

## 2023 Cross Country - Rim Rock Farm Classic (High School)



**September 22-23, 2023**

### **Coaches Information**

We are very excited to bring the Rim Rock Farm High School Cross Country Classic back for the fall of 2023. 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 questions, contact Tim Byers at [\(785\) 393-3847](tel:785-393-3847) or [timbyers@ku.edu](mailto:timbyers@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 send your scratch information to [timbyers@ku.edu](mailto:timbyers@ku.edu).

## 2022 Division List

### **2023 RACE SCHEDULE**

We will continue to host the meet as a two-day schedule for heat safety measures. The schedule has been split to a Friday evening and Saturday morning schedule. This schedule gives management flexibility to adjust the competition schedule if necessary due to weather conditions. Please review the schedule before making your entries on Direct Athletics.

#### **Friday, September 22**

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 23**

8:15 AM	Girls "Crimson/Blue" JV Race	5K (max of 10 athletes per team) 45 Team Limit
8:55 AM	Boys "Crimson/Blue" JV Race	5K (max of 10 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**

Friday	September 22	at the cross-country course - from 3:00 PM until 6:00 PM
Saturday	September 23	at the cross-country course - starting at 7:00 AM

#### **Course Maps**

Maps will be available in your team packets. Course maps are also available on the [cross country page](#) of KUAthletics.com. 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 2023 request for division form by Wednesday, September 6.** The Games Committee will make the final decisions concerning divisions and post on <http://www.kuathletics.com> by noon on Wednesday, September 13.

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-10 of the larger classes in their state or placed top-20 in the Rim Rock GOLD Division or top-10 in the CRIMSON Division in 2021.

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-five in the BLUE Division in 2022.

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 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 6, 2023.
- Athlete entries must be made online at [www.directathletics.com](http://www.directathletics.com) by noon on Wednesday, September 13, 2023. You must enter each athlete name, year and gender in the Rim Rock Farm Classic High School Meet online at [www.directathletics.com](http://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 online roster for the Rim Rock Farm Classic by noon on Wednesday, September 13, then he or she can race varsity, JV or C-team for their gender.

Visit [www.directathletics.com](http://www.directathletics.com) for your username, password and specific entry instructions. Contact [support@directathletics.com](mailto: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. **Address: 2276 Burnett Lane, Lawrence, KS 66044**

### PLEASE NOTE IMPORTANT DEADLINES

Wednesday	Sept. 6	Division Form filled out online
Wednesday	Sept. 13	Entries must be made online at <a href="http://www.directathletics.com">www.directathletics.com</a> Meet Name: Rim Rock Farm High School Classic

## Results

Official results will be posted at [KUAthletics.com](http://KUAthletics.com).

## Inspection of the Course

The course will be available for inspection on Friday, September 22, 2023 from 10:00 AM – 4:00 PM (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.

## Team Tents

There will be designated areas for team tents - please restrict your team tents to these areas only.

**Team Bus Parking** – The first 34 buses will be parked in the Bus Lot A on Republic Road. 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.

**Team Van Parking** - Please fill out the **van parking request form** and submit via email to Erin Penning at [epenning@ku.edu](mailto:epenning@ku.edu). Van parking passes are for school van use only with a limit of five (5) vans per school. *\*If you are not in an official school van/vehicle, you will be directed to park in the public lot.\**

**Parking Pass Request Deadline:** Wednesday, September 6

- *Parking passes will be mailed out on Wednesday, September 13*

**\*\*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 Street" and "KTA Entrance," across from Burger King.)

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

**Public Parking** - \$10 per vehicle (*\$10 covers both days of the event!*)

**\*\*PLEASE PASS THIS PARKING INFORMATION ALONG TO YOUR TEAM'S FAMILY AND FRIENDS!\*\***

- Prior to the meet, you may purchase parking through **Kansas Athletics** using credit/debit cards at <https://kuathletics.wufoo.com/forms/p15wp3pz1hoby3b/>. Print out a copy of the receipt you are emailed and present it at Rim Rock Farm on race day(s) to the parking attendants.
  - **WE HIGHLY SUGGEST PURCHASING PARKING PASSES IN ADVANCE IF POSSIBLE!**
- On the day(s) of the meet, parking may still be purchased, but it is on a CASH-ONLY basis (there are NO credit card machines available at Rim Rock Farm).
- **Please Note:** Parking opens two (2) hours prior to the first race on each day, so 3:00 PM on Friday, September 22 and 6:00 AM on Saturday, September 23.

**\*\*Fans and coaches should anticipate and plan for slow traffic leading into Rim Rock Farm. Please make plans to arrive one (1) hour before the start of races.\*\***

## Questions?

Please feel free to contact any of us and we will do our best to address your concerns. Our office phone number is (785) 864-3486 or you can reach us via email at:

- **Tim Byers** ([timbyers@ku.edu](mailto:timbyers@ku.edu))
- **Erin Penning** ([epenning@ku.edu](mailto:epenning@ku.edu))