

2023 BOB TIMMONS RIM ROCK XC CLASSIC

**Lawrence, Kansas**

**UPDATED August 10th , 2023**

**Date:** Saturday, September 2, 2023

**Location:** Rim Rock Farm Cross Country Course

 2276 Burnett Lane

 Lawrence, KS 66044

**Meet Director:** Tim Byers

 Email: timbyers@ku.edu

 Phone: (785) 393-3847

**Race Schedule:**

9:00 a.m. Men’s University - 6K Race (8:55 a.m., scratch deadline)

9:45 a.m. Women’s University - 5K Race (9:40 a.m., scratch deadline)

**Invite Only:**

Please contact Meet Director Tim Byers for meet entry acceptance at timbyers@ku.edu

**Entry Fees:**

$125.00 per team or $20.00 per individual. Men’s and women’s teams from the same school are considered separate teams. MAKE CHECKS PAYABLE TO: Kansas Athletics, Inc.

**Entry Information:**

Entries Open 6:00 am on Monday, August 14, 2023

Entry deadline is 5:00 p.m. on Monday, August 28, 2023.

Coaches will make all entries online at **www.directathletics.com**. You can get your username, password, and instructions for online entry at **www.directathletics.com.** Please only contact support@directathletics.com with online entry questions.

**Packet Pick-Up:** Packet pick-up will be located in the clerking area located near the finish area from 7:30 am – 8:00 a.m., on Saturday, September 2nd .

**Declarations:**

\*\* All coaches will be required to report scratches to meet management tent located at the near the finish line 20 minutes before the start of that genders race. Any athlete not scratched who did not start or finish the race will be listed in the results as a DNF.

**Bib Numbers/Chips:**

All participants must wear their bib number on the front of their jersey. The timing chip will be located on the bib number.

**Facilities:**

There are NO PETS allowed on the course. Rim Rock Farm is located 15 miles north of Lawrence. A map to the farm can be found at the **KUAthletics.com** on the cross-country page. We suggest arriving dressed; no locker facilities are available.

 **Trainers:**

Teams must provide their own trainers at the finish. Kansas Athletics will have a medical doctor on site available for emergencies.

**Course:**

Maps can be downloaded at **KUAthletics.com** on the cross country page. The courses are mowed, well marked and monitored. A lead vehicle will be used in each race. You may preview the course on Friday, September 1st from 9 a.m., until 6 p.m.

**Timing:**

This year meet will be timed by Black Squirrel Timing.

1. Races will utilize chipped bibs. Turn in unused bibs no later than 20 minutes prior to the start of the race to the clerking area.
2. If you would like to enter more than 12 runners per gender squad, please contact Tim Byers, but only the top seven finishers will figure in team scoring. 3) All participants must cross the finish line.
3. All participants’ bib numbers will be recorded at the finish line.

* + Unofficial results will be posted after each race
	+ Protests must be made 15 minutes after each race
	+ Official results will be available 30 minutes after the conclusion of the meet  Official results will be posted at www.KUAthletics.com

**Rules:** A list of course rules are available on the cross country home page at **KUAthletics.com**. Rules must be followed for the safety of athletes. **Please note that dogs are not allowed on the course.**

**Hotels:** We recommend the following local hotels that actively support our department:

* + Double Tree, (785) 841-7077
	+ StoneHill By Wyndham(used to be Best Western at RC Park), (785) 330-8009
	+ Country Inn & Suites, (785) 764-1307
	+ Holiday Inn Express & Suites, (785) 749-7555

**Questions**: Contact Tim Byers in the KU Track Office at (785) 393-3847 or timbyers@ku.edu. If you wish to have additional entries, please contact Tim.