



Sequoyah High School
P. O. Box 520
Tahlequah, Ok. 74465
(918) 453-5400
(918) 456-0634 FAX

18TH Annual Sequoyah "Lamont Frazier" X-C Invitational

DATE: September 12, 2015

PLACE: Sequoyah High School track

PACKETS: Packets & Course maps will be available 7:30 a.m. Sat. on the track.
(Only varsity runners will need tags).

RACE SCHEDULE:	8:30 a.m.	6 th & under GIRLS	(1600 meters)
	8:45 a.m.	6 th & under BOYS	(1600 meters)
	9:00 a.m.	7 th & 8 th GIRLS	(1600 meters)
	9:15 a.m.	7 th & 8 th BOYS	(3200 meters)
	9:35 a.m.	VARSITY GIRLS	(3200 meters)
	9:55 a.m.	JV GIRLS	(3200 meters)
	10:20 a.m.	VARSITY BOYS	(5000 meters)
	10:45 a.m.	JV BOYS	(5000 meters)

AWARDS: VARSITY-----TOP 25 MEDALS
JV-----TOP 15 MEDALS
7th & 8th -----TOP 20 MEDALS
6th & under-----TOP 20 MEDALS
TROPHIES-----1ST & 2ND PLACE (VARSITY ONLY)

ENTRY FEES: EACH VARSITY TEAM \$50.00, VARSITY INDIVIDUALS \$10.00.
NO PRE-REGISTRATION REQUIRED
EACH JV TEAM - FREE IF VARSITY RUNS.
EACH (6th & under), (7th & 8th) TEAMS \$25.00 w/more than 5 runners.
(6th & under), (7th & 8th) INDIVIDUALS \$5.00 w/4 runners or less.
No limit of runners in the JV, 6th & under, 7th & 8th races.
Make checks payable to Sequoyah High School.

If you have any questions please contact Sam HorseChief XC Coach at (918) 453-5400 school or (918) 360-4683.