2026 Rim Rock Farm High School Cross Country Classic

September 26, 2026

Coaches Information

We thank you for your interest in the Rim Rock Classic this year. After a year of quick adjustments and learning, we are excited to be able to host the Rim Rock Classic again this year. Free State High School along with the cross country staff at Lawrence High will work together again to continue one of the truly great traditional meets in the region on a legendary course. We have made an adjustment to the course this year in honor of Coach TImmons. One other important point to bring up early on, please make sure to fill out the request to compete form. Last year we had people register for the meet with milesplit which they correctly assumed let us know they were coming. We did not have access to that information, so we had to add teams to the starting boxes at the last minute. Please do both, complete the Request to Compete Form and the registration.

Up to Date Meet Information can be found at www.freestaterunning.com

All Races are Saturday Morning

Our high school resources dictate that all races will be run on Saturday morning. There will **NOT** be any racing on Friday evening. The course will be open for preview.

Team entry limits

While we want to accommodate as many runners as possible, the number of teams participating has dictated that we limit teams to 7 varsity, 7 junior varsity, and 10 C-team runners per gender.

Divisions

A couple of notes for this year. First we have moved the C-Team Races to the end of the day and moved the rest of the races up a little over an hour. We will monitor the weather as the meet progresses.

We will continue with the divisions as has been done in the past, but this will be for our varsity races only. We will have one C-Team race, as in the past, and this year will have one JV race combining all divisions. Every team will be required to have representation in the varsity races. However, with the C-team race on Saturday, if blue division teams would prefer to run their non-varsity runners in the C-team race, that is permissible.

We will be racing the Blue and Crimson Races together in two different races, but will combine the races in the results. We will separate the Blue and Crimson divisions for awards and scoring. We need to balance out the fields and this allows us to continue to offer everyone a chance to compete in their division. Assignment to either the Blue & Crimson A or B race will be done with the intent to create competitive races.

Varsity "GOLD," "CRIMSON," and "BLUE" Races

The concept behind creating three varsity races was to allow more schools to participate in a championship-type race with schools of similar sizes and abilities, with more trophies and medals on the line. Therefore, the "CRIMSON" (6A/5A in Kansas) race was designed for the larger schools, and the "BLUE" (4A, 3A, 2A, 1A in Kansas) race was designed for the smaller schools. The "GOLD" division is reserved for the top teams from the previous year's large school divisions or exceptional small school teams. We will allow coaches to request their division.

The following link provides last year's results to help you determine the most suitable division for your team. Please be aware that large schools are not allowed in the Blue Division.

2025 Rim Rock Classic Results

You must complete the 2026 *Request to Compete and Division Form* by Wednesday, September 9. The Games Committee will make the final decisions concerning divisions and post on https://www.freestaterunning.com/ by noon on Wednesday, September 16.

Saturday, September 26 Race Schedule

8:00 AM Girls "JV" Race 5K (max of 7 athletes per team) 50 Team Limit
8:35 AM Boys "JV" Race 5K (max of 7 athletes per team) 50 Team Limit
9:10 AM Girls "Gold" Varsity Race 5K (max of 7 athletes per team) 50 Team Limit
9:45 AM Boys "Gold" Varsity Race 5K (max of 7 athletes per team) 50 Team Limit
10:20 AM Girls "Blue & Crimson A" Varsity Race 5K (max of 7 athletes per team) 50 Team Limit
10:55 AM Boys "Blue & Crimson A" Varsity Race 5K (max of 7 athletes per team) 50 Team Limit
11:30 AM Girls "Blue & Crimson B" Varsity Race 5K (max of 7 athletes per team) 50 Team Limit
12:05 PM Boys "Blue & Crimson B" Varsity Race 5K (max of 7 athletes per team) 50 Team Limit
12:40 PM Girls"C-Team" Race 5K (max of 10 athletes per team) 50 Team Limit
1:15 PM Boys "C-Team" Race 5K (max of 10 athletes per team) 50 Team Limit

Important Dates

Wednesday	Sept. 9	Intent to Compete and Division Form filled out online
Friday	TBD	RRCMilesplit Registration Entry Deadline

Friday	September 25	TBD, there will be early packet pick-up and course preview
Saturday	September 26	Packet Pick Up at the cross country course

Midwest Timing will be the timing team for our meet. To register, follow the link. The deadline for completing entries for the meet is September 18 at 6 PM. Please enter your runners in the division you are requesting. If, for some reason, they end up in a different race, it will not make a difference. Initially entering them in the division helps with some of the logistics for Midwest Timing.

- **If you need assistance in setting up a milesplit account, click the following link: Milesplitsetup.**
- **After the deadline, all entries will be final (as will the registration fee) as chips will be assigned to those entered.**

You do not need to enter your athletes in a specific race for that day. You do not need to address JV/C divisions when entering online.

Entry Fee

The entry fee is $140 per team per gender. There is no limit on the number of levels in which your team competes (Varsity, JV, and C Team). If bringing six or fewer athletes, the entry fee is $20 for each athlete. **Make checks payable to: Free State High School. You are responsible for the payment of all athlete entries, as a timing chip is issued to every athlete entered.** (For example, if you enter six boys, but only compete four, you will be charged for the six athletes entered.) **Please be sure to scratch all entries that you don't plan to compete or serve as alternates before the entry to announced soon. You must pay by the time of packet pickup to enter the race, without exception.** Late entries are not guaranteed admittance into the meet or the desired race division.

Make Checks Payable To:
Free State High School

Mail Checks To:
Free State High School
4700 Overland Dr.
Lawrence, KS 66044

Awards

- Varsity - Top 3 teams / Top 25 individuals
- Junior Varsity - Top team / Top 25 individuals
- C-Team - Top team / Top 25 individuals

Awards ceremonies will happen shortly after the conclusion of each race. They will be located at the east award stand.

Spectator Information

We will **NOT** be charging for parking this year, which should help with traffic flow. We do advise spectators and teams to plan for slow traffic as you approach Rim Rock Farm.

We will be charging an admission fee at the gate this year. It will be **$10 per person** for everyone of school age and above. We will have cash and digital payment options on site.

Location

Rim Rock Farm is the home course of the University of Kansas. It is located on the 125-acre farm approximately 11 miles north of Lawrence. **Address: 2276 Burnett Lane, Lawrence, KS 66044**

Course Maps
We will have a special course layout for this meet, honoring Coach Timmons. A map will be coming soon, once the graphics department is available. For the Rim Rock traditionalists we will be incorporating the Narrows and the original Billy Mills Ascent.

Results
Official results will be posted at https://ks.milesplit.com/

Inspection of the Course
The course will be available for inspection on Friday, starting at noon.

Course Markings
The running path will be mowed. In addition, the course will be marked with painted lines/arrows and monitored in specific areas. It is the runners' responsibility to know the course and run the correct path.

Team Tents
There will be designated areas for team tents - please restrict your team tents to these areas only.

Team Bus Parking
The first 34 buses will be parked in the Bus Lot A on Republic Road. The remainder will be parked inside the property in Bus Lot B. Buses do not need a parking pass. Only school vans/vehicles need parking passes.

****Inclement Weather Policy****
Bus Lot B will be closed if the ground becomes too saturated due to rain or if there is a risk of saturation. There will be a designated drop-off/pick-up area at the entrance to the property of Rim Rock Farm. Alternate bus parking is available adjacent to the East Lawrence turnpike exit. (Entrance to the parking lot is at the stoplight of "3rd Street" and "KTA Entrance," across from Burger King.)

We will notify participating schools via email if Inclement Weather goes into effect. Please have the correct head coach's email address in the Intent to Compete and Division Form filled out online.

Questions?
Please feel free to contact us, and we will do our best to address your concerns. Our office phone number is **785-832-6050** or you can reach us via email at:

- **Steve Heffernan- Free State Cross Country Coach (sheffern@usd497.org)**
- **Jason Schroeder- Free State AD (jason.schroeder@usd497.org)**
- **Kyle Morgison- Lawrence High Cross Country Coach (kyle.morgison@usd497.org)**