

2025 Rim Rock Farm High School Cross Country Classic



***Please be advised that this information is not complete at this time. This update now includes registration information for milesplit and the admission fee. (Aug 10th, 2025) There is also a separate page at www.freestaterunning.com for maps and additional information.**

September 27, 2025

Coaches Information

We are excited to bring back the Rim Rock Farm High School Cross Country Classic for the fall of 2025. We hope that your team will be able to participate in the premier high school cross country meet held in the Midwest. The meet's origins date back to the 1980's and it has grown into a meet that regularly draws over 3000 runners from all across the region. Lawrence Free State is hosting this year's meet on historic Rim Rock Farm.

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.

Divisions

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.

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.

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 a digital option coming soon.

2025 RACE SCHEDULE

As noted before, we will be running all our races on Saturday, September 27th. The average high for that time of year is 80 degrees. If weather forecasts predict a temperature well above that, we would adjust the schedule by eliminating the C-Team races and moving up all of the other races. We would do our best to make this determination by Thursday afternoon. However, as you know, our weather can vary from predictions, which could lead to a later decision.

This schedule is compressed. We realize some runners in the early races may still be on the course at our next scheduled start time. We will wait for the last runner to pass by our crossover point before starting the next race. We anticipate making up time by the last several races. We will not begin a race before our published time unless a weather event occurs.

Saturday, September 27

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

NOTE: All races will run 5,000 meters. The 5,000m course will be the same course for both girls and boys.

Packet Pick-Up

Friday	September 26	TBD, but there will be early pick-up and course preview
Saturday	September 27	at the cross country course - starting at 7:00 AM

Course Maps

Course maps are also at the following link. [Rim Rock Map](#)

Entry into the 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.

[2024 Rim Rock Classic Results](#)

You must complete the 2025 [Request to Compete and Division Form](#) by Wednesday, September 10. The Games Committee will make the final decisions concerning divisions and post on <https://www.freestaterunning.com/> by noon on Wednesday, September 17.

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.

Registration and Entry Deadlines

- You must complete and return the [Intent to Compete and Division Request Form](#) by Wednesday, September 10, 2025.
- Midwest Timing will be the timing team for our meet. To register, follow the link [RRCMilesplit Registration](#). The deadline for completing entries for the meet is September 19 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.

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**

PLEASE NOTE IMPORTANT DEADLINES

Wednesday Sept. 10 [Intent to Compete and Division Form](#) filled out online

Entry Deadline Sept. 19 [RRCMilesplit Registration](#)

Results

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

Inspection of the Course

The course will be available for inspection on Friday, time to be determined.

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)**