varsity - Snoqualmie | 24 | 20.0 | 1 | 5 | 0 | 6 | 29.2 | 67% |
| PSD Riptides | Varsity - Peninsula | 25 | 19.9 | 3 | 3 | 0 | 6 | 17.3 | 67% |
| Shoreline | Varsity - Metro | 26 | 17.5 | 4 | 3 | 1 | 8 | 17.2 | 63% |
| Anacortes | Varsity - North Sound | 27 | 15.7 | 2 | 5 | 0 | 7 | 25.1 | 57% |
| West Seattle | Varsity - Metro | 28 | 15.0 | 2 | 5 | 0 | 7 | 21.3 | 71% |
| Gonzaga Prep | Varsity - Eastern | 29 | 14.7 | 4 | 2 | 1 | 7 | 10.9 | 29% |
| Spokane Stealth | Varsity - Eastern | 30 | 14.1 | 4 | 0 | 0 | 4 | 8.8 | 50% |
| Roosevelt | Varsity - Metro | 31 | 13.7 | 2 | 4 | 0 | 6 | 22.8 | 50% |
| Nathan Hale / Ingraham | Varsity - Metro | 32 | 13.3 | 3 | 3 | 0 | 6 | 18.7 | 83% |
| Garfield | Varsity - Metro | 33 | 13.0 | 2 | 5 | 0 | 7 | 18.6 | 29% |
| Auburn Riverside | Varsity - Nisqually | 34 | 13.0 | 1 | 4 | 1 | 6 | 21.0 | 67% |
| Overlake Owls | Varsity - Independent | 35 | 12.3 | 0 | 3 | 0 | 3 | 20.4 | 33% |
| Squalicum Storm | Varsity - North Sound | 36 | 12.2 | 1 | 5 | 0 | 6 | 18.6 | 67% |
| Graham-Kapowsin | Varsity - Nisqually | 37 | 10.4 | 0 | 6 | 1 | 7 | 19.7 | 57% |
| Evergreen SD | Varsity - Nisqually | 38 | 9.4 | 1 | 4 | 0 | 5 | 22.3 | 80% |
| Sandpoint High School | Varsity - Eastern | 39 | 8.8 | 0 | 2 | 0 | 2 | 14.4 | 50% |
| Stanwood | Varsity - North Sound | 40 | 8.0 | 0 | 4 | 0 | 4 | 21.9 | 100% |
| Lincoln | Varsity - Metro | 41 | 7.8 | 0 | 7 | 0 | 7 | 19.5 | 86% |
| Klahowya | Varsity - Peninsula | 42 | 7.1 | 0 | 5 | 0 | 5 | 19.8 | 80% |
| Richland High School | Varsity - Eastern | 43 | 6.5 | 1 | 2 | 1 | 4 | 9.5 | 50% |
| Kamiakin | Varsity - Eastern | 44 | 5.3 | 1 | 2 | 1 | 4 | 9.8 | 50% |
| Big Cats | Varsity - Eastern | 45 | 3.8 | 0 | 3 | 0 | 3 | 8.8 | 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.

Forfeits are not included in the power rankings or in team records.

Power ranking uncertainty is high when a team's Power Rank is much higher than their strength of schedule

(particularly when high percentage of games decided by > 7 goals).