



CAPO VALLEY GIRLS CROSS COUNTRY

Become a part of one of the most consistent programs in
Southern California and help us continue 'A Tradition of Excellence'



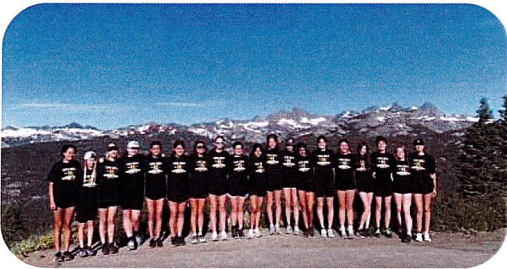
2022 Sea View League Champions
Orange County Champions: 2013, 2014
CIF-SS Finals: 2009 - 2019
CIF State Championships: 2012 - 2017



- No experience necessary!
- Be a part of a team
- Learn the fundamentals of competitive Cross Country training and racing
- Race in the competitive Sea View League & CIF Southern Section



- Attend Newcomers Meeting scheduled tentatively for May 22nd, 2024 @CVHS
- Captain led Summer practices begins mid-June
- Visit us online:
- https://www.instagram.com/capogirls_xc_distance



Visit [tinyurl.com/capoxc24](https://www.tinyurl.com/capoxc24) to fill out our Interest Form to be sure you receive all important updates about the upcoming summer and fall seasons