



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

## **26th Annual Sequoyah “Lamont Frazier” X-C Invitational**

**DATE: September 14<sup>th</sup>, 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 13th at 12:00pm noon.***

Entries after the deadline will NOT be allowed...NO EXCEPTIONS.

**ENTRY PROCEDURE:** All entries must be completed online at [www.endurousa.com](http://www.endurousa.com) If you need assistance, contact Cara at [cara@runenduro.com](mailto: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.***