



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

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## 22<sup>nd</sup> Annual Sequoyah “Lamont Frazier” X-C Invitational

**DATE:** September 28, 2019

**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).

<b>RACE SCHEDULE:</b>	8:30 a.m.	6 <sup>th</sup> & under GIRLS	(1600 meters)
	8:45 a.m.	6 <sup>th</sup> & under BOYS	(1600 meters)
	9:00 a.m.	7 <sup>th</sup> & 8 <sup>th</sup> GIRLS	(2400 meters)
	9:25 a.m.	7 <sup>th</sup> & 8 <sup>th</sup> BOYS	(3200 meters)
	9:45 a.m.	VARSITY GIRLS	(3200 meters)
	10:05 a.m.	JV GIRLS	(3200 meters)
	10:30 a.m.	VARSITY BOYS	(5000 meters)
	10:55 a.m.	JV BOYS	(5000 meters)

**AWARDS:** VARSITY-----TOP 25 MEDALS  
JV-----TOP 15 MEDALS  
7<sup>th</sup> & 8<sup>th</sup> -----TOP 20 MEDALS  
6<sup>th</sup> & under-----TOP 20 MEDALS  
**TROPHIES**-----1<sup>ST</sup> & 2<sup>ND</sup> 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 (6<sup>th</sup> & under), (7<sup>th</sup> & 8<sup>th</sup>) TEAMS \$25.00 w/more than 5 runners.  
(6<sup>th</sup> & under), (7<sup>th</sup> & 8<sup>th</sup>) INDIVIDUALS \$5.00 w/4 runners or less.  
No limit of runners in the JV, 6<sup>th</sup> & under, 7<sup>th</sup> & 8<sup>th</sup> 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) 316-7759.