



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

25th Annual Sequoyah “Lamont Frazier” X-C Invitational

DATE: September 16th, 2023

PLACE: Sequoyah High School track

PACKETS: Packets & Course maps will be available 7:30 a.m. Sat. on the track.

REGISTRATION:

DEADLINE IS FRIDAY, SEPTEMBER 15th at 12:00pm.

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website:

www.endurousa.com. - - - NO ADDITIONAL ENTRIES AFTER THE DEADLINE. - - - ONLINE

ENTRIES DEADLINE: day before the meet at noon. Complete ALL of the steps on the "Entries Window". Make sure to “VERIFY”. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to:

cara@runenduro.com.

RACE SCHEDULE:

- 8:30 a.m. 6th & under GIRLS (1600 meters)
- 8:45 a.m. 6th & under BOYS (1600 meters)
- 9:00 a.m. 7th & 8th GIRLS (2400 meters)
- 9:25 a.m. 7th & 8th BOYS (3200 meters)
- 9:45 a.m. HIGH SCHOOL GIRLS (3200 meters)
- 10:05 a.m. HIGH SCHOOL BOYS (5000 meters)

AWARDS:

- VARSITY-----TOP 40 MEDALS
- 7th & 8th -----TOP 20 MEDALS
- 6th & under-----TOP 20 MEDALS
- TROPHIES-----1ST & 2ND PLACE (VARSITY ONLY)

ENTRY FEES

- EACH VARSITY TEAM \$60.00, VARSITY INDIVIDUALS \$10.00.
- 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.

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