

To: Varsity Cross Country Coaches and Athletic Directors

From: Jason Schroeder, 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, November 1st, 2025

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 that will assist your day in running more smoothly and ensure your student-athletes have the best day possible.

Contact information: Jason.Schroeder, 785-424-4482, jason.schroeder@usd497.org
Steve Heffernan, 785.766.6987, sheffern@usd497.org

Schedule of Events

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

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.

Course Inspection

The Big 12 meet is Oct. 31 in the morning. The course will be open for inspection from 2:00-5:30 following the meet.

Coaches Meeting

Head coaches need to attend one of two meetings. The first meeting will be before the first race at 9:45 am. The second meeting is for coaches who did not attend the first one, it will be at 11:30 am. Both meetings will occur in front of the starting line.

Course/Map

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

Directions

Please see the enclosed handout on page 8

Admission

The admission price will be **\$10 for k-12 and Adults** Cash and Cards will be accepted. Please note this price is set by the KSHSAA.

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

- Two Coaches and One Manager
- 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

Midwest 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 Identilynx 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 to which they are assigned.

Results

Coaches will be able to pick up race results once Midwest Timing has finalized the results of each race. Limited hard copy results will be made. Results will be posted at the west Awards and near the trailer. Midwest Timing will post real-time results of each state race on their website as well for coaches and fans to access: <https://www.midwesttiming.com/>

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 Umpires

Course Umpires 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 umpires 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.

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 used for backup if necessary. Please instruct your athletes to continue running into the chute. Every year we have several runners stopping (and collapsing) right at the line. **Please Note: the torso crossing the finish line is the determining factor for the order of finish.**

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 the competition and need to be aware of racers coming through. We will not do any presenting while the race passes by the awards stand area.

Concessions

Some food trucks may be present

Spectators

Parents and other fans WILL NOT be allowed near the finish line/trailer area. People working in the trailer will only field questions 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 6 of this packet.

2025 Kansas State Cross Country Shirts

Shirts will be available for purchase near the entrance gate. Please note: No pre-orders will be accepted.



2025 PARTICIPANT REMOVAL GUIDELINES & CONSIDERATIONS

1. 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 event personnel. – If the runner can be safely moved, the runner will be immediately transferred to the finish line 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 be transported to the finish line medical area for evaluation. The onsite medical personnel will determine the appropriate care to be administered. It is important the runner checks in at the finish line so race management personnel are aware of the runner's status. – Coaches should meet any of their runners at the medical tent who are receiving care. Coaches are often the best source of relevant medical history for their runners that may be beneficial to the medical personnel treating the athlete.

2. To assist designated event personnel, including spotters and coaches in determining the level of distress, these guidelines should be used: – If a 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 removed from the race. – 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 removed from the race. – If the runner is able to communicate something and they are just tired, they will be allowed to continue.

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.

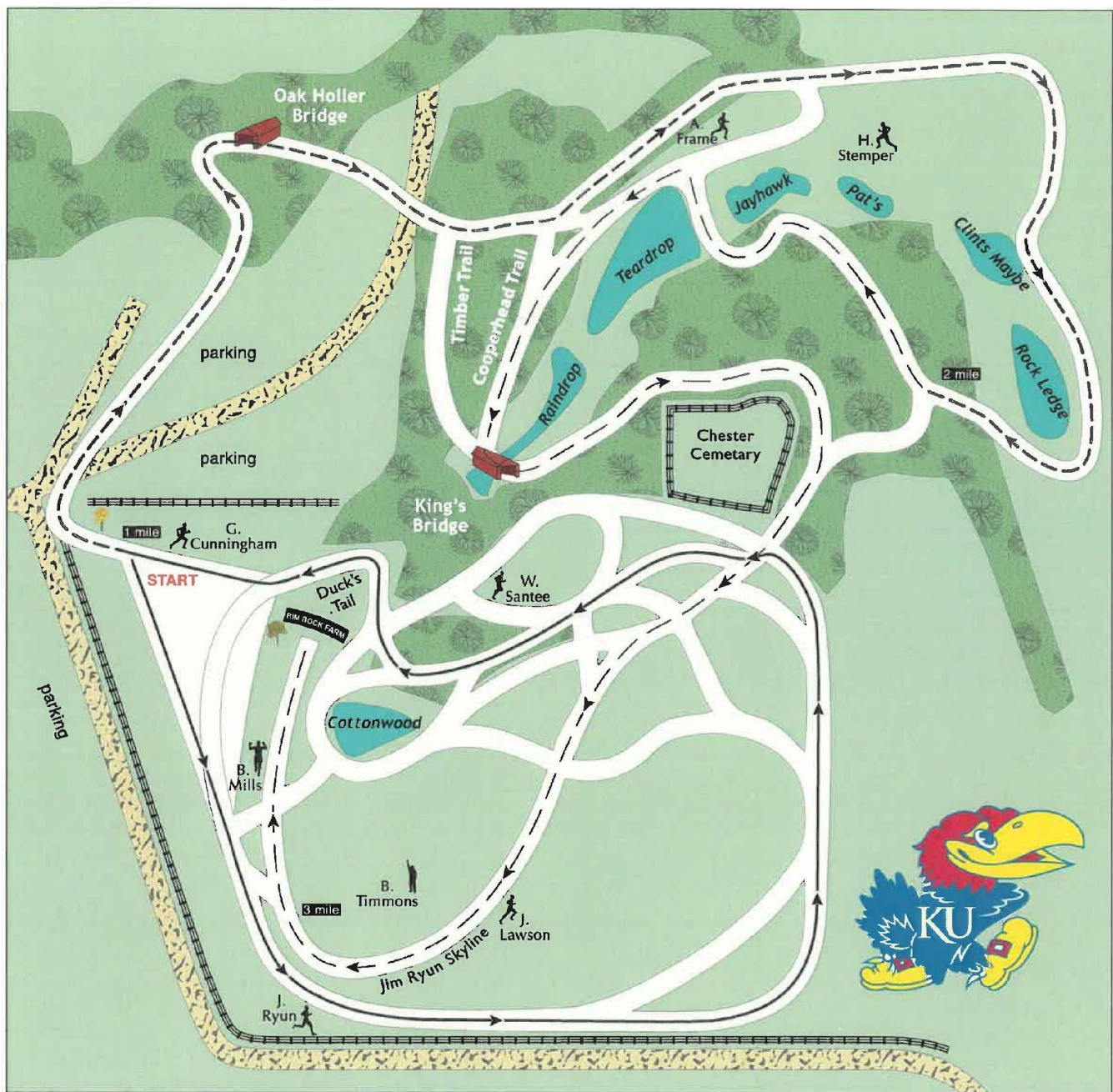
There will be medical personnel and an ambulance will be on site. A trail vehicle will be provided to transport runners in distress to the medical area. A runner who is in need of medical attention shall not be removed from the medical area until cleared by the personnel on-site. Coaches/parents should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

RIM ROCK FARM COURSE RULES

Welcome to Rim Rock Farm the home cross country course of the Kansas Jayhawks. Rim Rock Farm was designed and graciously donated by Bob and Pat Timmons. Rim Rock is only one of a few pieces of land specifically dedicated to the sport of cross country. We would appreciate your cooperation to uphold our course rules for the safety of athletes and spectators.

- 1. Swimming is not allowed in the ponds.**
- 2. Please have your athletes remind fans to leave bicycles, footballs, frisbees, and dogs at home. They can cause difficulties for runners and spectators.**
- 3. Practice on the course is:**
 - a. Not allowed without permission except at designated times to preview course.
 - b. Possible if the University of Kansas has been contacted and has approved the request.
 - c. Not permitted if school coach is not present with the athletes.
 - d. Not permitted if weather conditions could cause injury to an athlete or damage to the course.
- 4. Please put trash in barrels.**
- 5. Please be most considerate of the parking areas.**
- 6. Please use the gates provided to pass from one area to the others. DO NOT CLIMB FENCES OR ROCKS.**

We thank you for making competition at Rim Rock exciting and wish each of your athletes the very best during the cross-country season.



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)

