Coaches Information
We hope that your team will be able to participate in the premier high school cross country meet held in the Midwest. The Rim Rock Farm High School Cross Country Classic is hosted by Lawrence Free State High School and the University of Kansas on the beautiful Rim Rock Farm course designed by Bob Timmons (KU Track and Field/Cross Country Legend). There is perhaps no other course in the United States as specifically dedicated to the sport of cross country as the Rim Rock Farm course. The meet has grown every year and features the best high school cross country programs from the region. There is a boy’s and girl’s elite "GOLD" section, a large school varsity "CRIMSON" race, and a smaller school varsity "BLUE" race in addition to two divisions for the boy’s and girl's junior varsity races and one "C" race per gender. This has been done to give as many athletes as possible an opportunity to race on a great course in a safe and competitive manner. Please refer to the following directions on the entry requirements for the "GOLD," "CRIMSON," and "BLUE" races. For question, contact Debbie Luman at (785) 864-3486 or dluman@ku.edu. As a reminder, you are responsible for payment of all athlete entries, not just those that compete. Please be sure to scratch all entries that you do not plan to compete or serve as alternates before the entry deadline. You can sent your scratch information to dluman@ku.edu.
2019 Division List

2019 RACE SCHEDULE
Due to the hot weather conditions in 2017, the Crimson/Blue and C-team races were cancelled to protect the health and welfare of the student athletes scheduled to compete. As a result of the cancellation of races, the 2019 schedule has been revised in an effort to ensure all student athletes are given the opportunity to compete. The new schedule has been split to a Friday evening and Saturday morning schedule. This schedule also gives management flexibility to adjust the competition schedule if necessary due to weather conditions. Please review the new schedule before making your entries on Direct Athletics.

Friday, September 27

5:00 PM   Girls “Gold” JV Race  5K (max of 10 athletes per team) 45 Team Limit
5:30 PM   Boys “Gold” JV Race  5K (max of 10 athletes per team) 45 Team Limit
6:00 PM   Girls “C-Team” Race  5K (max of 10 athletes per team) 45 Team Limit
6:30 PM   Boys “C-Team” Race  5K (max of 10 athletes per team) 45 Team Limit

Saturday, September 28

8:15 AM   Girls “Crimson/Blue” JV Race  5K (max of 7 athletes per team) 45 Team Limit
8:55 AM   Boys “Crimson/Blue” JV Race  5K (max of 7 athletes per team) 45 Team Limit
9:25 AM   Girls “Gold” Varsity Race  5K (max of 7 athletes per team) 45 Team Limit
10:05 AM  Boys “Gold” Varsity Race  5K (max of 7 athletes per team) 45 Team Limit
10:35 AM  Girls “Crimson” Varsity Race  5K (max of 7 athletes per team) 45 Team Limit
11:15 AM  Boys “Crimson” Varsity Race  5K (max of 7 athletes per team) 45 Team Limit
11:45 AM  Girls “Blue” Varsity Race  5K (max of 7 athletes per team) 45 Team Limit
12:25 PM  Boys “Blue” Varsity Race  5K (max of 7 athletes per team) 45 Team Limit

NOTE: All races will run 5,000 meters. The 5,000m course will be the same course for both girls and boys.

Packet Pick-Up

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>September 27</td>
<td>3:00pm - 6:00pm</td>
<td>at the cross-country course</td>
</tr>
<tr>
<td>Saturday</td>
<td>September 28</td>
<td>7:00am</td>
<td>at the cross-country course</td>
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Course Maps
Maps will be available in your team packets. Course maps are also available at www.kuathletics.com on the cross-country page. Please note that it may be necessary to change the course if weather conditions dictate.
Entry into the Varsity "GOLD," "CRIMSON," and "BLUE" Races

The concept behind creating three varsity races was to allow more schools to participate in a championship-type race with schools of similar sizes and abilities with more trophies and medals on the line. Therefore, the "CRIMSON" (6A/5A in Kansas) race was designed for the larger schools and the "BLUE" (4A, 3A, 2A, 1A in Kansas) race was designed for the smaller schools. The "GOLD" division is reserved for the top teams from the previous year's large school divisions or exceptional small school teams. We will allow coaches to request their division. **You must complete the request for division in 2017 form by Wednesday, September 6th.** The Games Committee will make the final decisions concerning divisions and post this at www.kuathletics.com by noon on Wednesday, September 13th.

The **GOLD division** is intended for most large sized schools, very good mid-sized schools, and elite smaller schools. Most teams here have placed in the top ten of the larger classes in their state or have placed top-20 in the Rim Rock GOLD Division or top-10 in the CRIMSON Division in 2016.

The **CRIMSON division** is intended for some large sized schools, good mid-sized schools, and strong smaller schools. Most teams here placed in the top-30 of the CRIMSON Division or top-5 in the BLUE Division in 2016.

The **BLUE division** is intended for developing large schools, many mid-sized schools and most small sized schools. In Kansas terms, these schools are mostly 4A and smaller. No large school JV teams may compete in the varsity BLUE division.

We certainly understand that teams can change quite a bit from year to year, and know that your honest evaluation of your team will help us divide the large fields that attend the Rim Rock Farm XC Classic.

**JV and C -Team Races**

You must race your varsity team in the varsity races, your JV teams in the JV races, and your C - Team in the C - Team races. The JV races will be divided into two sections, a "GOLD" JV division and a "CRIMSON AND BLUE" JV division according to team placement in the varsity division, without exception. The C - Team race will combine teams from all divisions and limited to the first 30 teams.

**Entry Fee**

The entry fee is $100.00 per team. There is no limit on the number of levels in which your team competes (Varsity, JV, and C-team). **Boy's teams and girl's teams from the same school are considered two separate teams.** If bringing six or fewer athletes, the entry fee is $15 for each athlete. Make your checks payable to: Kansas Athletics, Inc. **You are responsible for payment of all athlete entries because a timing chip is issued to every athlete entered.** (For example, if you enter six boys, but only compete four, you will be charged for the six athletes entered.) Please be sure to scratch all entries that you don’t plan to compete or serve as alternates before the entry deadline. **You must pay by the time of packet pickup to enter the race without exception.** Late entries are not guaranteed admittance into the meet or desired division race.
Mail Checks to:
Kansas Track & Field
1651 Naismith Dr.
Lawrence, KS 66045

Awards
Varsity - Top 3 teams / Top 25 individuals
Junior Varsity - Top team / Top 25 individuals
C-Team - Top team / Top 25 individuals

Registration and Entry Deadlines:
You must complete and return the request for division form by Wednesday, September 11th, 2010. Athlete entries must be made online at www.directathletics.com by noon on Wednesday, September 18th, 2019. You must enter each athlete name, year, and gender in the Rim Rock Farm Classic High School Meet online at www.directathletics.com. You do not need to enter your athletes in a specific race for that day. You do not need to address divisions when entering online. If an athlete is entered on your roster for the Rim Rock Farm Classic by noon on Wednesday, September 18th online, then he or she can race varsity, JV, or C-team for their gender.
Visit www.directathletics.com for your username, password, and specific entry instructions. Contact support@directathletics.com with any questions about on-line entry.

Location
Rim Rock Farm is the home course of the University of Kansas. It is located on the 125-acre farm approximately 11 miles north of Lawrence, Kan. Address: 2276 Burnett Lane, Lawrence, KS 66044

PLEASE NOTE IMPORTANT DEADLINES
WEDNESDAY  SEPT 11th  Division Form Filled out online.
WEDNESDAY  SEPT 18th  Entries must be made online at www.directathletics.com

Meet Name: Rim Rock Farm High School Classic

Results
Official results will be posted at KUAthletics.com.

Inspection of the Course
The course will be available for inspection on Friday, September 27th, 2019 from 10am - 6pm (weather permitting).

Course Markings
The running path will be mowed. In addition, the course will be marked with painted lines/arrows and monitored in specific areas. It is the runners' responsibility to know the course and run the correct path. There have been changes to all courses since last year to make better use of Rim Rock Farm.
Team Tents
There will be designated areas for team tents - please restrict your team tents to these areas only.

Parking
Team Parking

**Bus** – The first 34 buses will be parked in the Bus Lot A on Republic Rd. The remainder will be parked inside the property in Bus Lot B. Busses do not need a parking pass. Only school vans/vehicles need parking passes.

Van Parking - Please fill out and submit the [van parking request form](#). Van parking passes are for school van use only with a limit of five per school.

**Parking Pass Request Deadline:** Sept 1
Parking passes will be mailed on September 18

*Inclement Weather Policy - Bus Lot B will be closed if the ground becomes too saturated from rain or if there is a possibility for the ground to become saturated. There will be a designated drop off/pick-up area at the entrance to the property of Rim Rock Farm. Alternate bus parking is available adjacent to the East Lawrence turnpike exit. (Entrance to the parking lot is at the stoplight of "3rd St" and "KTA Entrance", across from Burger King)

We will notify via email if Inclement Weather goes into effect. Please have a correct head coach email address listed with Direct Athletics.

Public Parking - $10 per vehicle.
**Fans and coaches should anticipate and plan for slow traffic leading into Rim Rock Farm. Please make plans to arrive 1 hour before start of races.**