

Warm Up

Congratulations to all of the qualifiers to the state cross country championships! Qualifiers were posted to our website Saturday evening on the [State Cross Country Page](#).

The Start

- A huge thank you to all our regional hosts. We can't do what we do and enjoy the things we enjoy without coaches, athletic directors and communities stepping up to host these events. If you hosted a regional, thank you!
- The [State Cross Country Page](#) has great information on both sites at Rim Rock Farm and Wamego Country Club.
 - 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. There is no advance purchase option due to limited data performance at Rim Rock.
 - 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, October 27. Team packets available to pick up as well.
 - Wamego: None. Team packet pick up available 7am on Saturday, October 28.
- We're excited to announce some enhancements to this year's State Cross Country Championships.
 - Both Rim Rock Farm and Wamego will have live results. Fans from around the world will be able to see when their favorite runners cross the finish line and their official time. Heartland Timing has worked with MileSplit all season and continues to tweak this feature for state this year. A tip of the cap to Coach Heffernan with Lawrence-Free State who has made this a possibility. With the number of people at Rim Rock combined with the remote location, fans on site will likely not be able to enjoy this feature, but it will be helpful for those who can't be at the event.
 - Runners, coaches, and fans will notice increased branding and a photo opportunity with a KSHSAA State Championship logo near the starting line at each site.
 - Weather permitting, the NFHS Network will have live coverage of the races at Wamego. Back Roads Broadcasting will produce a multi-camera video stream with Judd McCormack calling the play-by-play. We will do our best with coverage of the event if there is inclement weather.
 - Along with live results at the finish line, at Wamego, Heartland Timing and MileSplit have teamed up to have live split points at the one-mile mark and two-mile mark. As runners go through each split point, coaches and fans can follow along to get individual places and team scores at those split points. This is a work in progress, and we appreciate Heartland Timing and MileSplit's effort to improve the experience at Wamego.
- Looking ahead to the state championships, cooler weather is in the forecast. Flame heaters at team camps are not permitted at Rim Rock or Wamego.
 - In accordance to 'Kansas Open Burning Regulations (SAR (28-19-645-648), 'if you are a business, then burning requires a KDHE permit.' Rim Rock Farm falls under Kansas Athletics operations; as such we reserve the right to restrict an open flame on Rim Rock Farm property for any event hosted on the premises. Please assist us in keeping everyone safe by following this restriction.

Cool Down

One more week to go! Best of luck to the teams and individuals still going!