

Warm Up

The official state qualifiers are on the [state page](#) of our [website](#).

The Start

- Thank you to the coaches and ADs who spent time and made the effort to host a regional! Please join me in thanking them!
- Rim Rock Farm is open on Friday from 12p-5p for teams who want to run on it before the meet. It will not be available for anyone else at any time other than that window. Wamego Country Club is not available until Saturday morning.
- Bib Numbers: We want alternates to be able to save bibs as souvenirs if they wish. Teams with alternates should leave those bibs in the van/bus. If alternates warm up with the team, have someone at the starting line to remove the chips from the backs of the bibs before the race starts, then dispose of them immediately before cheering on the team on the course. If alternates have their bibs with chips on during their teammates' race and come close to a split point, they will show up in the live splits and throw off the live team scoring. For the first time, the KSHSAA is investing in live split points at both Wamego and Rim Rock Farm at both the one-mile mark and two-mile mark in an effort to improve the fan, coach, athlete and media experience at the state meet. Please help us protect this investment by not allowing your alternates to cheer on their teammates during the race with chips on their bibs. This will help everyone in attendance at Wamego and fans who can't be at either event follow the races online with team scoring and individual runner splits in real time.
- Heartland Timing has requested coaches instruct their runners not to stop their watches at the finish line. When this happens, both hands come together as the runners cross the finish line and blocks the bib number from the camera. The state meet is about place, not time.
- The [State Cross Country Page](#) has great information.
 - Ticketing: \$10 cash per person. \$10 plus fees with credit card. Pre-K and under are free.
 - Rim Rock Farm: Cash on site or purchase with a credit card on site.
 - Wamego: Cash on site or advance purchase tickets before you get to the event. Fans will not be able to pay with a credit card on site.
 - Course Preview:
 - Rim Rock Farm: 12pm-5pm on Friday. Team packets are available to pick up as well.
 - Wamego: The course is not available until Saturday. Team packet pick up available at 7:00 am on Saturday.
- For the second year in a row in Wamego, weather permitting, there will be a multi-camera live video stream on the [NFHS Network](#) with Rock Creek High School students making up the majority of the production crew. Backroads Broadcasting will be producing the event and has a couple cameras with the ability to be 1000 feet away from the control room between the start line and finish line. The two owners of the company set up their tent as the control room and camp out overnight, so they literally wake up on the course ready to go on championship Saturday! I am appreciative of their effort to elevate this event to a state championship level. It is remarkable what they do with the equipment they have. Play-by-play will be provided by Judd McCormick.
 - There is a chance of rain on Saturday, so the live stream may be a race day decision.
- I am disappointed that I could not put a video product together at Rim Rock this year. Please know this was a goal and remains a goal to try to get this done in the future. Even with the technological advancements that have been made, producing live video there is challenging for a variety of reasons.
- The event at both sites will observe increased branding. In addition to the branding added last season, this season each race will have a KSHSAA Championship branded finish line tape. KSHSAA Championship feather banners will be added to the points of entry.

- There is a chance of rain in the forecast. The maximum spike length at Wamego is half an inch. There is no maximum at Rim Rock Farm.
- Coaches may enter up to ten entries per team, but only seven may run in the race.

Cool Down

Best to all coaches and runners advancing to state! This week will create memories many will remember for a long time!