

To: Varsity Cross Country Coaches and Athletic Directors

From: Jered Shaw, Lawrence Free State Athletic Director
Steve Heffernan, Lawrence Free State Head Cross Country Coach

RE: 3A, 5A, and 6A Kansas State Cross Country Meet

Date of the 3A, 5A, and 6A Kansas State Cross Country Meet: Saturday, October 28, 2023

Cross Country Coaches and Athletic Directors:

Congratulations to you and your team for an excellent season! We understand the amount of hard work and commitment it takes to reach this level of competition and we are excited to host you at the 3A, 5A, and 6A Kansas State Cross Country meet this year! We hope your day on Rim Rock Farm is exciting and memorable. The following information provides details which will assist your day running more smoothly and ensure your student-athletes to have the best day possible.

Schedule of Events

6A Boys – 10:00am – Awards at 12:30pm
5A Girls – 10:35 am – Awards at 1:05pm
3A Boys – 11:10am – Awards at 1:35pm
6A Girls – 11:45am – Awards at 12:45pm
5A Boys – 12:20pm – Awards at 1:20pm
3A Girls – 12:55pm – Awards at 1:50pm

Team Packets

Head coaches may pick-up their team packets at the pass gate. The packets include everything you will need for the day, including bib numbers and pins. If you need more pins, please come to the finish line/trailer area and ask for more.

Coaches Meeting

Head coaches are asked to meet ten-minutes prior to the start of each race at the starting line.

Course/Map

A map of Rim Rock Farm is included at the end of this packet.

Directions

Please see enclosed handout on page.

Admission

The admission price is **\$10 for k-12 and Adults CASH ONLY** Please note this price is set by the KSHSAA. There will be a credit card option for fans to purchase on site. If purchasing with digital tickets, the price is \$10 plus fees.

Pass Gate Admittance (Please note: Family members are not included.)

- Coaches listed in the KSHSAA cross country directory and one manager for each team
- Competitors
- Superintendents, Principals, and Athletic Directors

Parking

Team buses/vans should park in the open areas next to the course grounds. All other vehicles will be directed to available lots.

Dressing/Restrooms

Dressing rooms and showers **will not be available**. Portable restrooms will be available for use at the spectator entrance and will be available for anyone to use (with runners being given the opportunity to go to the front of the line if their race is starting soon).

Scoring

Heartland Timing has been contracted by KSHSAA to score the championship races. Each competitor will receive a bib that has a timing chip as part of its design. A Finishlynx camera and an Identilyn timer video camera will be used to place runners that are very close when crossing the finish line. The determining factor for the order of finish is the torso crossing the finish line.

Since the bib will act as the chip, no chips will need to be returned. The most important thing is to make sure that your runners are wearing the bib that is assigned to them. Please check and double-check that runners are wearing the bib in which they are assigned.

Results

Coaches will be able to pick-up race results once Heartland Timing has finalized the results of each race. Hard copies of the results will be available at the trailer near the finish area – please make sure you bring your results coupons with you. Heartland Timing will post real-time results of each state race on their website as well for coaches and fans to access: <http://www.heartlandtiming.com/index.htm>. Results will also be posted at www.freestaterunning.com under the “State Cross Country tab” by Saturday evening.

Time on the Course

Times will be given at the 1-mile and 2-mile marks.

Course Markings

A lead vehicle will lead runners through the marked course.

Course Marshals

Course Marshals will be stationed around the course for the purpose of identifying any runner who might intentionally take advantage by cutting or performing any unsportsmanlike act to interfere with other runners. Any runner performing an unsportsmanlike act shall be disqualified. Please inform your runners that we have over 20 course marshals to make certain they follow the correct course.

Jury of Appeals

If you need to file a protest, please do so at the trailer so that we can resolve the situation as quickly as possible. Please note there will be a jury of appeals comprised of three coaches, who will be contacted ahead of the meet date by Steve Heffernan. If the jury of appeals is needed, those coaches will be called to the white trailer at the finish line.

Chute

Workers assisting in the chute will keep runners finishing the race moving away from the finish line area. Placing is electronically determined with a Finishlynx camera and an Identilyn timer video camera used for back-up if necessary. Please instruct your athletes to continue running into the chute. ****Please Note: the torso crossing the finish line is the determining factor for the order of finish.****

Uniform Rules

Coaches, please double and triple-check your runners on the uniform rules **before** the athletes run in an effort to avoid a runner being disqualified. Our chute Clerk will be checking for uniform violations as well. Coaches verified their teams would be legally equipped and act in good sporting behavior while submitting entries online.

Awards

For each class and gender, the Top 20 placers will be awarded medals and The Top 3 teams will receive a team plaque and team medals. Please pay attention to the award times!

Bob Timmon's Award (non-KSHSAA)

At the conclusion of the Meet, an award will be presented in recognition of Bob Timmons, long-time University of Kansas Track & Field and Cross Country Coach who is the founder and architect of Rim Rock Farm. The award will go to the individual state champion (one female winner and one male winner) with the fastest times of the day and will be presented following the awards. Please note: this award is not a part of the KSHSAA awards ceremony as the award is privately sponsored.

Awards Location

Awards will be presented at the awards stand (large rocks) East of the finish line area for presentation of the awards. Parents and fans wishing to watch the awards will cross the course during competition and need to be aware if a racer is coming through. We will not do any presenting while the race passes by the awards stand area.

Concessions

A concession stand will be available for all spectators and participants.

Spectators

Parents and other fans WILL NOT be allowed near the finish line/trailer area. People working in the trailer will only field question or concerns from coaches and people other than coaches will be escorted away from the area. Coaches, please share this with your parents.

Pets & Bicycles

Pets are NOT allowed on Rim Rock Farm. Please note our gate workers will not allow anyone to enter with animals other than ones required for handicapped assistance. Spectators are also not allowed to ride bicycles on Rim Rock Farm.

Course Preservation

Please help preserve the course by picking up any trash that is around and please notify us if you see anyone damaging the course in any way. There is also a list of rules specific to Rim Rock Farm on page 11 of this packet.

2023 Kansas State Cross Country Shirts

Shirts will be available for purchase near the entrance gate. Please note: No pre-orders will be accepted. Cash or credit card will be accepted for apparel purchase.

Available Sizes

Small, Medium, Large, X-Large, XX-Large

Pricing

Short Sleeve T-Shirt \$21, Long Sleeve T-Shirt \$25, Hooded Sweatshirt \$36, All XXL are an additional \$3, Program \$4



2023 Kansas State Cross Country Participant Removal Guidelines

Safety of participants is a primary concern of the KSHSAA in all activities. There are situations when runners show signs of obvious physical distress during a race and a decision must be made about whether they should be allowed to continue or be given medical attention. Based on these concerns the KSHSAA has the following guidelines:

- A runner showing signs of obvious physical distress such as collapsing on the course, or other indications of his/her inability to finish the race may be immediately removed from the race by designated event personnel.
 - If the runner can be safely moved, the runner will be immediately transferred to the event medical area to be evaluated by onsite medical personnel.
- If a runner voluntarily removes him/herself from the race for any medical reason or is removed by their coach, they should also proceed to the medical area for evaluation. The onsite medical personnel will determine the appropriate care to be administered.

To assist designated event personnel and coaches on determining the level of distress, these guidelines will be used:

- If the runner looks questionable, event personnel **will** ask if they need help, if the runner is able to answer immediately and clearly state "no" the runner will be allowed to continue. If a runner looks questionable and event personnel asks if they need help and the answer is "yes" the runner will be pulled.
- If the runner looks questionable and event personnel ask "if they need help" and there is no response, the event personnel will continue to follow the runner (off the course) and monitor.
- If the runner continues to be unresponsive to the event personnel and is unable to run fast enough to separate themselves from the walking event personnel, the runner will be pulled.
- If the runner is able to communicate something and they are just tired, they will be allowed to continue. Course Marshals designated by meet management will be provided these guidelines.

Water will not be provided by meet management on the course during the race. Water will be available before and after the race. A determination on whether or not coaches will be allowed to hand out water during a race will be made prior to the start of races each day. Please note: the challenge of handing water to runners is the potential to interfere with other runners when handing the water and what the runner will do with the bottle/cup that could possibly interfere with another runner. In a 5K race, runners who are properly hydrated before the race begins have little risk of becoming dehydrated during the race.

Towels will not be allowed to be handed out on the course, and they may only be distributed by team personnel after the runner has cleared the finish chute.

Cold water immersion tanks will be available if the weather dictates. Meet management will determine the need based on the Heat Guidelines provided.

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There will be medical personnel and an ambulance will be on site. A trail vehicle will be provided to transport runners in distress to the medical area. A runner who is in need of medical attention shall not be removed from the medical area until cleared by the personnel on site. Coaches/parents should not take a runner away from this area until cleared.

2023

LEGAL UNIFORMS for CROSS COUNTRY COMPETITORS
NFHS Rule 4-3 and KSHSAA Policies

The following information is a guide as to what constitutes a legal uniform for a cross country competitor in interscholastic competition.

The Legal Uniform for Cross Country: *Rule 4-3 (1-3)* . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions.

Each member of the team shall wear the same color & design uniform (jersey & shorts).

The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable legal items is with the coach.

SHOES

1. Shall be worn on both feet and shall have an upper and recognizable sole and heel.
2. The shoe must be designed so that it can be fastened securely.
3. In cross country, the sole and heel may contain grooves, ridges or track spikes no longer than one inch.
4. The use of slippers or socks does not meet the requirement.

UNIFORM TOP

1. Must be school issued or school approved full-length track top and track bottom or one-piece uniform.
2. Any outer garment (e.g.) t-shirts, sweatpants, tights) that is school issued or school approved becomes the official uniform, when worn.
3. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
4. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
5. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
6. Any visible garment(s) worn underneath the uniform top is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
7. The uniform top may not contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee.
8. A single manufacturer's logo/trademark/reference no more than 2 ¼ square inches with no dimension more than 2 ¼ inches is permitted on the top and bottom or one-piece uniform.

UNIFORM BOTTOM

1. Must be school issued or school approved.
2. The looser fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
3. French or high cut apparel shall not be worn in lieu of the uniform bottom.
4. The waistband of a competitor's bottoms shall be worn above the hips.

5. Shorts **may vary in length and style, but must be of the same color for all team members.**
6. Shorts may contain no ornamentation which will be objectionable in taste.
7. By KSHSAA policy, school issued spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued spandex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches.
8. Any visible garment(s) worn underneath the uniform bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
9. The uniform bottom may not contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee.
10. Bottoms may have manufacturer's logo/trademark/references larger than 2 ¼ square inches around the waistband.

STOCKING CAPS AND GLOVES

1. In the event of inclement weather meet management will advise coaches of the decision to permit, hats, caps and/or gloves.
2. If approved by the games committee, stocking caps must be the same color for all team members.
3. If approved by the games committee, gloves do not need to be the same color for team members.
4. By KSHSAA policy, bandanas, visors and baseball style hats **may not** be worn during competition by any competitor.
5. Head coverings worn for religious reasons are not considered hair devices and must not be made abrasive, hard or unyielding materials; and must be secured to the body and/or uniform.

HAIR ADORNMENT

The KSHSAA policy regarding items worn in the hair by cross country and track and field competitors is as follows:

1. Hair control devices (items that go around hair only) may be:
 - a. Ribbon, yarn, rubber bands or cloth material of any single color. (Ribbon length such that it is not "flowing" 3" or less in length).
 - b. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair.
 - c. Headbands and head coverings or a single solid color are permitted unless banned by the games committee.
 - d. All members of the same cross country team or track relay team do not need to have the same color of hair control device.

JEWELRY

1. NFHS rules permit runners to participate wearing jewelry. The meet referee may direct the athlete and coach that an item is to be removed if not properly secured.
2. Coaches may prohibit their athletes from wearing jewelry.
3. Excessive safety pins on the jersey are not permitted.

VISIBLE ITEMS WORN UNDER THE JERSEY OR SHORTS

1. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/references or color restrictions.

MISCELLANEOUS

1. All cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all garments worn as a uniform, that members are from the same team.
2. A runner may carry an atomizer with him/her provided a physician's statement documenting the need for the athlete to use the prescription is presented to the meet director prior to the beginning of the meet. **(Rule 4-6-5h Note 1)**
3. Watches are permitted to be worn. The watch may not be set to transmit tactical information to a competitor during the race.
4. Sunglasses may be worn unless prohibited by the games committee.
5. Races will not be delayed in order to permit competitors to comply with uniform rules.

6. Neither meet directors, games committees nor the vote of the coaches can supersede the National Federation Track & Field Uniform Rules.
7. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
8. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event.

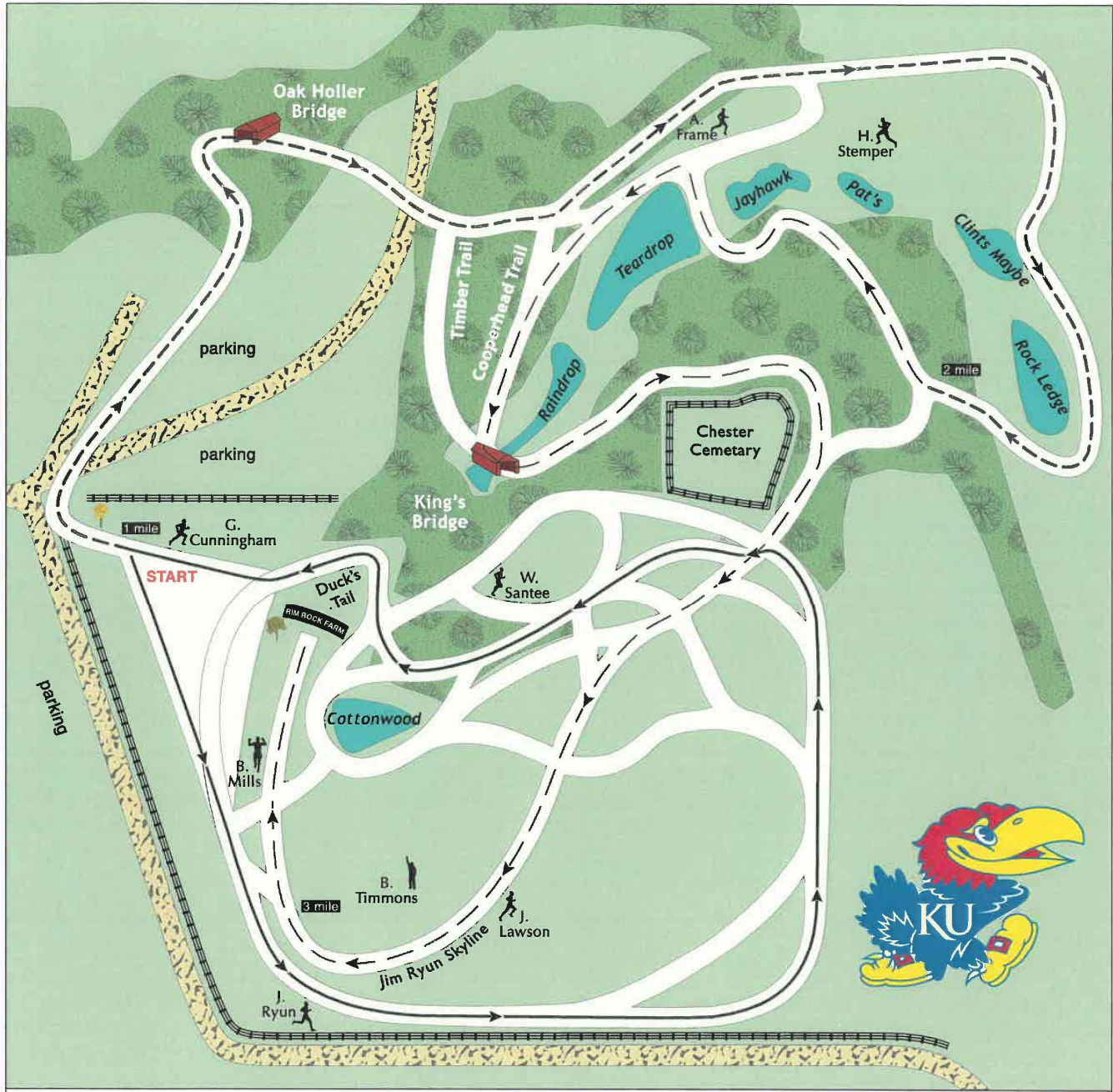
PENALTY – ILLEGAL UNIFORM

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

Per **Rule 3-4-8**, prior to the start of the meet, the head coach shall be responsible for verifying to the meet director that all his/her competitors are properly equipped (uniform, equipment, number and chip placement) in compliance with these rules. Any questions regarding legality shall be resolved prior to the start of the meet.

For KSHSAA events, a properly completed "Sportsmanship & Uniform Verification Card" is to be turned in to meet management. Coaches will verify that team members will be expected to exhibit good sportsmanship and will comply with all NFHS and KSHSAA rules. Prior to the meet, coaches and meet personnel are to be advised of any special concerns or rules in an effort to prevent disqualifications, and to review special circumstances, procedures and information pertaining to the meet, particularly how the individual qualifiers are determined.

Revised 6/2023



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|--------------------------------|-------------|--|
| ————— Competition Routes ————— | | |
| ————— 1st Mile | ===== Fence | |
| - - - - - 2nd Mile | ===== Road | |
| - . - . - 3rd Mile | ===== Trees | |
| | ===== Grass | |
| | ===== Trail | |

5K COURSE

RIM ROCK FARM THE UNIVERSITY OF KANSAS

RIM ROCK FARM

RIM ROCK FARM ADDRESS:

2276 Burnett Lane
Lawrence, KS 66044

1. Start by going NORTH on KS Highway 24/59
(2.8 miles from Turnpike exit 204,
4.1 miles from the bridge)
2. Turn RIGHT onto E 1400 Rd / CR-1045
(0.9 miles)
3. E 1400 Rd / CR-1045 becomes 1045
(1.6 miles)
4. Turn LEFT onto 13th
(0.3 miles)
5. Turn RIGHT on Republic Rd
(0.5 miles)
6. Republic Rd becomes Republic St
(0.6 miles)
7. Turn RIGHT onto Burnett Lane
(0.1 miles)

