



# CAPO VALLEY BOYS CROSS COUNTRY

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



League Champions: 2020, 2021  
CIF-SS Prelims: 2015 - 2019, 2021, 2022  
CIF-SS Finals: 2017, 2018, 2019, 2021  
CIF State Championships: 2019, 2021



- 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://sites.google.com/view/capoboysxc>
- [instagram.com/capoboysxc](https://www.instagram.com/capoboysxc)



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