



Sequoyah High School

P. O. Box 520
Tahlequah, OK 74465
(918) 453-5400

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23rd Annual Sequoyah “Lamont Frazier” X-C Invitational

DATE: October 2, 2021

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	(2400 meters)
	9:25 a.m.	7 th & 8 th 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 th & 8 th -----	TOP 20 MEDALS
6 th & under-----	TOP 20 MEDALS

TROPHIES-----1ST & 2ND PLACE (VARSITY ONLY)

ENTRY FEES (NO PRE- REGISTRATION REQUIRED):

- EACH VARSITY TEAM \$50.00, VARSITY INDIVIDUALS \$10.00.
- 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 grade races.

Make checks payable to Sequoyah High School. Also, please email the names of varsity entries to amanda-little@cherokee.org by September 30th to save time on filling out tags. Same day entries will still be accepted.

If you have any questions please contact Sam HorseChief XC Coach at (918) 453-5400 school or (918) 316-7759.